



Brunch

10am - 5pm (3pm Sat)

Laid-back brunches, bold Caribbean flavours and mornings that roll into the afternoon.

Ask for our Brunch or Bottomless menus.

Lunch Time Escapes

Mon – Fri before 4pm

LONG LUNCH

serves 2 34

Switch off and settle in

To start: Trini Doubles + Sweetcorn Fritters
Choose one of: Half Jerk Chicken, Whole Sea Bream or Buddha Bowl

Served with all of: Rice & Peas, Spiced Fries, Dumplings, Pineapple Salsa + Creamy Slaw

QUICK LUNCH

Perfect for a lunchtime pitstop

12

Choose any: Burger or Roti Wrap + Spiced Fries or Green Salad

Sharers

For celebrations, catch-ups and everything between

BAY CLASSIC FEAST

serves 2-3 56

Enjoy our favourites, selected for you

To start: Sweetcorn Fritters + Chilli Squid + Mango Fried Chicken
Then, all of: Half Jerk Chicken + Curry Goat + Creamy Slaw + Pickled Cucumber

Plus unlimited: Rice & Peas, Bara Roti and Spiced Fries.

SURF & TURF COMBO

serves 2 42

Bold mix of land, sea and island spice

Both: Carib Steak + Whole Sea Bream

Choose: Any 2 Sides + Any 2 Accompaniments

JERK BARBEQUE

serves 2 38

Smoky, saucy and full of Caribbean soul

Both: Half Jerk Chicken (Jerk Gravy, Mo'Bay or Hot Mango)
Rum BBQ Ribs

Choose: Any 2 Sides + Any 2 Accompaniments

FAMILY PLATTER

serves 2-3 29

Jerk chicken feast made for the whole table

Choose: Whole Jerk Chicken (Jerk Gravy, Mo'Bay or Hot Mango)

Choose: Any 2 Sides + Any 2 Accompaniments

Little Turtles Eat Free



Kids eat free with every adult spending 15 or more. All day, everyday.



Nibbles

While you wait

Any 3 for 9

Jerk Sausage	3.2
Crispy Channa	3.2
Plantain Chips	3.2
Chilli & Thyme Olives	3.2

Starters & Small Plates

Perfect to start, share or graze

Sweetcorn Fritters	7
Crispy golden fritters with mango mole	
Trini Doubles CHEF'S PICK	5
Soft bara roti, curried chickpeas, pickled cucumber, dash of hot sauce	
Tamarind Pork	8
Sticky tamarind & chilli glazed bites	
Crispy Wings (6)	7.5
Marinated for 24 hours, fried crisp and tossed in your choice of: Hot Mango / Jerk Gravy / Rum BBQ	
Crispy Wing Platter (12)	12
Choose any 2 of the above sauces for dipping	
Pit Prawns	8.5
Grilled whole prawns, Scotch bonnet, garlic butter, roti	
Chilli Squid MOST POPULAR	7.5
24 hour coconut marinade, panko, chilli mayo, mango mole	
Baked Goats Cheese	8
Fresh tomatoes, Trini-churri	
Charred Corn Ribs	7
Smoky, spiced, juicy and tossed in your choice of: Sweet Tamarind / Hot Mango / Garlic Butter	
Mango Fried Chicken	7.5
Crispy chicken thigh, fresh mango, Bajan hot sauce	
Loaded Jerk Fries	6
Golden fries, rich jerk gravy, melted cheese, chilli mayo Add: Pulled Pork +1 / Chicken +1 / Bacon +1	

BAY AFTER DARK

8:30pm 'til late everyday
Second Happy Hour done right

The lights go down. The music turns up.
Live DJs, performers and island energy fill the room.

We'll welcome you with a complimentary Rude Boy shot, then keep the good times flowing with our late-night drink promotions.

Stay for another round. Another laugh.
Another story.

Jerk Pit Chicken

Our signature recipe

Marinated for 24 hours and grilled over open flame for that unmistakable smoky flavour.

Choose:

Breast	9	15
or		
Half MOST POPULAR	10	16

Choose your homemade sauce:

Jerk Gravy / Mo'Bay / Hot Mango

Main On
Its Own

Complete Meal
With Any Side +
Accompaniment

The Grill

All fired up and straight off the flame

Carib Steak CHEF'S PICK	15	21
28-day aged rump, served pink with Trini-churri		
Add: Whole Prawns +3		
Rum BBQ Ribs	17.5	23.5
Rack of fall-off-the-bone ribs, sticky rum		
BBQ glaze, creamy slaw		
Tamarind Salmon	14.9	20.9
Whole fillet, sweet tamarind glaze, creamed spinach		
Whole Sea Bream	17.5	23.5
Garlic butter, Trini-churri, lemon & thyme		
Grilled Octopus CHEF'S PICK	16.5	22.5
Charred over open flame, served tender with a		
bright tomato salsa and chilli oil		

Main On
Its Own

Complete Meal
With Any Side +
Accompaniment

West Indian Curries

Slow-cooked comfort, big on flavour

Curry Goat MOST POPULAR	11.5	17.5
Slow-cooked with garlic, ginger and Scotch bonnet until		
tender. A Caribbean classic and a Turtle Bay favourite.		
Brown Stew Chicken	10.5	16.5
Tender grilled chicken thigh in a deep, savoury-sweet		
brown stew. A favourite across the islands.		
Trini Coconut Curry	10.5	16.5
Creamy coconut, ginger, garlic, green seasoning		
If you'd like it milder, just ask. Choose:		
Chicken or Prawns +1		
Curry Okra & Spinach VG	9.5	15.5
Vibrant and warming, spinach, okra & chickpeas		

Main On
Its Own

Complete Meal
With Any Side +
Accompaniment

Salads & Bowls

Fresh and vibrant

Buddha Bowl VG	12
Tenderstems®, leaves, channa, corn ribs, watermelon,	
plantain, candy beetroot, pineapple salsa, rice & peas	
With: Spiced Prawns or Grilled Chicken	15
Avocado & Mango Salad VG	12
Leaves, tomatoes, lime & maple syrup dressing	
With: Spiced Prawns or Grilled Chicken	15

Burgers & Wraps

Perfect for lunch or late night cravings

Main On
Its Own

Complete Meal
With Any Side +
Accompaniment

Carib Roti Wraps	9.5	15.5
Grilled roti, creamy slaw, tomato salsa &		
a jerk gravy dip. Choose:		
Pulled Chicken or Crispy Jackfruit VG		
Smashed Burger	10.9	16.9
Our ultimate burger. Double smashed beef,		
melted cheese and signature burger sauce		
Crispy Chicken Burger	10.9	16.9
Crunchy, juicy fried chicken thigh with a kick of chilli mayo		

Jackfruit Burger VG	10	16
Crispy jackfruit patty with vibrant green		
seasoning sauce and bold Caribbean flavour		

All burgers are served in a soft vegan brioche bun with lettuce, pickles and pink onions.

Add: Bacon +1.50

Caribbean Comforts

Favourites with an island twist

Main On
Its Own

Complete Meal
With Any Side +
Accompaniment

Kingston Fried Chicken CHEF'S PICK	9.5	15.5
Golden, crispy fried chicken with a perfectly		
seasoned coating and creamy slaw		
Mac & Cheese V	15	
Rich and creamy with triple cheese. Choose:		
Chicken, Pulled Pork or Mushrooms		

VG Vegan **V** Vegetarian



Sides

Rice & Peas VG	4
Spiced Fries VG	4
Garlic Flatbread VG Add Cheese +1 V	5
Sweet Potato Fries VG	4.5
Mac & Cheese V	4
Green Salad VG	4
Garlic Tenderstems® VG	4.5

Accompaniments

Homemade Sauces ask for our selection	FREE
Bara Roti VG	2.2
Dumplings VG CHEF'S PICK	2.2
Pineapple Salsa VG	2.2
Sweet Plantain VG	2.2
Pickled Cucumber VG	2.2
Creamy Slaw V	2.2

Cocktails ALL 13

Happy Hour 2'4'1, all day, every day The same cocktail, at the same time

 **Cherry Me Crazy**
173 Black Cherry, Martini
Bianco, yuzu, raspberry
shrub, pineapple

 **Passion Fruit Rumtini**
White rum, passion fruit
liqueur, pineapple, vanilla,
fizz (try with vodka)

 **Jamrock Punch**
Vodka, strawberry, lime,
passion fruit, guava,
grapefruit (try with rum)

 **Zombie**
Wray & Nephew, Pusser's,
falernum, passion fruit,
pineapple, bitters

 **Bahama Mama**
Koko Kanu, Hawksbill
Banana, coconut, pineapple,
sorrel

 **Coffee Rumtini**
Dark rum, coffee liqueur,
espresso, demerara
(try with vodka)

 **Cherry Sling**
Kingston 62 Gold, cherry
rum, lime, vanilla, cherry,
grapefruit soda

 **Raspberry Reggae**
Dark rum, blackberry, guava
juice, raspberry soda, lime
(try with gin or vodka)

 **Strawberry Daiquiri**
Kingston 62 White, lime,
demerara, strawberry

 **Jamaican Mule**
Deeds Spiced, yuzu,
falernum, ginger beer

 **Passion Fruit Mojito**
Appleton Signature, lime,
passion fruit, mint, vanilla

 **Pineapple Daiquiri**
Hawksbill Pineapple,
pineapple, lime

 **Koko Colada**
Koko Kanu, Hawksbill
Pineapple, coconut cream

 **Reggae Rum Punch**
Wray & Nephew, lime,
pomegranate, mango

 **Calypso**
Tequila, triple sec, lime,
watermelon, grapefruit

 **Sarti Spritz**
Sarti Rosa, passion fruit,
fizz, soda

 **Tingaling**
Gin, fizz, grapefruit crush,
elderflower
(try with rum or vodka)

 **Bajan Spicy Marg**
Tequila, mango, lime, honey,
triple sec, Scotch bonnet



For our full drinks selection,
including a wide array of rums,
see our Drinks Menu

Zeros

2 for 10 all day, every day The same cocktail, at the same time

 **Virgin Colada**
Lyre's White Cane,
pineapple, coconut

 **Passion Paradise**
Passion fruit, lime,
guava

 **Raspberry Reggae 0%**
Raspberry shrub, raspberry
soda, guava, lime

 **Mai Tai Zero**
Lyre's White Cane, yuzu,
pineapple, orgeat

 **Strawberry Non
Daiquiri**
Lyre's White Cane, demerara,
strawberry, lime, guava

 **Grapefruit &
Coconut Nojito**
Lyre's White Cane, lime, mint,
grapefruit, coconut

Beer & Cider

DRAFT	pint
Carib Lager	5.9
Atlantic Pale Ale	6.5
Island Press Cider	6.5
BOTTLES	330ml
Madri Lager	5
Madri Zero 0.0%	5
Lucky Saint IPA 0.5%	5
Guinness 0.0	568ml 6

Hot Drinks

Unlimited refills

Cafetière Coffee	3.5
English Breakfast	2.9
Earl Grey	2.9
Green	2.9
Peppermint	2.9
Lemon & Ginger	2.9
Strawberry & Raspberry	2.9

Wine

125ml available

175ml 250ml bottle

RED

Tempranillo , La Vivienda, Spain	Dark fruit and warm spice	8	9.5	27
Nero d'Avola , Da Luca, Italy	Red berries, vanilla oak	9	10.5	29
Malbec , Portillo, Argentina	Plum, blackberry, juicy balance	9.5	11	30
Malbec , Zuccardi Brazos, Argentina	Fruity, medium-bodied, spicy	10.5	12	33

WHITE

Verdejo , La Vivienda, Spain	Green apple, citrus freshness	8	9.5	27
Pinot Grigio , Da Luca, Italy	White flowers, pink grapefruit	9	10.5	29
Chenin Blanc , Kleine Zalze, South Africa	Lime zest and guava	9.5	11	30
Sauvignon Blanc , Waipara Hills, New Zealand	Crisp, tropical, bright	10.5	12	32

ROSÉ

Pinot Grigio Rosé , Vinuva, Italy	Watermelon, pink grapefruit, strawberry	8	9.5	27
Provence Rosé , Héritage, Estandon, France	Fresh, refined elegance	10.5	12	34
Côtes de Provence Rosé , Whispering Angel, France	Light, smooth	11.5	15	45

FIZZ

Prosecco , Il Baco da Seta, Italy	Creamy bubbles, apple, pear	125ml	6	29
Champagne , Moët & Chandon Impérial Brut, France	Bright, lively, crisp	125ml	19	70

BAY AFTER DARK

Second Happy Hour - 8:30pm till late

The night is just getting started.

Join us for live DJs and performers,
see who's playing on our
What's On Board/website

2'4'1 Cocktails

MOËT & CHANDON
60 (bottle)
15 (125ml)

House Wine
15 (500ml Carafe)

All Pints 5

Double Spirit &
Mixer 7.5

Still Gin • Fris Vodka •
Hawksbill Spiced Rum



Service not included

All tips go directly to
our team, with at least
50% going straight
to your server. A
discretionary 10%
service charge will be
added to tables of
5 or more.

Scan the QR for allergens & calories.

Our dishes are made fresh in kitchens
where flour and gluten are used, so we
can't guarantee any item is completely
allergen or gluten-free. Our menu
descriptions don't list every ingredient
- if you have allergies or dietary needs,
please speak to our team before ordering.



MAIN 07.26

VG Vegan V Vegetarian

Turtle Bay