



The BREADFRUIT

Fisherman's Choice

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Appleton Rum Sea Scallops Grand 🍷
plump diver scallops coated with Appleton Estate Jamaica Rum and house hot and spicy jerk rub, seared in a cast iron skillet
w/
blackened veggies and rice and peas 22.00

Pimento Wood Smoked Mussels **
wild caught Mediterranean mussels smoked over pimento wood, tossed in a sweet and tangy rum reduction 16.50

Red Stripe Curried Prawns
delicate salt water prawns simmered in Red Stripe beer and Blue Mountain curry
w/
rice and peas, roasted veggies and ripe plantains 10.50

Jerk Prawns off the Grill 🍷
skewer of salt water prawns seasoned with house hot and spicy jerk rub and grilled over pimento wood
w/
fresh baked festival, ital coleslaw, roasted corn on the cobb and roasted pineapple 14.50

Escovitch Fish *
catch of the day seasoned with freshly cracked pepper and sea salt, pan seared in a cast iron skillet. The Breadfruit's signature spicy Escovitch sauce on the side
w/
fresh baked festival, ital coleslaw and roasted pineapple market \$

Taste of My Island

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Jerk Chicken off the Grill 🍷
chicken breast marinated in house hot and spicy jerk rub and grilled over pimento wood
House mango chutney on top
w/
fresh baked festival, ital coleslaw, roasted corn on the cobb and roasted pineapple 10.50

Curried Chicken and Dumpling
chicken breast marinated in Blue Mountain curry, sautéed with thyme, garlic, roma tomato, scallion and carrot
w/
whole wheat dumpling, green banana, roasted veggies and ripe plantains 10.50

Brown Stew Chicken
chicken breast marinated in caramel browning, Pickapeppa and sautéed with thyme, garlic, onion, cho cho and fresh ginger
w/
rice and peas, roasted veggies and ripe plantains 10.50

Coconut Curried Tofu 🌱
extra firm soya chunks marinated in a mix of Blue Mountain curry, coconut milk and Pickapeppa, sautéed with thyme, garlic, roma tomato and carrot
w/
rice and peas, roasted veggies and ripe plantains 10.50

Start Here

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Appleton Rum Sea Scallops 🍷
diver scallops coated with Appleton Estate Jamaica Rum and house hot and spicy jerk rub, seared in a cast iron skillet 12.50

Rum Glazed Prawns & Roti Flatbread 🍷
salt water prawns sautéed with Appleton Estate Jamaica rum, garlic and thyme sprinkled with organic goat feta cheese over grilled roti 12.50

Crispy Mango Fish Rolls
today's fresh fish rolled with ripe mango, pickled ginger with hot and spicy lime and red pepper Calypso Sauce 10.50

Plantain Avocado Spring Rolls 🌱
avocado and ripe plantain baked in a wonton wrap, paired with house mango chutney 8.00

Oven Roasted Plantains 🌱
sweet ripe plantains lightly sautéed with extra virgin olive oil and baked golden brown 5.00

Sandwich, Salad or Soup

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Fred's Jerk Chicken Sandwich 🍷
Jerk Chicken off the Grill chopped and served on MJ's Buttermilk Roll with fresh pineapple, mixed greens and house made Sweet Mango Chutney. Ital Coleslaw on the side 9.50

Jerk Prawn Avocado Salad
salt water prawns seasoned with hot and spicy jerk rub, grilled over pimento wood with organic spring mix, avocado, tomato and almond in a rice wine vinaigrette 14.00

Jerk Chicken Salad
chicken breast marinated in hot and spicy jerk rub, grilled over pimento wood and tossed with House Tropical Salad 9.50

House Tropical Salad 🌱
organic spring mix, roma tomato, shredded carrot, cho cho, red bell pepper, and pineapple tossed in a house made orange zest and ginger poppy seed vinaigrette 8.50

The Saturday Evening Soup
chef's choice, made fresh with a combination of ingredients grown locally and imported from Jamaica 7.50

🌱 vegan friendly * may contain bones no substitutions or modifications parties of 5 or more 20% gratuity added & no separate checks please 🍷 Intense fiery sensation from habanero and scotch bonnet peppers consuming raw or undercooked fish or shellfish may increase your risk of food borne illness. ** subject to availability