

APPETIZERS

Stuffed Potato Skins

with bacon onion & cheddar cheese.

Grilled Jerk Conch

with garlic butter.

Ultimate Nachos

Golden tortilla chips piled high with guacamole, beans, onions, jalapeños, sour cream & melted cheddar cheese.

Buffalo Wings

in a spicy buffalo sauce. (1 dozen)

Vegetable Spring Rolls(2)

served with sweet & sour sauce.

Ackee & Smoked Marlin

with bammy sticks.

Smoked Blue Marlin

on toast with herbed cream cheese.

Coconut Crusted Shrimp

with a zesty citrus-horseradish marmalade.

Calamari / your choice of styles

Traditional - with marinara sauce & fresh lime.

Oriental - with garlic, ginger & black bean sauce.

Hummus Dip

with roasted peppers, kalamata olives & pita points.

Spinach & Artichoke Dip

served with crispy garlic crostini.

Grilled Chicken Quesadilla

with scallion, pepper-jack cheese, pico de gallo & cilantro/lime sour cream.

SOUP

Jamaican Red Pea Soup CUP / BOWL

Vegetarian Pumpkin Soup CUP / BOWL

SALADS

Choice of dressings: house, creamy Italian, ranch, blue cheese, creamy french, thousand island, green goddess, honey/basil vinaigrette, or olive oil & aged balsamic vinegar.

Classic Caesar Salad

With Grilled Chicken Breast

crispy romaine, croutons & parmesan cheese.

Greek Salad

assorted seasonal greens, stuffed grape leaves, kalamata olives, cucumber, tomatoes & feta cheese.

Grilled Salmon Salad

crisp greens, tomato & smoky bacon with our homemade green goddess dressing.

Fresh Tomato Salad

aged balsamic vinegar, shredded parmesan cheese, cracked black pepper & herb infused olive oil.

House Salad

fresh seasonal greens with tomato, red onion, carrots, cucumber & homemade croutons.

SANDWICHES & WRAPS

Sandwiches are served on fresh bread with seasoned fries(unless otherwise noted).

Classic Club

turkey breast, ham, smoky bacon, cheddar cheese lettuce & tomato.

Grilled Chicken Sandwich

tender chicken breast with cheddar cheese, lettuce, tomato & sweet mustard sauce.

Chicken Mediterranean Wrap

herbed grilled chicken breast, feta cheese, black olives, chick peas, cucumber, tomato & lettuce in a soft herb/garlic tortilla.

Filet Mignon Wrap

thinly sliced, with blue cheese, caramelized onions, & beefsteak tomatoes, in a soft flour tortilla.

Vegetarian Wrap

seasonal fresh greens, marinated tofu, hummus, roasted peppers, feta cheese, kalamata olives, cucumbers & sundried tomato relish.

Grilled Ham & Cheese

thinly sliced ham, smoked Gouda cheese & caramelized red onion.

BURGERS

100% beef served on a sesame bun with lettuce, tomato, onion, cole slaw, pickle & seasoned fries.

Hamburger

a half pound of 100% Jamaican charbroiled beef. Add cheddar cheese, mushrooms or bacon - just \$100. each.

Bay Burger

topped with a fried egg, chicken-ham, herb roasted tomato & cheddar cheese.

The Captain's Burger

stuffed with spices & herbed butter, topped with bacon, mushrooms & cheddar cheese.

Pizza Burger

with sautéed mushrooms, marinara sauce & golden brown mozzarella cheese.

Vegetable Burger

a vegetarian delight. no soy, just 100% veg.

Grilled Fish Burger

with spicy scotch bonnet pepper & dill tartar sauce.

PIZZA

Cheese Pizza

Pepperoni Pizza

pepperoni, onion, red & green pepper.

Vegetarian Pizza

spinach, artichoke, mushrooms, black olives, broccoli, onion, red & green peppers.

The Captain's Pizza

jerk chicken, pineapple, onions, red & green peppers & mushrooms.

Italian Grilled Chicken Pizza

red roasted peppers, fresh mozzarella & Italian herbs.

HOUSE FAVOURITES

Sizzling Chicken Fajitas

grilled strips of chicken breast, red & green pepper & onion. served sizzling at your table.

Stuffed Chicken Breast

with fresh callaloo leaves, peppers, mushrooms, sweet corn & herbed butter.

Chicken & Seafood Curry

West Indian style.

Beer Battered Fish & Chips

lightly fried & served with dill-tartar sauce.

Red Snapper Fillet Florentine

pan fried in a mustard-herb-lime butter.

Pan Seared Salmon Fillet

with lemon-rosemary dijon butter sauce.

Whole Red Snapper

stuffed with shrimp, spinach & mushrooms, then simmered in coconut milk & herbs.

Shrimp Tempura

juicy shrimp, delicately fried in a light tempura batter. with a tangy oriental dipping sauce.

Shrimp Saint James

savory shrimp, simmered in a New Orleans style creole sauce with red onion, tomato, red & green peppers, okra & jerk sausage.

Grilled Lobster Tail

served with garlic-lime butter.

New York Sirloin Steak

10 ounce U.S. choice - perfectly grilled & smothered in sautéed onions.

Fillet Mignon

grilled & served on a ragout of mushrooms, red onion, peppercorn & aged balsamic vinegar.

Grilled Trio of Lamb Chops

rosemary marinated & served with a mint pesto.

Grilled Teriyaki Pork Chops

tender & juicy, with pineapple-papaya relish.

entrées served with choice of seasoned fries, baked potato, garlic mashed potatoes, rice & peas or rice pilaf.

PASTA

Fettuccine Alfredo

shrimp, mushrooms, sundried tomatoes & pine nuts.

Meat Lasagna

with tomato sauce, parmesan & garlic bread.

Pasta Primavera

linguine tossed with fresh garden vegetables in a tangy parmesan cheese sauce.

Chicken Pesto Penne

with grilled garlic chicken breast tossed in our fresh, creamy pesto sauce.

Farfalle Montego

bowtie pasta with smoked marlin, onion, mushroom, sundried tomato & peas in a pink vodka sauce.

SMOKEHOUSE

the Captain's famous hickory flavoured BBQ.

BBQ Chicken

BBQ Spare Ribs

BBQ Combo

1/4 BBQ Chicken & 1/2 lb. Spare Ribs.

JAMAICAN SPECIALTIES

1/2 Jerk Grilled Chicken

with a spicy Portland jerk sauce.

Island Style Fried Chicken

Rocky Point Conch

curry or creole.

Whole Red Snapper

brown stewed, steamed or escovitched.

Curried Goat

with mango chutney.

Curried Shrimp

simmered in West Indian curry sauce.

Stewed Oxtail

with broad beans & spinners.

ON THE SIDE

Seasoned Fries

Cole Slaw

Garlic Bread

DESSERTS

top it off with something sweet.

The Original Chocolate Suicide

rich chocolate cake, ice cream, chocolate morsels, chocolate syrup & coconut flakes.

Strawberry Cheesecake

Espresso/Hazelnut Cheesecake

served with a rich caramel sauce.

Sweet Potato Coconut Pecan Pie

served hot over rum/raisin ice cream.

Ice Cream

Banana Tropical

coconut ice cream on warm banana-walnut bread w/sautéed bananas in hot orange rum sauce.

Orantique Crème Brûlée

with ginger accent.

Apple Strudel Turnover

granny smith apple laced with cinnamon-sugar & baked in a light fillo dough. served warm in a pool crème anglaise with vanilla ice cream.