

START ME UP

• PLEASE •

Cold Fish Fritters

Gently fried cod fritters served with a cherry pepper remoulade for dipping - 9.99

Conch Fritters

Gently fried conch fritters served with a cherry pepper remoulade for dipping - 9.99

Spinach & Crab Dip

Warm and creamy blend of spinach and crab, served with plenty of toasted pita chips for dipping - 8.59

Green Herbed Steamed Mussels

Served with garlic toast - 8.99

Fried Plantains

The deliciously fried relative of the banana is served with cool sour cream - 3.99

Jamaican Quesadilla

Perfectly spiced jerk chicken and shredded cheddar cheese sandwiched between two soft tortillas and grilled.
Served with salsa, guacamole and sour cream - 7.99

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Wing Things

Plump and juicy wings prepared the way you tell us: Buffalo Sauce, Honey Garlic, Sweet and Spicy Pineapple or Jerk style. Served with crisp Celery sticks and ranch dip.

24 Wings - 20.99 12 Wings - 10.99 6 Wings - 5.99

• SOUPS •

Pepper Pot Shrimp Soup

A Jamaican tradition. Bowl - 4.29 Cup - 3.29

Soup of the Day

Ask your server what we have simmering today.

Bowl - 4.39 Cup - 3.29

Garlic Toast - 2.59

JAMMIN'

• SANDWICHES •

Served with your choice of two sides cucumber salad, cole slaw, fruit or fries.

Add a cup of soup to any sandwich for 2.99



Grilled or Blackened Grouper Sandwich

A grouper fillet rubbed with Mo-Bay spices or blackened spices, marinated and grilled.

Served on a kaiser roll with sweet onion sauce - 8.99

Bob Marley Vegetable Stew Sub

Topped with Swiss cheese - 7.29

Augus Beef Cheeseburger

Served on a kaiser roll with lettuce, tomato and onion - 8.99 . Add bacon - 1.29 each

Caribbean Reuben

Marinated corned beef piled high atop rye bread with sauerkraut and Swiss cheese - 7.59

Crab Cake Sandwich

Served on a kaiser roll with lettuce, tomato and tartar sauce - 9.99

Philly Cheesesteak

Sirloin chop steak with onions, bell served with fries and Honey Bee sauce - 8.99

Honey Bee Chicken

Fried chicken breast tenders served with fries and Honey Bee sauce - 6.99

Crispy Fried Flounder

Flounder fillet breaded, battered and gently fried.

Served with two sided and tartar sauce - 10.99

Jamaican Beef Patty

Flaky pastry filled with ground beef. Served with cole slaw and fries - 5.99

GO FOR THE GREENS MōN'.



Vine Ripened Tomato Salad

Fresh off the vine tomatoes topped with peppered shrimp. Served with garlic toast - 10.99



Mixed Greens

Mo-Bay's mixed greens salad drizzled with our special house green dressing - 5.29

Caesar Salad

Crisp romaine lettuce tossed with our caesar dressing and sprinkled with crunchy croutons and parmesan cheese - 6.89

Mahi Mahi Tostada Salad

Your choice of grilled or blackened Mahi Mahi mixed greens salad. Tossed with Mo-Bay house dressing and atop shredded cheddar cheese, salsa, sour cream and guacamole atop of a crispy flour tortilla -

13.99



Island Chicken Caesar Salad

Crisp romaine lettuce tossed with classic caesar dressing and plenty of juicy Jamaican jerk chicken strips - 10.99



Look for Mo-Bay Favorites!



Gluten Free Dishes

Crisp romaine lettuce tossed with classic caesar dressing and plenty of juicy Jamaican jerk chicken strips - 10.99

Plate Sharing Charge. 18% gratuity will be added to parties of 8 or more.

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

• TASTE OF JAMAICA •

Jerk Stuffed Chicken

A tender chicken breast, slowly marinated in jerk sauce, stuffed with sautéed mushrooms and tender spinach - 13.29



Curry Chicken

Curry seasoned chicken pieces served with vegetables, rice and beans - 10.99
With Chicken Breast - 12.99



'T' Tal Vegetable Stew

It's a Rastafarian dish packed full of cabbage, carrots, celery, lentil beans and chayote (a mango shaped squash) cooked in a vegetable stock - 9.99
Add Shrimp - 5.99 Add Chicken - 3.99



Oxtail Stew

Beef oxtail simmered in beef stock served with vegetables, rice & beans - 13.29



Jerk Half Chicken

A half chicken marinated in jerk spice, then baked to a golden brown. Served with mashed sweet potatoes and house vegetables - 12.99



Chicken Run Down

Tender chicken breast medallions, sautéed with onions and bell peppers in a coconut sauce. Served with vegetables, rice and beans - 12.99



Mo-Bay Vegetable Platter

Plantain, rice and peas and vegetable of the day - 8.99

• **BY THE SEA** •

 **Grilled, Blackened**

or

Jerk Style Salmon or Mahi Mahi

Served with mango salsa and vegetables and choice of mashed sweet potatoes or rice and beans.

Salmon - 15.99 Mahi Mahi - 17.99

 **Crispy Whole Red Snapper**

Served with a fragrant ginger scallion oyster sauce and choice of mashed sweet potatoes or rice and beans - 16.99

Maryland Jumbo Crab Cake

A large, perfectly seasoned Maryland style crab cake served with sweet potato cakes and vegetables - 15.29



Rum Jerk Shrimp Kabobs

Served atop coconut grit cakes and fried plantains - 14.99

 **Jamaican Style Seafood Paella**

A casserole of grouper, shrimp, mussels and andouille sausage tossed in red beans & beans - 18.99

Curried Tiger Shrimp

Sautéed shrimp in a mild curry sauce served with vegetables choice of mashed sweet potatoes or rice and beans - 14.99

Parmesan Crusted Haddock

Served with lemon butter angel hair pasta - 14.99

• STEAK & CHOPS •

Peppercorn Crusted Steak

Choice loin strip steak, encrusted with peppercorns and grilled to perfection. Served with cinnamon gingered plantains and peppercorn sauce - 16.99

Add Shrimp - 5.99

Bleu Cheese Sirloin Steak

With garlic mashed potatoes and vegetables - 17.99



Charbroiled Apple Pork Chops

Two meaty pork chops topped with a homemade apple glaze. Served with garlic mashed potatoes and vegetables - 15.99

Twin Jerk Style Pork Chops

Meaty pork chops cooked in jerk sauce. Served with mashed sweet potatoes and vegetables - 15.99

BBQ Baby Back Ribs

Choice of Jerk, Mild or Spicy. Served with choice of two sides.

Full Rack - 16.99 ½ Rack - 11.99

• PASTA •

Add your choice of Caesar, House salad or a cup of soup to any entrée for 2.99

Lobster & Shrimp Pasta

Angel hair pasta, tossed with spinach, tomato and herbs in a brandy cream sauce - 17.99



Rasta Angel Hair Pasta Primavera

Delicate angel hair pasta tossed with carrots and bell peppers in a coconut cream sauce - 9.99

Add Shrimp - 5.99 Add Chicken - 3.99

Jerk Chicken Pasta

Jerk sliced chicken breast with mushrooms, spinach and bow tie pasta pasta tossed in a rich creamy parmesan herb sauce - 12.99

Angel Hair Pasta


With your choice of alfredo or pomodoro sauce. Served with garlic bread - 9.99

Add Shrimp - 5.99 Add Chicken - 3.99

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• EGGS •

Served any style with Mo-Bay potatoes, grits or fruit and toast or a biscuit.

 Two eggs - 3.59 One egg - 2.59 Add bacon, sausage or ham - 1.29

Your way Omelette

Start with a fluffy three egg omelette, add bell peppers and mushrooms, smoked ham, onions, bacon, tomatoes and cheddar cheese. Served with Mo-Bay Bay potatoes - 5.99

Add sausage, bacon or ham - 1.29

Add Toast or a Biscuit - 99c



HOT OFF THE • GRIDDLE •

Add your choice of blueberries, strawberries, apples or whipped cream - 1.29

Old Fashioned Buttermilk - 5.29

Add choice of sausage, bacon or ham - 1.29

Pumpkin Pancakes - 5.29

Add choice of sausage, bacon or ham - 1.29

Belgian Waffle - 5.29

Add choice of sausage, bacon or ham - 1.29

French Toast - 5.29

Add choice of sausage, bacon or ham - 1.29

MO-BAY
• SPECIALTIES •

Chef Specialties served with Mo-Bay potatoes, grits or fruit.

Mo-Bay Egg Triangle Tortilla - 5.29

 **Egg White Omelette** - 5.29

With spinach and mushrooms - 6.59

Ackee & Cod Fish
Served with Johnny cakes or boiled dumplings - 9.99
When available

Eggs Benedict or Florentine

With hollandaise sauce - 7.99

Crab Cakes Benedict - 9.59

Grilled Steak & Eggs - 10.29

Breakfast Sandwich

Made with egg, cheese and bacon. Served on your choice of bread - 4.79

WOW!

1 pancake, 1 egg, 1 piece of bacon, and 1 sausage link - 3.99

Stuffed French Toast

With cream cheese, choice of apples blueberries or strawberry - 5.99

Pork Chop & Two Eggs

Choice of Mo-Bay potatoes, grits or fruit with toast or a biscuit - 8.99

Homemade Corned Beef Hash

Served with two eggs and choice of Mo-Bay potatoes, grits or fruit and toast or a biscuit - 6.99

Corned Beef Hash Benedict

Smothered with hollandaise sauce, served with Mo-Bay potatoes, grits or fruit - 8.99

Banana Nut Pancakes - 5.99

• HEALTHY STARTERS •

Tropical Fruit Platter - 5.99

Oatmeal - 2.29

Fruit & Yogurt - 3.29

Bagel & Cream Cheese - 2.59

• BEVERAGES •

Tropical Iced Tea

Premium Juices

Coffee or Tea

Soft Drinks

Mo-Bay Signature Drink

Ginger

Pineapple - 2.99

• BEAR & WINE AVAILABLE •

• ON THE SIDE •

Vegetarian Sausage Links..... 1.59

Corn Beef Hash..... 2.99

Biscuits..... .99

Bay Fries..... 2.29

Hashbrowns..... 2.29

Johnny Cakes.....	2.29
Grits.....	1.29
Biscuit & Sausag.....	3.29
English Muffin.....	1.29
Bagel.....	2.29
Toast.....	.99
Muffin.....	2.29
Jamaican Beef Patty.....	2.29
Garlic Bread.....	2.59

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