

START WID DIS

ROCKSTEADY JERK CHICKEN TACOS 3 hard tacos filled with jerk chicken, tomato, avocado and cheese...9.95

JERK SHRIMP 4 healthy size shrimp served atop garden salad....12:00

CALLALOO DIP Jamaican spinach served with Jamaican crackers... 10.95

ACKEE SAMPLER ackee cooked with onion atop fried green plantain ...12.95

JERK WINGS grilled wings serve on greens with our homemade sauce ...10.00

ROCKSTEADY SAMPLER (taste of Jamaica) samples of traditional Jamaican dishes... 12.95

SCOTCH BONNET PEPPER SHRIMP 4 jumbo shrimp seasoned with scotch bonnet pepper and fried dah one yah hot!!! 12.00

Coco Bread slightly sweet and buttery...2.25

BURGERS AND SANDWICHES

Served with Salad or Fries

DI REGGAE BURGER ground beef served with lettuce, tomato, avocado, bacon, and plantain on our own coco bread....15:00

ROCKSTEADY JERK CHICKEN SANDWICH boneless chicken served with lettuce, tomato, avocado, bacon, and plantain on our own coco bread.....14:00

RASTA BURGER veggie burger served with lettuce, tomato, avocado, beets and plantain on wheat bun16:00

FROM DI WATAS

Served with any two from PON DI SIDE

KINGSTON 13 SHRIMP 5 jumbo shrimp season in jerked spices ...21.95

JERK OR GRILLED SALMON seasoned with Jamaican herbs and spices19.95

SALMON RUNDOWN cooked in coconut milk with Jamaican herbs and spiced to your liking...22.97

CURRY LOBSTER (MKT)

CURRIED SHRIMP cooked in Jamaican curry with onion, bell pepper and scotch bonnet pepper... 22:00

LITTLE OCHI whole Snapper steamed with crackers, okra, carrots, onions and bell peppers... 28:00

WHOLE SNAPPER ESCOVITCH fried whole fish top with escovitch sauce....28:00

SNAPPER FILLET ESCOVITCH fillet of fish fried to perfection and top with our home made escovitch sauce ...24:00

SHRIMP RUNDOWN 5 jumbo shrimp cooked in coconut milk with Jamaican herbs and spiced to your liking.... 24.95

ROCKSTEADY SPECIALTIES

Meals Served with any two from PON DI SIDE

BULL BAY PORK RIBS succulent fall off the bone tender seasoned to perfection with our special spices 21.95

ROCKSTEADY JERK CHICKEN boneless all natural done on an open flamed grill ...15.95

CURRY GOAT grass fed goat meat cooked in Jamaican curry 16.95

CURRY CHICKEN seasoned in Jamaican curry with herbs and spices...15.95

PORTLAND STEW PORK farm raised pork ...16.95

OXTAIL STEW local oxtail stew in a brown sauce till tender 16.97

NATIONAL DISH ackee and saltfish sautéed in oil with onions, bell pepper...18:00

SALADS

JERK SHRIMP SALAD jumbo shrimp served atop lettuce, avocado, red cabbage, carrot and plantain with our house

made salad dressing18:00

ROCKSTEADY JERK CHICKEN SALAD boneless chicken served atop lettuce, avocado, red cabbage, carrot and

plantain with our house made salad dressing.....15:00

JERK CHICKEN CAESAR SALAD boneless chicken served atop lettuce and plantain with Caesar salad dressing..... 15:00

Fi DI PICKNEY DEM

CHICKEN FINGERS served with fries...5.95 FRIED CHICKEN TACO.... 6.95

PON DI SIDE

Callaloo , Rice and Peas, Fried Yucca, Jerked Fries, White Rice, Green Salad , Fried green Plantain, Sweet Plantain , Steamed Cabbage ,Boiled Dumplings....6:00