

# THE GROOVY BEACH

-AKA- THE ENTREES



## Jamaican Escovitched Fish

(Whole fish) fried red snapper topped with pickled spicy vegetable.

**HOT!!!**  
US\$11.95

## Fried Fish & Bammy

(Whole fish)  
Jamaica's most famous beach dish.

US\$9.75

## Steamed Conch

Stuffed with okra & callaloo, wrapped in banana leaf.

US\$11.75

## Greenwood Steam Fish

Marinated in local herbs & spices. Stuffed with vegetables, wrapped in foil, steamed on an open grill.

US\$11.95

## the Groovy Grouper

MORE THAN A NAME!!

our signature dish!

8OZ CUT OF GROUPEER FILLET SLIGHTLY RUBBED WITH JERKED SEASONING.

US\$13.95

## Jerked Chicken

of a chicken.

US\$9.75

## Jerked Pork

The way it's meant to be

US\$10.50

## B-BQ Ribs

lb tender mouth- water ribs "a finger affair"

US\$11.75

## Jerked Shrimp Pasta

Tossed with linguine & local herbs.

US\$21.95

## Groovy Lobster Tail

Grilled lobster tail served with garlic butter & your choice of side.

US\$25.95

## -High Seas-

All entrees served with a choice of bammy, festival, french fries OR rice & peas

## ADD-ONS

-Stowaways-

### Boiled Corn

Corn-on-the-cob. Melts in your mouth.

US\$3.25

### Festival

Corn meal dumpling deep-fried until golden brown.

US\$3.75

### Bammy

Jamaican cassava bread fried or steamed.

US\$3.75

## DESSERTS

-Smooth Sailin'-

### Tropical Ice-cream

Vanilla or chocolate filled in a pineapple and topped with seasonal fruits and whipped topping.

US\$5.75

### Rum Cake

Choice of Jamaican original or coconut.

US\$7.75

### Key Lime Pie

Nice & tangy

US\$6.75

### Heavenly Chocolate Cake

A chocolate lovers treat.

US\$6.75

MOST MAJOR CREDIT CARDS ACCEPTED.



THE GCT TAX OF 16.5% WILL BE ADDED TO YOUR BILL AND A SERVICE CHARGE OF 18% FOR PARTIES OF SIX OR MORE...

# THE GROOVY BEACH



**-AKA: APPETIZER-**

## **-Anchors Away-**

### **Conch Fritters**

Caribbean queen conch deep-fried in a seasoned batter.

US\$6.50

### **Jerked Calamari**

Steamed in a banana leaf (keeps the flavors in) spicy.

US\$6.75

### **Jamaican Fish Tea**

Not a "tea", but a hearty fish soup.

US\$3.95

### **Jerked Wings**

Authentic Jamaican Jerk, serve the way you like 'em (mild, medium or hot)

US\$8.75

### **Crab Cakes**

A blend of hand picked crab meat & spices pan fried until golden brown

US\$7.95

## **Soups**

### **-First Wave-**

### **Shrimp & Corn Soup**

A Jamaica ting! A must try for visitors!

Mildly spiced

US\$4.75

## **SALADS & FRUIT**

### **-Shallow Waters!**

### **\*Surfin' Caesar**

A traditional favorite done the groovy way

US\$8.75

### **\*Garden Salad**

Assorted green salad with a choice of dressings

US\$7.95

### **\*Grilled Chicken Salad**

Our groovy version of a traditional favorite

US\$8.95

\*add grilled grouper OR shrimp US\$3.95

## **BURGER & SANDWICHES**

### **-Sails Up-**

(served w/ French Fries)

### **Beach Burger**

Char grilled beef burger topped with cheese on a toasted bun garnished with lettuce, grilled onion, tomato and pickle.

Add sautéed mushrooms or bacon for a \$1.75

US\$8.95

### **Mighty Grouper**

Fillet of grouper, blackened, topped with grilled onions, vine tomato, lettuce served on a French bread with Tartar sauce.

US\$8.95

### **Island Jerked Chicken Sandwich**

Chicken breast grilled with jerk spices, lettuce, tomato on a jerked flavored roll.

US\$8.95

### **Veggie Style Tomato Wrap**

Vine ripe tomato, marinated cucumber, carrot, roasted bell pepper and ranch dressing spread.

US\$8.95

### **Beach Club Wrap**

Filled with turkey, bacon, cheese, tomato, lettuce, caramelized pineapple and a scotch bonnet mayo spread.

US\$8.95

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