

Traditional Jamaican Breakfast

Served with boiled green banana, dumpling, and fried sweet plantains

Saltfish <i>Shredded Salt cod is sautéed with, onions, scotch bonnet (habaneros) peppers, tomatoes, and spices, such as black pepper.</i>	\$10
Callaloo vegetarian <i>green leafy spinach like vegetable steamed and Sautéed with Jamaican herbs & spices</i>	\$9
Saltfish & Callaloo	\$11
Saltfish & Okra	\$11
Ackee & Saltfish <i>The national fruit of Jamaica. Ackee has the texture of scrambled egg, The ackee fruit is bright red. When ripe, it bursts open to reveal three large black seeds and bright yellow flesh. Salt cod is sautéed with boiled <u>ackee</u>, onions, scotch bonnet (habaneros) peppers, tomatoes, and spices, such as black pepper and garlic.</i>	\$13
Porridge Ask your server which porridge is serving today <i>warm hearty cereal with a mild coconut base, vanilla, almond, nutmeg, cinnamon with such flavors as banana-peanut, cornmeal, oats, peanut.</i>	\$5.50

Breakfast Sandwiches

Breakfast Sandwich <i>turkey bacon or beef sausage, egg & cheese on Jamaican white or wheat</i>	\$5
<i>Coco Bread- soft loaf bread, slightly sweet type of bread.(not made with coconut)</i>	\$6
Steak, Egg & Cheese on Coco Bread	\$9

Hot Beverages

Coffee	\$1.90
Tea <i>peppermint, ginger, Lipton</i>	\$1.90
Hot Chocolate	\$1.90

Appetizer

Jamaican Patty

\$4

*pastry similar to a turnover with savory fillings and Caribbean spices.
Comes in Beef, Chicken, Vegetable*

Johnny Cake

\$2

also known as fried dumpling. These tasty little appetizer or side will leave you asking for more. Made simply with rising dough and a dash of sugar. Rolled, cut and fried. Taste more like it was baked than fried.

Jerk Chicken

\$5

Jerk is a style of cooking native to Jamaica in which meats are dry-rubbed with a spicy mixture called Jamaican jerk spice. Our jerk is on the mild side but coupled with our house jerk sauce on the side will give you the spice intensity you crave.

French Fries

\$4

Sweet Potato Fries

\$5

Soup

\$5.50

Ask your server which soup is serving today.

Chicken

A hearty soup with dumpling spinners, potato, yam, carrots, pumpkin, and Jamaican spices and herbs.

Manish Water

Traditionally Manish Water also known as goat soup is a festive soup. Served at the liveliest of occasions. Ingredients include lean goat meat, dumpling spinners, potato, boil banana, and Jamaican spices and herbs.

Fish Tea

A fish tea is a soup made with king fish with dumpling spinners, potato, boil banana, okra, and Jamaican spices and herbs.

Ital Red Peas

Vegetarian friendly soup with a coconut milk base. Ingredients include red kidney beans, dumpling spinners, yam, carrot, potato and Jamaican herbs and spices.

Beef Soup

Made with tender pieces of beef, dumpling spinners, potato, yam, carrots, pumpkin, and Jamaican spices and herbs.

Entrees

Served with rice and beans or white rice

Chicken \$9

Brown Stew Chicken

chicken stewed in a mild brown stew sauce with bell peppers, onions, potatoes, carrots and Jamaican spices

Curry Chicken

chicken stewed in a mild curry sauce with bell peppers, onions, potatoes, carrots and Jamaican spices.

Jamaican BBQ Chicken

Chef special with sautéed onions and peppers in a tasty barbeque sauce.

Jerk Chicken

Lorenz chef specialty. Jerk is a style of cooking native to Jamaica in which meats are dry-rubbed with a spicy mixture called Jamaican jerk spice. Our jerk is on the mild side but coupled with our house jerk sauce on the side will give you the spice intensity you crave

Meat \$11

Curry Goat

meat is simmered slowly in our flavorful curry sauce.

Goat is a healthy alternative and lower in saturated fats than beef & chicken. Give it a try!

Pepper Steak

tender blade steak simmered in a mild brown stew sauce with bell peppers and onions

Oxtails

delicacy beef simmered slowly to perfection. The tender meat falls right off the bone.

Fish

Brown Stew Fish \$13

Braised fish sautéed with vegetables in a mild brown sauce.

Saltfish \$10

Shredded Salt cod is sautéed with, onions, scotch bonnet (habaneros) peppers, tomatoes, and spices, such as black pepper.

Okra & Saltfish \$11

Saltfish & Callaloo \$11

Ackee & Saltfish \$13

The national fruit of Jamaica. Ackee has the texture of scrambled egg, The ackee fruit is bright red.

When ripe, it bursts open to reveal three large black seeds and bright yellow flesh. Salt cod is sautéed with boiled ackee, onions, scotch bonnet (habaneros) peppers, tomatoes, and spices, such as black pepper and garlic.

Vegetarian \$9

Ital Stew

Vegetarian entrée made with red kidney peas, mix vegetables, and Caribbean herbs and spices in a coconut milk base sauce

Ital Curry

Vegetarian curry entrée made with potato, mix vegetables, and Caribbean herbs and spices in a coconut milk base sauce.

Callaloo

green leafy spinach like vegetable steamed and sautéed with Jamaican herbs & spices

Roti Dinner

Served with mix vegetable and channa.

Roti are Warm tortilla (Dahl Poori) imported from Trinidad made with flour and crushed split pea. Great accompaniment to any curry based entrée.

Curry Chicken \$10.50

Curry Goat \$12.50

Curry Shrimp \$13.50

Ital Curry *vegetarian* \$10.50

Combos

Served with fries (+ \$1 for sweet potato fries)

Fried Chicken \$7.90

Jerk Chicken \$7.90

Steak & Cheese Sandwich \$9
on coco bread

Callaloo Sandwich \$9
on coco bread

Sides

Macaroni & Cheese \$4
Cheesiest macaroni ever. Lorenz authentic recipe of cheddar and Monterey jack will blow your mind.

Callaloo \$4
green leafy spinach like vegetable steamed and Sautéed with Jamaican herbs & spices

Plantains \$4
A vegetable with a taste similar to a banana, fried to a sweet golden brown; a staple of Jamaican cooking.

Rice & Peas \$3
Jamaica's main staple accompaniment for its many dishes. Coconut milk carries the base to its ingredients which includes Jamaican herb and spices and not to mention red kidney beans.

Channa \$3
Curried chix peas and potato. Delicious side that goes great with a roti wrap.

Boil Banana \$2
green banana boiled to serve as a side to main entrees.

White Rice \$2

Bread & Butter \$1.50

Johnny Cake \$1
also known as fried dumpling. These tasty little appetizer or side will leave you asking for more. Made simply with rising dough and a dash of sugar. Rolled, cut and fried.

Dumplings \$1
Boiled whole wheat dough, a traditional Jamaican staple. Goes well with sauce based entrees.

Beverages

Grab a Drink from the cooler

Jamaican Soda	\$1.95
Bottled Juices	\$1.95
Bottled Water	\$1.50
Can Soda	\$1.50
Tru Juices of Jamaica	\$4

Beers \$6

Red Stripe
Guinness
Heineken
Corona

Wines \$8

Stone Ginger
Merlot
Red
Zifandel

Dessert

Carrot Cake \$5

Red Velvet Cake \$5

Chocolate Cake \$5

Jamaican Fruit Cake \$5

a dark rich fruit cake infused with wine and rum, containing raisins, minced prunes, minced currants, minced cherries, Wow! Delicious. You must experience.

Spice Bun &
Jamaican Cheese \$4

Light sweet bread made with molasses other spices