

"Caribbean cooking is all about unique West Indian spices, mixed with flavours from all around the world, to create truly unique food that's great for sharing or keeping to yourself! Cool cooking with hot flavours..."

Nibbles

£2.25 EACH

TRINI CHICKPEAS

Baked spiced chickpeas, dusted with chilli & thyme

JAMAICAN FRIED BAIT

Lightly spiced & crisp

Cutters

STARTERS - £4.95 EACH

Inspired by Beach Shacks & Street Hawkers across the Caribbean Islands, these authentic, great tasting dishes are perfect as a starter or for friends to share with cocktails.

GARLIC 'N' HERB FLATBREAD

Hand-made, stone-baked, flatbread with picked herbs, chilli & crushed garlic butter

TRINI DOUBLES

Legendary snack of puffed up bara roti served with Trini chickpeas, cucumber chutney & shredded coconut

CHILLI FRIED CALAMARI

Crisp fried spice coated squid, mango mole, lime & coriander mayo

JERK PIT PRAWNS

Whole king prawns grilled over our jerk pit & rolled in garlic, herbs, chilli butter, served with grilled roti flatbread ADD 50p

PEPPER ROTI

Buss Up Shut roti filled with shredded potatoes, carrots, peppers, cheese & scotch bonnet chilli, oven baked

JERK PIT CHICKEN WINGS

Chicken wings marinated in our own jerk spices, honey bbq glaze & sour orange chutney

JERK PIT RIBS

Baby back ribs marinated in our jerk spices, honey bbq glaze & sour orange chutney

OUR PATTIES

Baked turmeric pastries filled with lamb or vegetables. Served with jerk spiced mayo

CARIBBEAN FRITTERS

Home-made saltfish or sweetcorn fritters with spring onion, coriander & hint of chilli, served with hot sauce

DUCK ROLLS

Shredded duck, tamarind, soy sauce, chilli & sugarcane, sour orange chutney ADD 50p

BEACH FOOD PLATTER

Our selection of cutters with flatbread to share - £12.95

Sunshine Specials
2 '4' 12
2 COURSES FOR £12 (12-18.30)
MAIN WITH STARTER OR DESSERT

Lunch 'n' Lighter

PERFECT FOR LUNCH & EARLY SUPPER - £6.00 EACH

¼ JERK CHICKEN

Roasted with 12 herbs & spices & finished on our jerk pit, Caribbean slaw, sunset relish, rice 'n' peas or fries

TRINI CHICKPEA & RICE

Trini style curried chickpeas served with rice 'n' peas, cucumber chutney, shredded coconut

JERK PIT RIBS

Baby back ribs marinated in our jerk spices, honey bbq glaze & sour orange chutney, served with Caribbean slaw, rice 'n' peas or fries

JAMAICAN MAC CHEESE

Baked macaroni, cheeses, spiced crumble top, allspice & fresh thyme

JERK CHICKEN FLATBREAD

Topped with jerk chicken, coriander, grilled tomatoes, fresh thyme

CARIBBEAN FRIED ¼ CHICKEN

Herb & spice coated, dry fried, with Caribbean slaw, rice 'n' peas or fries

SHRIMP & MANGO ROTI

Lime prawn mayo wrap served with Caribbean slaw & fries or salad

JERK CHICKEN ROTI

Hand torn chicken wrap served with Caribbean slaw & fries or salad

CURRY GOAT BUSS UP SHUT

Tender goat marinated in curry spices served with Trini roti

CURRY CHICKEN & RICE

Breast of chicken and mango slowly simmered in coconut milk, herbs & spices, with rice 'n' peas

GOATS CHEESE & BUTTERNUT SQUASH FLAT BREAD

Topped with goats cheese, grilled tomatoes, thyme

STREET BURGER

Beef burger, in a grilled bun with tomato, gem lettuce, Caribbean slaw & fries

PULLED CHICKEN BURGER

Hand pulled jerk chicken with bbq glaze in a grilled bun, served with Caribbean slaw & fries

Salads

£9.50 EACH

CHICKEN FESTIVAL SALAD

Roast jerk chicken, fresh watermelon, dressed tossed salad of rocket, baby gem, tomatoes, carrots, cucumber & raisins

PRAWN & MANGO SALAD

Whole grilled king prawns, scotch bonnet & garlic butter, dressed tossed salad of rocket, baby gem, tomatoes, carrots, cucumber, fresh mango & raisins

GOATS CHEESE, AUBERGINE & BUTTERNUT SALAD

Spiced grilled aubergine, butternut squash, goats cheese, dressed tossed salad of rocket, baby gem, tomatoes, carrots, cucumber & raisins

Provisions

£2.25 EACH

- Caribbean Slaw
- Sweet Potato Fries
- Dressed Salad
- Sweet Plantain
- Rice 'n' Peas
- Cheesy Jerk Fries
- Fried Dumplings



One Pots

£9.50 EACH

Rich, slowly simmered & uniquely Caribbean

BLUE MOUNTAIN CURRY GOAT

A Caribbean classic made with a blend of curry spices, tomatoes & sweet potato served with rice 'n' peas, sweet onion chutney & grilled flatbread

JAMAICAN BROWNEED CHICKEN

Slowly braised on the bone marinated chicken pieces, fresh thyme, a hint of scotch bonnet, with fried dumplings & rice 'n' peas

TRINI FISH CURRY

Salmon, prawns, squid & white fish slowly simmered with coconut milk, roast curry spices, served with rice 'n' peas, sweet onion chutney & grilled flatbread

CURRY SQUASH

Butternut Squash slowly simmered in coconut milk with spices, thyme & served with rice 'n' peas, green seasoning, sweet onion chutney & grilled flatbread

RASTAFARI RUN DOWN

Allegedly Bob Marley's favourite, butter beans, corn on the cob, greens, glazes carrots, sweet potato, bell peppers, spring onions & herbs simmered in coconut milk, served with rice 'n' peas & dumplings

TRINIDAD CURRY HERB CHICKEN

Breast of chicken slowly simmered in coconut milk with spices, thyme & served with rice 'n' peas, green seasoning, sweet onion chutney & grilled flatbread

SHRIMP & MANGO CURRY

Slow cooked shrimps, mango, sweet potatoes, tomato, garlic, ginger, spices, onions, coriander, served with rice 'n' peas, green seasoning, sweet onion chutney & grilled flatbread

Jerk Pit BBQ

With its unique flavours & fantastic aromas the Jerk Pit is the ultimate Caribbean barbecue. Our succulent authentic jerk dishes are marinated with herbs & spices & flame grilled to order over allspice & thyme wood

PIT AUBERGINE

Grilled aubergine from our jerk pit, filled with tomatoes, onions, coriander, butternut squash, with pepper salad, lime & coriander mayo, rice 'n' peas or sweet potato mash - £8.95

ESCOVITCH SEA BASS

Whole grilled sea bass with our escovitch style sauce of fresh thyme, spring onions & chilli, served with green salad, rice 'n' peas £12.50

BANANA LEAF FISH

Fillet of fish with fresh Bajan green herb seasoning, baked in a banana leaf. Served with a tossed pepper salad, rice 'n' peas or sweet potato fries - £9.75

MO' BAY CHICKEN

Tender chicken breast in a 12 herb jerk creamy sauce, served with salad, rice 'n' peas or sweet potato mash £9.75

DIPPED PORK STEAK

Marinated pork steak grilled & dipped in our secret marinade & grilled, served with sweet potato mash or sweet potato fries £9.75

DOUBLE DIPPED STEAK

Our secret recipe for the ultimate steak dipped in our marinade & herbs - then grilled to perfection, served with sweet potato mash or sweet potato fries - £14.25

STUDED LAMB

Lamb steak studded with thyme, garlic & mint, Caribbean slaw & sweet potato mash - £12.50

JERK CHICKEN

Roasted with 12 herbs & spices & finished on our jerk pit, Caribbean slaw & sunset relish, rice 'n' peas or sweet potato fries ½ - £9.75 1 - £14.95

JERK RIBS

Baby back ribs marinated in our jerk spices, honey bbq glaze, sour orange chutney & Caribbean slaw, with rice 'n' peas or sweet potato fries £9.75

SUNNY BURGER

Beef burger rolled in herbs & spices & finished on our jerk pit, in a sweet bun with tomato, gem lettuce, pineapple, red onion & glazed with cheese, Caribbean slaw & sweet potato fries - £9.50

Puddings

£4.75 EACH

SPICED CHOCOLATE POT

Spiced dark rich chocolate pot with orange zest, served with coconut ice cream & fresh coconut shavings

ICE CREAM & SORBETS

Choice of ice creams & sorbets, ask for today's flavours

RUM & RAISIN BREAD PUDDING

Slowly baked with rum, raisins, cinnamon & brown sugar, served with ice cream

LIME PIE

Lime curd in a classic biscuit base

DARK CHOCOLATE PIE

Rich, dark chocolate baked pie with ice cream

BANANA & TOFFEE CHEESECAKE

Baked cheesecake with rum caramel sauce

BBQ PINEAPPLE

Pineapple grilled with muscavado sugar, rum caramel sauce, coconut ice cream & coconut shavings

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"Caribbean rum is sunshine in a bottle. At Turtle Bay we have sourced over 40 rums from across the West Indies that we use in our cocktails or you can try on their own. Happiness in a bottle...!"

Caribbean Classics

£6.65 EACH OR 2 '4' 1 AT HAPPY HOUR

MOJITO

Cockspur gold rum with fresh mint, lime & club soda. Or try,

- Passion Fruit & Vanilla
- Apple & Raspberry

CARIBBEAN CAIPIRINHA

Orange rum liqueur & Bajan Falernum muddled with fresh limes, oranges & sugar over crushed ice

BEACHCOMBER ZOMBIE

5 rums, absinthe, bitters & tropical juices

PASSION RUM PUNCH

White & dark rums with fresh passion fruit & lime juice

ISLAND AFFAIR

White rum, Midori & triple sec with mango, orange & cream

RASPBERRY REGGAE

Cockspur gold rum, raspberries & fresh lime, topped with club soda

NATURAL DAIQUIRI

Havana Anejo Especial rum soured with fresh lime juice & cane syrup. Or try,

- Strawberry
- Coconut

JAMAICAN MULE

Sailor Jerry's spiced rum, fresh lime & home-made ginger beer

REGGAE RUM PUNCH

126 proof Wray & Nephew & strawberry liqueur with fresh lime, orange & pineapple juice

BEST MAI TAI

Appleton rum, orange rum liqueur, apricot brandy & Bajan Falernum, with fresh lime & pineapple juices

MANGO MADRAS

Dark rum, mango, cranberry & orange juices

TROPICAL RUM PUNCH

Cockspur gold rum, allspice syrup, bitters, fresh lime & tropical juices, finished with a Woods 100 overproof float

HUMMINGBIRD

Cockspur gold rum with Kahlua, banana liqueur, fresh banana & coconut

CITRUS RUM COOLER

White rum, Cointreau, fresh lime, orange juice & lemonade

FROZEN RUM RUNNER

Blend of dark rum, blackberry brandy, banana liqueur, lime, pomegranate & pineapple juices

CARIBBEAN PIMMS

Pimms, fresh mint, passion fruit, strawberries, cucumber, lime & orange

KOKO COLADA

Koko Kanu, pineapple, coconut & cream, grated nutmeg

BAHAMA MAMA

Koko Kanu & Cockspur, with pomegranate & pineapple juice

All Cocktails 2'4'1
on Happy Hour

12-7pm & 10pm-close
EVERY DAY

(must be the same type
served together)

Contemporary Cocktails

£6.65 EACH OR 2 '4' 1 AT HAPPY HOUR

SUNSHINE BELLINI

Dry sparkling wine with passion fruit

LONG ISLAND ICED TEA

Vodka, tequila, rum, gin, triple sec, served long with Pepsi

WATERMELON CRUSH

Vodka & Midori blended with fresh watermelon

MARGARITA

Tequila & triple sec shaken with fresh lime, served short in a salt rimmed glass. Or try strawberry

CAIPIRINHA

Magnifica Cachaca muddled with fresh limes & sugar, over crushed ice. Or try passion fruit

ELDERFLOWER COLLINS

Vodka, elderflower & fresh lemon, club soda

BRAMBLE

Gin, blackberry liqueur, cane syrup & fresh lemon

JUMBLED JULEP

Vodka & Passoa with fresh strawberries, mint & apple juice

MIDORI SOUR

Midori mixed with sugar, fresh lemon & lime juice

COSMOPOLITAN

Vodka, Cointreau, fresh lime & cranberry juice

APPLE MARTINI

Vodka, apple schnapps & apple juice

Caribbean Softs

£3.45 EACH

HOME-MADE GINGER BEER

½ LITRE
With spiced pepper, cloves & fresh lime

GRACE TROPICAL RHYTHMS

Jamaican fruit punch

APPLE & RASPBERRY CRUSH

Fresh mint muddled with raspberries and apple

WATERMELON MUDDLER

Blended fresh watermelon & ice crush

RED BERRY SMOOTHY

Fresh strawberries & raspberries, condensed milk, cream

HOME-MADE LIMEADE ½ LITRE

Freshly squeezed limes, sugars & club soda

PASSION FRUIT SMOOTHY

Fresh passion fruit, condensed milk, cream

PINEAPPLE COLADA

Coconut milk, pineapple, condensed milk, cream

PASSION FRUIT CRUSH

Fresh passion fruit, orange & ice

MARLEYS MELLOW MOOD

Berry flavoured blend of natural botanicals that calm mind, body & spirit. Created in partnership with the Bob Marley family

PEANUT BUTTER & BANANA SMOOTHY

Smooth peanut butter, fresh banana, condensed milk, cream

TING GRAPEFRUIT CRUSH

Lightly carbonated with real Jamaican grapefruit - £2.35

COCONUT WATER

Pure young natural coconut water with pulp - £2.35

Cool Grapes

BOTTLE - £16.25 EACH

175ML GLASS - £3.95 EACH 250ML GLASS - £5.75 EACH

Available by the glass

White

FOOTSTEPS, SAUVIGNON BLANC

Crisp, dry, and refreshing with a lemony finish from South Africa

BERRI ESTATES, CHARDONNAY

Frisky, rich lemon & tropical fruit flavours from Australia

KLEINE ZALZE, CHENIN BLANC

Rich, honeyed, ripe pear & pineapple from South Africa

BELVINO, PINOT GRIGIO

Just off-dry, delicately flavoured with notes of green apple & pear from Italy

KELL'S EDGE, REISLING-GEWURZTRAMINER

Medium dry, aromatic, floral & grapey from Australia

HARDYS THE RIDDLE, COLOMBARD-CHARDONNAY

Zingy character of Colombard & full rich Chardonnay from Australia

Red

THE GOURMET, SHIRAZ

Plenty of fruit with a crisp finish from Australia

CULLINAN VIEW, PINOTAGE

Deep coloured, soft & silky with fruity bramble flavours from South Africa

FOOT STEPS, CABERNET SAUVIGNON

Deep colour, strong blackcurrant flavour & rich dark tannins from Chile

FINCA FLICHMAN, MALBEC

Strong, peppery, slightly earthy with robust tannins from Argentina

BERRI ESTATES, MERLOT

Delicious combination of raspberries, blueberries & soft plum characters from Australia

LA VERSA, PINOT NOIR

Hints of currant fruit, vanilla & a touch of spice from Italy

Rose

VENDAGE, WHITE ZINFANDEL

Medium-sweet strawberry & raspberry, from the USA

BELVINO, PINOT GRIGIO

Dry, with bags of summer fruitiness from Italy

Sparkling

SANT ORSOLA, PROSECCO

Light & lively, with a hint of sweetness - £21.00 / £3.95 (125ML)

PERRIER-JOUET GRAND BRUT

Light yet lingering. Elegant yet full of elaborate fruity bubbles - £45.95

Beers

£3.60 EACH

RED STRIPE BOTTLE

The Jamaican's beer of choice

RED STRIPE PINT

CARIB BOTTLE

Originated from Trinidad

GUINNESS

Not just for the Irish!

GUINNESS PUNCH

A classic with Guinness, vanilla, nutmeg & condensed milk

JAMAICAN SHANDY

Red Stripe, ginger beer & bitters

