WELCOME TO COOL RUNNINGS! Here, you can have your food your way, the way YOU like it. Like it spicy? We can add all the heat you want. Want to add shrimp to your steamed fish? Consider it done! Let us know what you want, and we'll do our best to make it happen.

SIGNATURE ENTREES
All entrees are served with Steamed Vegetables and Plantains, plus your choice of Rice & Peas OR White Rice OR Boiled Yam, Banana, Dumpling

Oxtails
Jerk Chicken
Jerk Wings (Fri/Sat/Sun only)
Served with Rice/Veg/Plantains or Jerk Fries
Jerk Pork (Fri/Sat/Sun only)
Curried Goat
Brown Stew Chicken
Curried Chicken
Vegetarian Plate
Your choice of rice, plus vegetables and plantains
Roti

Kids' Meal – Ages 6 and Under
Choose any chicken dish above, served with rice & plantain

HOUSE SPECIALTIES
Cooked to order

Coconut Curry Shrimp 13.49
A Cool Runnings customer favorite! Fresh jumbo shrimp seasoned and smothered in our rich, creamy coconut curry sauce. Cooked to order.

Fresh Fish – Market Price
Red Snapper or Parrot Fish cooked to order one of three ways:
• Steamed – Seasoned and steamed in a light broth with fresh vegetables
• Escovitch – Fried, served with our special blend of bell peppers, carrots, and onions marinated in a Balsamic vinaigrette sauce
• Brown stew – Seasoned and steamed in a spicy brown gravy

Montego Bay Burger & Jerk Fries 6.79
Jerk Seasoned grilled burger with cheese, lettuce, tomato & onions
JAMAICAN CORNER

ACKEE & SALT FISH – 15.99
JAMAICA’S NATIONAL DISH, SEASONED AND SAUTÉED WITH FRESH VEGETABLES
SALTFISH – 11.99
“SALTFISH COOKUP.” A CARIBBEAN FAVORITE, PREPARED WITH GARLIC, TOMATOES, AND ONIONS.

SOUP OF THE DAY
SMALL – 2.70  LARGE – 5.54
SUNDAY – CHICKEN FOOT  THURSDAY – CHICKEN
MONDAY – RED PEA WITH BEEF  FRIDAY – FISH
TUESDAY – SEAFOOD  SATURDAY – GOAT
WEDNESDAY – COWFOOT

A LA CARTE
PATTIES – BEEF, CHICKEN, OR VEGGIE  1.85 EA/$20 PER DOZEN BAKED OR FROZEN
JERK CHICKEN (1/2 CHICKEN)  7.99
JERK CHICKEN WINGS (8 WINGS)  7.99 (AVAILABLE FRI/SAT/SUN)
JUST JERK PORK  8.99 (AVAILABLE FRI/SAT/SUN)
JERK FRIES  3.00
FESTIVAL (FRIED SWEET BREAD)  2 FOR 1.00
PLANTAINS  3.00
RICE & PEAS  3.00
STEAMED VEGETABLES  3.00
ROTI SKIN  4.00
COCO BREAD  1.50
HARD DOUGH BREAD  .50 PER SLICE

DESSERTS
RUM CAKE  4.00
POTATO PUDDING, BANANA BREAD, OR CARROT CAKE  3.00
ICE CREAM: RUM RAISIN, GRAPE NUT, OR TROPICAL SELECTION  3.00

ALL PRICES SUBJECT TO CHANGE

FULL SERVICE CATERING AVAILABLE FOR EVENTS LARGE AND SMALL

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