



Carena's Jamaican Grille

Beware Da Bones

Part of the Jamaican experience is eating the food like they do in Jamaica. Put the oxtail in your mouth, scrape the flavor off with your teeth, and discard the bone. Some soups and stews may have bits of bone, but with the bone comes flavor.

Eat well, have a drink, and relax. In Jamaica, it's the law!



Appetizers

Jamaican Jerk Wings small \$6 large \$12

Jerk roasted with mango chutney

Caribbean Calamari \$8

With a pineapple/curry dipping sauce

Appleton Rum-Glazed Ribs \$8

With Island Slaw

Quesadillas

Jerk Chicken or Jerk Pork, Tomatoes and jalapenos with pepper jack cheese \$8

Shrimp, Bacon and red & yellow peppers with cheddar cheese \$9

Red Bean, Spinach, onion, and mozzarella cheese \$8

Conch Fritters With creamy horseradish cocktail sauce \$9

Jerk Sliders Chicken or Beef with pepper jack cheese and aioli on a soft potato roll \$8



Grilled Pizzas

Individual thin crust Pizzas \$9

Add a Side House Salad \$1.50

Jerk Chicken: Jalapenos, tomatoes and pepper jack

Oxtail: Bacon, leeks and pepper jack cheese

Veggie: Spinach, onions, peppers, tomatoes, olives and mozzarella cheese

Pepper Shrimp: Bacon, red and yellow peppers and mozzarella cheese

Salads

Cool Runnings \$6

Wedge of Romaine with diced tomatoes, blue cheese crumbles, and bacon

Carena's House Salad \$6

Mixed greens, carrots, tomatoes, red onions, cucumbers, and red cabbage

Add Grilled Salmon or Jerk Chicken Breast \$4

Soups

Pumpkin Soup big bowl \$6 cup \$3

With coconut cream and a hint of curry

Big Bad Soups big bowl \$7 small bowl \$4 cup \$3

Monday: Fisherman's soup

Tuesday: Corn chowder with smoked bacon (seasonal)

Wednesday: Mama's pepper pot soup

Thursday: Chicken soup

Friday: Red pea soup with salt beef

Saturday: Chicken soup



Wraps \$7 With fries and Island Slaw

Jerk 'Chicken Salad' Wrap

Creamy jerk chicken salad with diced celery, onions, and peppers

Veggie Wrap with lettuce, spinach, cucumbers, tomatoes, carrots, red onions, and spicy ranch dressing

Paninis With fries and Island Slaw \$8

Jerk Chicken spinach, tomatoes, red onions, and jack cheese

Veggie Panini roasted red peppers, chayote squash, zucchini, yellow squash and mozzarella cheese

Jerk Pork 'Cubano' Edwards' Serrano ham, dill pickle and Swiss cheese

Create Your Own Combo!

Pick any two; Half sandwich, Half wrap, side salad, or soup \$9

***Jerk Angus Burger** With fries and Island Slaw \$8

Served on a potato roll with lettuce, tomato, and grilled onions

Add Cheese \$1

Curry Vegetable \$14

Curried vegetables in a rich, creamy coconut sauce over linguine or rice n' peas

Authentic Jamaican

Served with rice 'n peas and stewed cabbage

	Lunch Size	Dinner Size
Curry Chicken	\$9	\$13
Jerk Chicken	\$10	\$13
Island Fried Chicken (sweet ginger gravy)	\$10	\$13
Ox Tail	\$12	\$15
Curry Goat	\$12	\$14
Roast Jerk Pork	\$10	\$14
Combo Platter (Pick two)	—	\$16

Whole Red Snapper \$18

Steamed with okra, carrots, peppers, onions and tomatoes

Escoveitch in a spicy vinegar sauce with scotch bonnet peppers, onions and carrots

Brown Stew in a pan sauce with carrots, onions, tomatoes and peppers

Shrimp 'Rundown' \$17

Jumbo shrimp simmered in a creamy curry coconut sauce with peppers and onions

For the KIDS \$5

(Under 12)

Mini Jamaican meal with rice and cabbage (curry or island chicken)

Chicken tenders with fries or fruit

Cheese pizza with fries or fruit

Cheese quesadilla with fries or fruit

Pasta with butter and parmesan cheese

Burritos

With fries, sour cream and salsa

Jerk Chicken Rice 'n peas, cabbage, pepper jack cheese and jerk gravy \$8

Curry Chicken Rice 'n peas, cabbage, pepper jack cheese and curry gravy \$8

Jerk Pork Rice 'n peas, cabbage, pepper jack cheese and jerk gravy \$9.

Curry Goat Rice 'n peas, cabbage, pepper jack cheese and curry gravy \$9

Veggie Chayote squash, cabbage, rice 'n peas, mozzarella cheese and salsa \$8



Entrees

Choice of rice 'n peas, white rice, french fries, sweet potato fries or mashed potatoes served with our sautéed cabbage

Fresh Grilled Salmon \$16

With mango relish or in a creamy coconut sauce

Tilapia \$14

Steamed, Brown Stewed, Escoveitch, or Pan fried with peppers and onions

Appleton Rum glazed Baby Back Rib \$15

Tender ribs glazed with an Appleton dark rum and guava barbecue sauce

***Reggae Ribeye Steak** \$17

Pan crusted jerk style or grilled with garlic butter

Rasta Pasta

\$13

Linguine in olive oil with garlic, zucchini, squash, peppers and onions and parmesan cheese

Add Jerk Chicken Breast \$2 or **Pepper Shrimp** \$3 **Salmon** \$4

*Consuming raw or undercooked food may be harmful to your health.