

ONE LOVE Cafe

FOOD MENU

SANDWICHES & WRAPS

Served with your choice of cheese, lettuce, tomatoes, onions, pineapple spread and Marley Kitchen sauces

JERK CHICKEN, FISH OR MUSHROOM & CHEESE \$8

SALADS \$10

Lettuce, tomatoes, sweet peppers, carrots, pumpkin seeds, sunflower seeds & cucumber

WITH CHICKEN OR FISH \$12

BURGERS

Served with your choice of cheese, lettuce, tomatoes, onions, pineapple spread and Marley Kitchen sauces

BEEF, CHICKEN, FISH OR VEGGIE \$8

BOWLS \$8

Served with your choice of Couscous or Fried Green Plantain

BOB'S BEAN BOWL
(RED KIDNEY, CHICKPEAS AND GUNGO PEAS)
| BOB'S CALLALOO BOWL | FISH | CHICKEN

PATTIES

BEEF, CHICKEN, VEGAN \$3.50

SWEETS & TREATS

BREAD PUDDING \$3

VEGAN BANANA BREAD \$3

CHOCOLATE CAKE \$5

SLICED GREEN PLANTAIN \$3

SLICED RIPE PLANTAIN \$3

CHIPS (BANANA, PLANTAIN OR CASSAVA) \$1

DRINK MENU

SMOOTHIES \$8

GET UP STAND UP

Peanuts, oats, Irish Moss, flaxseed, molasses, soy protein, vanilla, honey, salt, coconut water & nutmeg

RIDE NATTY RIDE

Pumpkin seeds, flaxseed, sunflower seeds, nutmeg, soy protein, banana, almond milk, honey, coconut water, vanilla & molasses

KINKY BERRY

Blueberry, raspberry, strawberry, cranberry, flaxseed, soy protein, vanilla, banana, coconut water, nutmeg & honey

WAR

Peach, strawberry, mangelina, flaxseed, soy protein, vanilla, banana, nutmeg, coconut water, milk, honey & coconut milk

MELLOW MOOD

Mango, papaya, banana, vanilla, coconut water and nutmeg

NATURAL DRINK \$3

COCONUT WATER

LEMON GRASS LEMONADE

TAMARIND

MELONADE

CUCUMBER LEMONADE

NO MORE TROUBLE \$6

Celery, pineapple, pak choy, string beans, cucumber, lettuce, callaloo (kale), coconut water, ginger & sweet pepper



WATER \$2

BOTTLED JUICE \$3

Fruit Punch, June Plum, Orange, Sorrel, Guava & Pineapple, Cherry or Pineapple

COFFEE \$3

ICE COFFEE \$3

Coffee served over ice

BLENDED ICE COFFEE \$4

Coffee, coconut milk, honey, cinnamon

SODA \$2

Coca Cola, Coke Light, Coke Zero, Sprite, Schweppes Ginger Ale

MALTA \$2.50

BEERS

RED STRIPE regular, light, lemon or sorrel \$3.50

GUINNESS, HEINEKEN, DRAGON STOUT \$4

RAGGA MUFFIN Peanuts, oats, & flaxseed with Guinness or Dragon Stout \$10

**** NUTS DEH BOUT!**
(MENU ITEMS MAY CONTAIN NUTS OR NUT BY-PRODUCTS AND MAY HAVE BEEN PREPARED IN THE PRESENCE OF NUTS).

* All menu items subject to availability * All prices quoted in US\$, inclusive of GCT