

Lunch Menu

APPETIZERS

CHEESE QUESADILLA

\$8

CHEESE TORTILLA WRAP.

ADD YOUR FAVORITE FILLING:

ADD ACKEE (IN SEASON) +\$4

ADD CHICKEN +\$3

ADD SHRIMP +\$4

ADD LOBSTER (IN SEASON) +\$5

BEER BATTERED FISH

\$13

SNAPPER FILLET SEASONED WITH JAMAICAN SPICES, DIPPED IN RED STRIPE BATTER & FRIED. SERVED WITH TARTAR SAUCE

SOUP OF THE DAY

\$7

ASK YOUR WAITSTAFF FOR TODAY'S SPECIAL

CALLALOO FRITTERS

\$8

SEASONED CALLALOO WITH ONIONS, GARLIC, THYME AND SCOTCH BONNET IN A FLOUR BATTER AND FRIED & SERVED WITH A SPICY MAYO DIP

SALADS

THE PEN HOUSE SALAD ^{GF}

BOWL \$7 / PLATE \$10

MIXED LETTUCE, GRILLED PINEAPPLE, TOMATOES, CUCUMBERS AND NUTS SERVED WITH OUR HOUSE SPECIAL, GUAVA OR TROPICAL VINAIGRETTE

GRILLED SHRIMP SALAD ^{GF}

\$16

JUICY GRILLED SHRIMP SERVED ON A BLEND OF LETTUCE, CUCUMBER, CARROTS, TOMATOES, PEPPERS & BEETROOT, DRIZZLED WITH A MANGO VINAIGRETTE

JERK CHICKEN SALAD ^{GF}

\$13

GRILLED CHICKEN BREAST MARINATED IN OUR HOUSE BBQ SAUCE SERVED ON A BED OF GARDEN GREENS

GRILLED FISH SALAD ^{GF}

\$16

SNAPPER FILLET SEASONED WITH JAMAICAN SPICES AND GRILLED SERVED ON GARDEN GREENS AND DRIZZLED WITH A TROPICAL VINAIGRETTE

WRAPS & TACOS

^{GF} + \$2

CURRIED PUMPKIN ROTI

\$11

PUMPKIN AND CHICK PEAS SAUTÉED WITH JAMAICAN HERBS AND SIMMERED IN CURRY COCONUT SAUCE

JERKED CHICKEN TACO

\$12

SHREDDED JERKED CHICKEN, TOPPED WITH PICKLED VEGGIES & DRIZZLED WITH JERK MAYO SAUCE

CALLALOO AND ACKEE WRAP

\$11

CALLALOO SEASONED WITH JAMAICAN HERBS AND SPICES AND WRAPPED WITH MANGO CHUTNEY

JAMAICAN JERK CHICKEN WRAP

\$12

CHICKEN TOSSED IN OUR HOUSE JERK SAUCE WITH ONIONS, CARROTS AND PEPPERS

ESCOVEITCHED FISH WRAP

\$14

GRILLED SNAPPER FILLET TOSSED WITH PICKLED ONIONS, CARROTS AND PEPPERS

^{GF} = Gluten-Free

Prices in US dollars. Additional 10% govt. tax and 10% service charge



BURGERS

SERVED WITH SMALL FRENCH FRIES*

GRILLED CHICKEN BURGER \$13
FRESHLY GRILLED CHICKEN BREAST, DRESSED WITH LETTUCE, TOMATO, & ONIONS

TENSING BURGER \$14
8 OZ BURGER BASTED WITH OUR HOUSE JERK SAUCE & DRESSED WITH LETTUCE, TOMATO, & ONIONS

GRILLED SNAPPER BURGER \$15
MINCED SNAPPER FILLET, SEASONED TO PERFECTION, GRILLED & DRESSED WITH A TARTAR SAUCE, TOMATO & LETTUCE.

* **Add Large French Fries +\$ 3**
* **Add Cheese +\$ 1**

FROM THE GRILL

SERVED WITH CABBAGE, CARROTS & RED PEPPERS SLAW

GRILLED CHEESE SANDWICH \$8
WHOLE WHEAT BREAD PAN GRILLED WITH CHEDDAR CHEESE AND TOMATO

TENSING PEN B.L.T \$12
TRADITIONAL B.L.T. SANDWICH

CLASSIC CLUB SANDWICH \$13
TOASTED BREAD LAYERED WITH GRILLED CHICKEN, CRISPY BACON, CHEESE, LETTUCE & TOMATO

CHICKEN TENDERS WITH SMALL FRIES \$13
DOUBLE-BATTERED AND FLASH FRIED CHICKEN TENDERS, SERVED WITH SMALL FRENCH FRIES

GRILLED SNAPPER SANDWICH \$14
SNAPPER FILLET SERVED IN OUR OWN COCO BREAD, WITH PICKLED ONIONS, TOMATO AND MAYO

¼ GRILLED JERKED CHICKEN, WITH COCO BREAD \$16
CHICKEN MARINATED IN A TRADITIONAL JAMAICAN JERK RUB AND GRILLED

SWEETS

FRESH FRUIT PLATE \$5
ICE-CREAM \$6
DESSERT OF THE DAY PRICE VARIES

SIDE ORDERS

COCO BREAD, FESTIVAL \$4
SAUTÉED CALLALOO, PLANTAIN \$4
BAMMIES \$5
FRENCH FRIES \$5
LARGE FRENCH FRIES \$8

Prices in US dollars. Additional 10% govt. tax and 10% service charge