



Farm Fresh: we use local farms when possible

LUNCH 10

Dine In Only

Served with daily soup or salad.

Spinach Wrap

Rice and Beans, Lettuce, Tomato, Plantains, Avocado & Pon Di Side Jerk Mango Mayo
(Choose from Jerk Chicken, Brown Stew Chicken, or Curry Chicken)

½ Rocksteady’s own Jerk Chicken Sandwich

Grilled Boneless Jerk Chicken with Avocado, Bacon, Tomato, Plantains, Provolone Cheese & our own Jerk Mango Mayo on Jamaican Coco Bread

Jerk Chicken Tacos

2 hard tacos filled with jerk chicken, tomato, avocado and cheese.

PLATTERS 9

Choose any 2 Sides: Rice & Peas, Sweet Plantain, Salad or Steamed Veggies

WAYNE FARM ALL NATURAL CHICKEN

Jerk Chicken • Curry Chicken • Brown Stew Chicken • Jerk Wings

Make it a Combo 2

ISLAND CLASSICS

Pick Two Sides: Rice, Plantain, Salad or Cabbage Extra Sides 2

Grass Fed Curry Goat 15 • Neiman Ranch Stewed Pork 12 • Bull Bay Pork Ribs 18 • Ackee & Saltfish 19

FRESH FISH & SEAFOOD

Catch of the Day Grilled or Jerked MKT

served with Veggie of the day

Crab Fritters 17

Two Blue Crab Fritters served on top a Fresh Garden Salad

5 Jumbo Jerk Shrimp 16

Served with Fresh Veggie of the Day

Jerk or Grilled Salmon 18

Served with vegetables and sweet plantain

Curry shrimp pasta 19

Shrimp cooked in curry sauce atop penne pasta

SANDWICHES

Choose One: Garden Salad, Steamed Veggies, Plantains or Fries



Chef’s Own Veggie Sandwich 13

Grilled Egg Plant, Grilled Red Peppers, Capers, Avocado, Plantains, Lettuce, Jamaican Wheat Bread



Bob’s Veggie Burger 12

A Grilled all Veggie Patty Jerked or Not, You decide, it is served on Jamaican Wheat Bread, Sweet Plantain, Lettuce,& Sliced Tomato

Rocksteady Jerk Chicken Sandwich 13

Grilled Boneless Jerk Chicken with Avocado, Bacon, Tomato, Plantains, Provolone Cheese, & our own Jerk Mango Mayo on Jamaican Coco Bread

Reggae Burger 14

Angus Beef, Lettuce, Tomato, Provolone Cheese, Sweet Plantain, Bacon, Avocado on Jamaican Coco Bread

Jerk Burger 12

Seasoned with spicy jerk spices with grilled pineapple on WHEAT OR WHITE Bun

Fish Sandwich 14

Jerked or Grilled with Lettuce, Sliced Tomato, Avocado, with our own special sweet jerk sauce pon di side and served on Jamaican Coco Bread

One Love Spinach Wrap 13

Curry Chicken, Jerk Chicken, Brown Stew Chicken, Rice and Beans, Lettuce, Tomato, Plantains, Avocado & Pon Di Side Jerk Mango Mayo

SALADS



Rocksteady House Salad 10

We toss together Lettuce, Avocado, Tomato, Plantains, and Granola Nuts



Caesar Salad 10

Add Jerk Shrimp 8 • Add Jerk Chicken 4 • Add Jerk Bacon 6

PON DI SIDE

Shoe String Cut Fries 3 • Jerk Fries 4 • Rice 3

Jerked Bacon 6 • Jamaican Coco Bread 3

Green or Sweet Plantains 4 • Side Salad 4

Four Jerk Shrimp 10 • Ackee and Callaloo Sampler 12

Two Boiled Green Banana 2 • House Specialty Sauce 1



: Vegetarian / GF: Gluten Free