

The image features a central white circle containing the text "ONE LOVE Tropical Cafe". The background is a dense pattern of various shades of green palm leaves, creating a tropical atmosphere. The text is rendered in a colorful, hand-drawn style with a slight shadow effect.

ONE
LOVE
Tropical Cafe



APPETIZERS

Patties

Beef, Chicken, or Veggie (baked or frozen)

(each)\$2.50

(per dozen)..... \$25.00

Saltfish Fritters (3)\$4.99

Savory and spicy codfish, battered and fried to perfection

Suya.....\$7.99

Pre-marinated strips of chicken or beef skewered, coated with ground spicy peanut sauce baked.

Empanadas.....\$4.99

Vegetable Spring Rolls(3).....\$4.99

Fresh chopped vegetables rolled in a crispy wonton, served with a spicy mango chutney.

House Salad.....\$3.99

Tender romaine lettuce, shredded carrot, cabbage and tomato with your choice of Ranch, Thousand Island, or Vinaigrette dressing. Salad
Add jerk chicken +5.00 Add shrimp +7.00

SOUP.....\$5.99

Chicken, Beef, or Fish Tea

MOST POPULAR DISHES

Di Yardie.....\$13.95

A quarter chicken, marinated in our spicy house-made jerk seasoning, grilled to perfection. Served with rice and peas, cabbage, and fried plantain

Colombiana.....\$13.95

Typical Colombian plate served with beef steak, rice, beans, fried sweet plantains, deep fried pork belly, one fried egg, corn patty, sausage and avocado.

Carne en Bistec.....\$13.95

Stewed sirloin steak with potatoes and yucca root in creole sauce, served with rice, sweet plantain and salad

Taste of Naija.....\$13.95

Well seasoned chicken simmered in red stew sauce served with jollof rice and plantains.

Jerk Wings.....\$13.95

Served French fries and carrots

COMBINATIONS

OXTAILS with any Chicken\$18.99

CHICKEN Combinations.....\$13.95

Jerk Chicken, Curry Chicken, Brown stew Chicken

Served with rice and peas, cabbage, and fried plantain.

SEAFOOD

Whole Red Snapper.....\$21.95

(Fried, Brown Stew, Red stew, or steamed) served with rice, salad and green fried plantain

Whole Tilapia\$14.95

(Fried, Brown Stew, Red stew, or steamed) served with rice, salad and green fried plantain.

Whole Roasted Fish.....\$14.95

Well seasoned whole catfish, grilled in spices and our special red sauce.

Grilled Tilapia.....\$14.95

Served with special coconut sauce, rice, salad, and fried plantain

Grilled Red Snapper.....\$20.95

Served with grilled peppers or special coconut sauce, rice, veggies and fried plantain.

Ackee & Saltfish.....\$17.95

Jamaica's national dish! Seasoned and sautéed with Jamaican spices and fresh vegetables.

Arroz con Camarones - Shrimp Rice\$17.95

Rice Mixed with shrimp, carrots and green peas /Served with salad and green fried plantain

Sudado de Camarón - Stewed Shrimps.....\$16.95

Stewed shrimps in special coconut milk sauce/served with rice, salad and green fried plantain

Camarones Endiablados - Devil Shrimp.....\$17.95

Sautéed shrimps in a hot sauce with white or yellow rice, charro beans and avocado

Coconut Curry Shrimp.....\$17.95

Fresh jumbo shrimp seasoned and smothered in our rich, creamy coconut curry sauce.

Shrimp Brocheta.....\$17.95

Stuffed shrimp with mozzarella, jalapeno wrapped in bacon served with mashed potatoes veggies and fried plantain

GOAT

Curried Goat.....\$14.99

Tender bone-in goat marinated in our special blend of fresh garlic, thyme, scallions, onions, and Scotch bonnet pepper, stewed in Jamaican curry. Served with rice and peas, cabbage, and fried plantain.

White Rice and Goat in Red Stew/Sauce.....\$13.95

Well seasoned tender bone-in goat simmered in red stew sauce served over rice.

PORK

Jerk Pork.....\$13.95

Marinated in our spicy jerk seasoning, and then grilled to perfection with rice and peas, cabbage, and fried plantain .

Chuleta de Cerdo Empanizada o a la plancha.....\$13.95

Crispy or Grilled pork loin steak Served with rice, fried sweet plantains and house salad.

VEGETARIAN

Vegetable Plate.....\$9.95

Rice and peas, cabbage, and fried plantain

Rasta Ital Stew\$9.95

A Popular traditional Jamaican vegan dish, with yams, potatoes, carrots, beans and cabbage simmered in coconut milk, aromatic spices, and herbs served with rice and peas, cabbage, and fried plantain.

Veggie Run Down

Our Vegetable Medley simmered in flavorful coconut sauce, served with rice and peas, cabbage and fried plantains.

Vegetable Medley Mix.....\$9.95

Seasonal vegetables including cauliflower, carrots, zucchini, squash, and broccoli served with rice and peas, cabbage, and sweet plantain

Veggie Quesadillas.....\$9.95

Loaded with mixed vegetables, bell peppers, Cilantro, spices & a lots of cheese, served with sour cream, guacamole & Pico De Gallo

VEGETARIAN

****With vegan option upon request****



BEEF

Oxtails.....\$15.99

Marinated in our special house seasoning, then braised and slow cooked with butter beans and dumplings. Served with rice and peas, cabbage, and fried plantain

T-Bone Steak (12oz).....\$15.99

Served with rice, house salad and sweet plantain

Churrasco (16 Oz).....\$19.95

Grilled Sirloin Steak. with Chimichurri Sauce, served with rice, house salad and sweet plantain.

White Rice and Beef in Red Stew/Sauce.....\$13.95

Well seasoned beef chunks simmered in red stew sauce served over rice.

Yams and Chopped Beef Stew.....\$12.95

Chopped Beef stewed with tomatoes, onions, and bell peppers served with fried white yams.

CHICKEN

Pechuga de Pollo a la Plancha.....\$12.95

Grilled chicken breast. Served with rice, salad and sweet plantain.

Milanesa de Pollo\$12.95

Chicken Fried Chicken with your choice of (2) sides.

Curry Chicken.....\$13.95

Tender bone-in chicken marinated in our special blend of fresh garlic, thyme, scallions, onions, Scotch bonnet pepper, stewed in Jamaican curry. Served with rice and peas, cabbage, and fried plantain

Brown Stew Chicken.....\$13.95

A traditional Jamaican favorite. Tender bone-in chicken marinated and braised then stewed in a rich brown gravy. Served with rice and peas, cabbage, and fried plantain

White Rice and Chicken in Red Stew/Sauce.....\$13.95

Well seasoned chicken simmered in red stew sauce served over rice.

Yams and Chopped Chicken Stew.....\$12.95

Chopped chicken stewed with tomatoes, onions, and bell peppers served with fried white yams.

FAJITAS

Beef or mix with chicken

Grilled fajita served with rice, beans, pico de gallo, guacamole, sour cream and tortilla.
(corn or flour tortilla)

Chicken for one.....\$13.95

Chicken For two.....\$22.95

Beef or Combo For (1)....\$14.95

Beef or Combo For (2)....\$28.95

Add Shrimp (3)\$4.50

Fajita Supreme

Grilled fajita, Chicken, Shrimp and Fried Pork Ribs.
Served with rice, beans, pico de gallo, guacamole, sour cream and tortilla. (corn or flour tortilla)

For one.....\$22.95

For two.....\$37.95



SIDES

- JOLLOF RICE**.....\$3.99
Rice, vegetable oil, fresh tomatoes, hot red pepper, red bell peppers, onions, tomatoes paste, bay leaves, thyme, garlic, ginger etc.
- FRIED DUMPLINGS**.....\$3.99
Popularly known as “Johnny Cakes” a fried, savory bread-styled side.
- FESTIVAL DUMPLINGS**.....\$3.99
A crispy Fried Dumpling, lightly sweetened, served as a side or more popularly with Fried fish or Jerk Chicken.
- RICE & PEAS**.....\$3.99
Aromatic traditional Jamaican side dish. Seasoned with thyme, garlic, and a blend of spices, this pairs perfectly with our stews, oxtail and jerk dishes.
- WHITE RICE**.....\$3.99
Steamed white long grain rice.
- VEGETABLE MEDLEY**.....\$3.99
Seasonal vegetables including cauliflower, carrots, zucchini, squash, and broccoli.
- CALLALOO**.....\$3.99
Jamaican callaloo is a popular local green leafy vegetable, cooked with onion, garlic, tomatoes, thyme, and Scotch bonnet pepper — perfect healthy side dish for a tropical breakfast, lunch or dinner.
- PLANTAINS**.....\$3.99
Sweet fried plantains
- MOI-MOI**.....\$3.99
Nigerian steamed bean cake. Steamed ground beans mixed with chopped onions, peppers and tomatoes.
- FRIED YAMS**.....\$3.99
Deep fried white Nigerian yams
- BOILED YAMS**.....\$3.99
- CANDIED YAMS**.....\$3.99
- MAC & CHEESE**.....\$3.99
- MASHED POTATOES**.....\$3.99
- BOILED FOOD**.....\$3.99
Boiled yellow yams, green bananas, and dumplings.
- CABBAGE**.....\$3.99
- CHARRO BEANS**.....\$3.99
- AREPA(4)-SMALL CORN PATTY(4)**.....\$2.99
- FUFU**.....\$2.50
- EBA**.....\$2.50

KIDS MENU

Chicken Nuggets with Fries

Crispy breaded nuggets made with 100% all-natural, white meat chicken served with fries

\$5.99

Burger and Fries

Diner-style beef patty, lettuce, tomatoes, and dill pickles served with fries.

\$5.99

All entrees can be made into kid portions for \$5.99

EXCEPT ANY WHOLE FISH DISH



SOUPS & SWALLOWS

SOUP DU JOUR.....SM \$3.99 LG \$5.99

The soup of the day: Beef, Chicken, Fish or Vegetable

EGUSI SOUP.....\$13.99

Your choice of beef, chicken, or goat in ground melon seeds, beef, shaki, smoked turkey, dried fish or stock fish, palm oil, onions, fresh tomatoes, fresh peppers, crayfish, vegetable and season to taste. Served with Fufu or Eba

EFO VEGETABLE SOUP.....\$13.99

Your choice of beef, chicken, or goat in Vegetables (spinach), fresh red bell pepper, onion, hot pepper, palm oil and crayfish. Served Fufu or Eba, boiled yam, steamed white rice, unripe plantains,

NAIJA OKRA SOUP.....\$13.99

Your choice of beef, chicken, or goat in Fresh pepper, red bell pepper, crayfish, palm oil, okra

DESSERTS

THE BROWNIE

Warm Fudge brownie served with
butter pecan ice cream

\$3.99

FLAN DE COCO - Coconut Flan

\$3.99

TRES LECHES - Three Milk Cake

\$3.99

ICE CREAM

\$2.99

ASSORTED SLICED CAKE

\$3.99

DRINKS

Bottled drinks

\$2.50

Coffee or Tea

\$1.99

Bottled water

\$1.00

AUTHENTIC TASTE

