

Tropical Cay

116486 1st St. N
Royal Palm Beach, Florida

phone: 561-541-1428

hours: 10AM-11PM

APPETIZERS

- :: **CODFISH FRITTERS** - MOUTH WATERING TREAT MADE WITH CODFISH AND SEASONED DOUGH. SERVED WITH SPICY SAUCE ____
6/\$3.00
- :: **BANANA FRITTERS** - DELICIOUS BREADED TREAT MADE WITH RIPE BANANAS AND TROPICAL SPICES. ____ 6/\$3.00
- :: **SUDDEN FRIED CHICKEN** - FRIED CHICKEN DRUMMETTES MARINATED IN JERK SEASONING AND OTHER TROPICAL SPICES. ____
6/\$5.50
- :: **COCKTAIL PATTIES** - MINATURE CRESCENT SHAPED BAKED PASTRY FILLED WITH CHOICE OF CHICKEN, BEEF, OR VEGETABLE ____
6/\$5.75
- :: **FESTIVAL** - DEEP FRIED SUGAR DUMPLING MADE WITH CORNMEAL AND FLOUR ____ 6/5.90

ENTREE

- :: **brownstewed fish.** - fresh tropical fish seasoned with tropical spices. sauteed in a thin layer of oil, then allowed to simmer ____ \$12.00
- :: **jerk chicken** - hot and spicy chicken marinated in jerk seasoning and cooked slowly on a grill ____ \$8.50
- :: **jerk chicken pasta** - grilled chicken marinated with oyster sauce and jerk seasoning added to pasta, served with a creamy sauce ____ \$8.75
- :: **brown stewed chicken** - chicken seasoned with tropical spices, lightly fried then stewed in its juice to create a flavorful favorite ____ \$8.00
- :: **chicken rundown with wine** - boneless chicken breast marinated and sauteed then allowed to simmer in coconut rundown sauce and wine ____
\$9.00
- :: **curry chicken** - small pieces of chicken seasoned with tropical spices cooked in a spicy curry sauce ____ \$8.00
- :: **escoveitch chicken salad** - skinless chicken breast marinated in tropical mixture, grilled to perfection, then served in a pickled sauce with ____ \$8.50
- :: **jerk pork** - small pieces of pork marinated in jerk sauce and grilled to a mouth watering delight ____ \$8.50
- :: **curried goat** - small cubes of meat seasoned with tropical spices and cooked in a spicy curry sauce ____ \$8.75
- :: **oxtail** - small pieces of seasoned beef lightly sauteed then cooked in its own juiced broad lima beans added to give distinct flavor ____ \$9.00
- :: **escoveitch fish** - fresh fish fried in a thin layer of oil then added to pickled sauce and sauteed vegetables ____ \$12.00
- :: **steam fish** - fresh fish cooked in a light bitter sauce, seasoned with tropical spices ____ \$11.75
- :: **roast fish** - fresh whole fish seasoned in tropical spices, stuffed with okra and callaloo then wrapped in foil to preserve its juices and cooked on a grill ____
\$12.95
- :: **brownstewed fish.** - fresh tropical fish seasoned with tropical spices. sauteed in a thin layer of oil, then allowed to simmer ____ \$12.50
- :: **curry shrimp** - medium to large shrimp cooked in a spicy curry sauce ____ \$13.50
- :: **lobster and shrimp in coconut rundown sauce** - *lobster and shrimp sauteed lightly then cooked in a coconut rundown sauce ____ according to
seasonal price

Sides

- :: **rice and peas** - flavorful rice and red beans cooked with coconut and seasoned with tropical seasons
- :: **boiled ground provisions** - green bananas, yams, sweet potatoes and dumplings boiled in lightly salted water until cooked
- :: **fried plantains** - ripe plantains fried in a thin layer of oil ____ \$6/.75
- :: **salad** - fresh salads served with your choice of dressing ____ \$3.75
- :: **potato salad** - salad, made from cooked potatoes, served chilled ____ \$.99/lb
- :: **bammy** - around cassava cake usually baked. great side accompaniment to roast or escoveitch fish. ____ 1/\$2.00
- :: **roti** - a thin cake made of flour then baked. great with curried dishes ____ \$1.75

Vegetable

- :: **steam vegetables** - colorful mixture of carrot, cabbage, broccoli, cauliflower, okra steam to perfection ____ \$4.95
- :: **calaloo** - a spinach looking vegetable steamed with butter and seasoned with tropical spices, can be eaten alone or with bits of codfish ____ \$5.50
- :: **ackee** - jamaica's national fruit a delicate exotic vegetable can be served alone or with bits of codfish ____ \$7.00

Drink

- :: **tropical fruit punch** - ____ \$2.00
- :: **ginger beer** - ____ \$3.00
- :: **green giant** - ____ \$2.50
- :: **carrot juice** - ____ \$3.00
- :: **soft drinks** - cola, champagne, pineapple, orange, cream soda, ting ____ \$1.75

Desert

- :: **ice cream** - rum and raisin ____ \$2.50

- :: **ice cream** - *grape nut* ____ \$2.50
- :: **baked desert** - *guava pie* ____ \$2.99/slice
- :: **baked desert** - *sweet potato pudding* ____ \$2.00/slice
- :: **baked desert** - *fruit cake* ____ \$3.20/slice

Beer

- :: **redstripe** - ____ \$3.50
- :: **heineken** - ____ \$3.00
- :: **budweiser** - ____ \$2.00

LUNCH SPECIALS

SERVED DAILY FROM 11AM-3PM

- :: **LUNCH SPECIAL** - *CURRIED GOAT SERVED WITH CHOICE OF SIDE AND SMALL DRINK* ____ \$6.50
- :: **LUNCH SPECIAL** - *OXTAIL SERVED WITH SIDE OF CHOICE AND SMALL DRINK* ____ \$7.50
- :: **LUNCH SPECIAL** - *BROWNSTEW CHICKEN SERVED WITH CHOICE OF SIDE AND A SMALL DRINK* ____ \$6.00
- :: **LUNCH SPECIAL** - *JERK CHICKEN SERVED WITH CHOICE OF SIDE AND SMALL DRINK* ____ \$6.00
- :: **LUNCH SPECIAL** - *JERK PORK SERVED WITH CHOICE OF SIDE AND SMALL DRINK* ____ \$6.50