



# Specials



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## Light and Healthy

## Appetizer

**Homemade:** 3.85

### Cuban Potato Skins

2 Fried potato skins filled with your choice of Seasoned Ground Beef or Sautéed Chicken topped with tomatoes, onions, guacamole and sour cream.

**Our Very Own:** 5.50

### Stuffed Cassava

Yuca Relleña  
Boiled Mashed Cassava, worked into a ball and filled with flavorful garlic shrimp. Lighted breaded and deep fried.

## Soup

Cup 4.95      Bowl 5.45

### Red Rock

### Seafood Bisque

Red rock crab, bay scallops, sweet shrimp and tender sole are simmered with mirepoix vegetables and select spices in a rich volute embellished with sweet cream.



### Pineapple Hawaiian Chicken 10.60

6oz chicken breast marinated in Pineapple & lemon juice brushed with garlic sauce. Served on a bed of chicken flavored rice and steamed vegetables.

Calories: 293  
Protein: 30g  
Carbohydrates: 27g  
Fat: 13g  
Cholesterol: 87mg  
Sodium: 79mg

### Sweet Mango Tilapia 10.85

6oz Grilled tilapia fillet marinated in lemon and mango juices with other Caribbean spices for added flavor, topped with chopped tomatoes & cilantro. Served with chicken flavored white rice.

Calories: 187  
Protein: 31g  
Fat: 5g  
Carbohydrate: 8g  
Cholesterol: 46mg  
Sodium: 274mg

### Spicy Caribbean Shrimp 12.45

5 jumbo shrimp sautéed in a **SPICY** tomato sauce with onions, green peppers and garlic sauce. Served on a bed of chicken flavored rice.

Calories: 366  
Protein: 20g  
Fat: 1.9g  
Carbohydrate: 38g  
Cholesterol: 106mg  
Sodium: 752mg

### Pork Island Tenderloin 13.25

Marinated and baked together with tomato sauce & Caribbean spices for an unbelievable experience. Served with a side of chicken flavored rice & black bean stew.

Protein: 31g  
Fat: 5.8g  
Carbohydrates: 13.9g  
Cholesterol: 73mg  
Sodium: 86mg  
Calories: 192