



## START WID DIS

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| <b>ROCKSTEADY TACOS</b> hard tacos with your choice of jerk chicken or pork, tomato, avocado and cheese .. | 10 |
| <b>JERK BACON</b> jerk spices marinated and served atop a garden salad.....                                | 10 |
| <b>CALLALOO DIP</b> Jamaican spinach served with Jamaican water crackers .....                             | 11 |
| <b>ACKEE SAMPLER</b> sauteed onions and ackee served atop fried green plantains (tostones) .....           | 13 |
| <b>ROCKSTEADY VEGAN</b> ackee and callaloo served atop fried green plantains (tostones) .....              | 14 |
| <b>JERK WINGS</b> with our signature spices and grilled on a open flame .....                              | 10 |
| <b>COCO BREAD</b> slightly sweet and buttery .....   | 4  |
| <b>SCOTCH BONNET SHRIMP</b> jumbo shrimp scotch bonnet pepper and fried (dah one yah hot!!).....           | 12 |
| <b>ROCKSTEADY SAMPLER</b> samples of traditional jamaican dishes .....                                     | 13 |
| <b>JAMAICAN PUMPKIN BISQUE</b> creamy and silky with hints of island spices .....                          | 8  |
| <b>JERK SHRIMP</b> signature jerk spices .....   | 12 |

## FROM DI WATAS

*Served with your choice of any two from PON DI SIDE*

|   |     |
|---|-----|
| <b>KINGSTON 13 SHRIMP</b> jumbo shrimps in our signature jerk spices.....                                 | 26  |
| <b>ROCKSTEADY SALMON</b> in Jamaican herbs and spices ask for it grilled or jerk .....                    | 24  |
| <b>SALMON RUNDOWN</b> marinated with herbs and spiced to your liking and cooked in coconut milk .....     | 26  |
| <b>CURRY LOBSTER</b> lobster tail with Jamaican curry, herbs and spices.....                              | Mkt |
| <b>CURRY SHRIMP</b> Jamaican curry sauteed with onions, bell peppers and scotch bonnet pepper .....       | 26  |
| <b>LITTLE OCHI</b> whole snapper steamed with crackers, okra, carrots, onions and bell pepper .....       | 34  |
| <b>WHOLE SNAPPER ESCOVITCH</b> fried and topped with escovitch sauce .....                                | 32  |
| <b>SHRIMP RUNDOWN</b> marinated with jamaican herbs and spiced to your liking cooked in coconut milk...28 |     |
| <b>CHILEAN SEA BASS</b> succulent white fish prepared Rocksteady style .....                              | 39  |
| <b>OUT OF MANY ONE CURRY</b> shrimp and scallops marinated in Jamaican curry (dah one yah nice) ..32      |     |

## BURGERS & SANDWICHES

*Served with you choice of Fries or Salad*

|   |    |
|---|----|
| <b>DI REGGAE BURGER</b> ground beef, lettuce, tomato, avocado, bacon, plantains served on our own coco bread .....                    | 15 |
| <b>ROCKSTEADY JERK CHICKEN SANDWICH</b> boneless chicken lettuce, tomato, avocado, bacon, plantains served on our own coco bread..... | 15 |
| <b>RASTA BURGER</b> veggie burger, lettuce, tomato, avocado, plantains, beets served on a whole wheat bun ....                        | 16 |
| <b>DI FISH SANDWICH</b> grouper marinated in Jamaican herbs and spices, lettuce, tomato, avocado served on our own coco bread .....   | 18 |

Additional Cost for Any Substitution / Notice: The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness. / For Special Request, Additional Charge may be added. R.NDC 2309209

🌿 : Vegetarian / GF: Gluten Free



**ROCKSTEADY SPECIALTIES**  
Served with your choice of any two from **PON DI SIDE**

**BULL BAY PORK RIBS** succulent fall off the bone done to perfection in our special spices.....22

**ROCKSTEADY JERK CHICKEN** all natural boneless chicken marinated in our signature jerk sauce and grilled on a open flame..... 16

**ISLAND STYLE DUCK** signature jerk sauce and grilled on a open flame ..... 29

**CURRY CHICKEN** Jamaican curry, and other herbs and spices ..... 16

**CURRY GOAT** grass fed goat meat marinated in Jamaican curry and other herbs and spices ..... 21

**PORTLAND STEW PORK** farm raised pork marinated with Jamaican herbs and spices and slowly stew until tender ..... 19

**OXTAIL STEW** oxtail braised with Jamaican herbs and spices and stew in a brown sauce until tender 24

**JAMAICAN NATIONAL DISH** ackee and saltfish sauteed in oil with onion and bell peppers .... 21

**BROWN STEW CHICKEN** marinated with herbs and spice..... 16

**SALADS**

**JERK SHRIMP** jumbo shrimps served atop lettuce, avocado, red cabbage, carrot and plantains with our home made dressing .....22

**JERK CHICKEN** boneless served atop lettuce, avocado, red cabbage, carrot and plantains with our home made dressing ..... 16

**ROCKSTEADY JERK CHICKEN CAESAR** boneless chicken served atop lettuce and plantains with caesar dressing ..... 17

**KALE & GRILLED CHICKEN** organic boneless chicken served atop kale with raspberry vinaigrette dressing..... 18

**PON DI SIDE**

7 Each

**CALLALOO  
RICE & PEAS  
FRIED YUCCA  
BOILED YUCCA  
JERKED FRIES**

**WHITE RICE  
GREEN SALAD  
QUINOA  
BOILED DUMPLINGS  
STEAMED CABBAGE**

**FRIED GREEN  
PLANTAINS  
(TOSTONES)  
SWEET PLANTAINS  
BOILED GREEN  
BANANA**

**FI DI SWEET TOOTH**

8 Each

**SIGNATURE BREAD PUDDING  
JAMAICAN RUM CAKE**

**JERK ICE CREAM  
ROCKSTEADY COCONUT TOTO**

**FI DI PICKNEY DEM**

**CHICKEN FINGERS**  
served with fries

**8 FRIED CHICKEN TACOS**  
all natural chicken

**8**