

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

SMOKED MARLIN SALAD (GF) \$15
A DELICIOUS BLEND OF LETTUCE, CUCUMBER, PICKLED ONIONS, TOMATOES, CAPERS AND SMOKED MARLIN STRIPS WITH A PEPPER JELLY VINAIGRETTE

LOBSTER SALAD (IN SEASON) \$18
LOBSTER MEDALLIONS SERVED ON A BED OF LETTUCE, CARROTS, CUCUMBERS, , TOMATOES, BELL PEPPERS AND BEETROOT WITH A CREAMY CITRUS DRESSING.
SERVED WITH A SIDE OF WARM COCO BREAD.

BBQ 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
SUCCULENT SNAPPER FILLET SEASONED WITH JAMAICAN SPICES AND GRILLED SERVED ON GARDEN GREENS AND DRIZZLED WITH A 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

WRAPS & TACOS

(GF) + \$2

ACKEE & CALLALOO WRAP \$10
SAUTÉED ACKEE AND CALLALOO SEASONED WITH JAMAICAN HERBS AND SPICES AND WRAPPED WITH MANGO CHUTNEY.

JAMAICAN JERK CHICKEN WRAP \$11
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

VEGETABLE WRAP \$9
A MIX OF SEASONAL VEGGIES SAUTÉED WITH HERBS & SPICES, CARROTS, SHREDDED CABBAGE, PEPPERS & ONIONS

CURRIED PUMPKIN ROTI \$10
PUMPKIN AND CHICK PEAS SAUTÉED WITH JAMAICAN HERBS AND SIMMERED IN CURRY COCONUT SAUCE

JERKED CHICKEN TACO \$11
SHREDDED JERKED CHICKEN, TOPPED WITH PICKLED VEGGIES & DRIZZLED WITH JERK MAYO SAUCE

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

(GF) = Gluten-Free



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**

PIZZAS

MAKE YOUR PIZZA YOUR WAY!

CHEESE PIZZA \$8
FRESH HOUSE MADE PIZZA DOUGH.

CHOOSE ADDITIONAL TOPPINGS:

ADD SHRIMP OR LOBSTER \$5
ADD ACKEE \$4
ADD JERK CHICKEN \$3
ADD HAM OR BACON \$3 EACH
ADD OLIVES, PINEAPPLE, ONIONS, MUSHROOM OR SWEET PEPPERS \$1.50 EACH

FROM THE GRILL

SERVED WITH COLESLAW (CABBAGE, CARROTS & RED PEPPERS)

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

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 \$3
SAUTÉED CALLALOO \$4
FRENCH FRIES \$5
LARGE FRENCH FRIES \$8

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