

OUR MENU

START I SIDES

SALT FISH FRITTERS 12

A Caribbean favourite, fried salted codfish fritters (3), served with sweet scotch bonnet mayo

COCONUT PEPPERED PRAWNS 15

Tail Shell-on prawns (3) served with our homemade dip creole spicy pepper sauce

JAMROCK MAC'N CHEESE 10.50

3 Little Birds signature creole country style creamy, triple cheese Mac n' Cheese

COMBO I EXTRA MEAT +8

Add extra jerk chicken, jerk pork or curry goat to ANY mains

JERK FLYING HOT WINGS 12.50

Succulent jerk chicken wings, grilled with a dash of our secret island blend spices (4 pieces) GF, DF

SWEET FRIED PLANTAIN 8.50

Sweet ripe plantains (3) fried to perfection GF, DF

RICE N PEAS 6.50

A flavorful combination of rice and red kidney beans cooked in coconut milk seasoned to perfection GF, DF

HAPPY FRIES 8.50

Fries served fresh with zest

LOADED FRIES 14.50

Loaded fries topped with jerk chicken or pork blemished with our secret sauce

BIG 'MAIN' TINGS

* Served with seasoned flavourful rice & peas and salad

COMBO I EXTRA MEAT +8

KINGSTON ROC' JERK CHICKEN* 26

Juicy tender boneless chicken thigh marinated in a special jerk blend, grilled to perfection, drenched with our secret sauce GF, DF

COUNTRY STYLE CURRY GOAT* 26

As featured on NZ Topp Country (TVONE), our famous country style curry goat richly seasoned with our in-house island blended curry, and spices, GF, DF

BOSTON BAY JERK PORK* 26

Slow cooked tender juicy pork belly marinated in a special Jerk blend, grilled to perfection, drenched with our secret sauce GF, DF

JERK SALAD MEDLEY 26

A medley of green salad, cucumber, grape tomatoes, and sweet onion with lemon oil + jerk chicken or jerk pork to get a wonderful Jerk Salad Medley GF, DF

BURG.SAND.WRAPS

* All burgers served with seasoned zesty fries

ONE LOVE JERK CHICKEN BURGER* 26

Juicy tender boneless chicken thigh marinated in a special jerk blend, grilled to perfection, green salad, roasted capsicum, mango chutney drenched with our secret sauce DF

MORE PORK JERK BURGER* 26

Slow cooked tender juicy pork belly marinated in a special jerk blend, grilled to perfection, green salad, roasted capsicum, mango chutney drenched with our secret sauce DF

BURG.SAND.WRAPS

REGGAE REGGAE JERK WRAPS 18.90

3 Little Birds signature 'reggae reggae' wraps layered with jerk chicken or jerk pork with roasted capsicum, salad mix, mango chutney & our secret sauce DF

DUTTY MIXUP JERK BORRITO MANIA 21.90

Succulent jerk chicken or jerk pork, rice & peas, green salad, fried plantain layered with our secret sauce all beautifully wrapped in a soft, warm burrito DF

ITAL 'VEGGIE' MON

* Served with seasoned flavorful rice & peas

JAMMIN' CURRY LENTILS* 22

Our Jammin' Curry Lentils is richly seasoned in our island blended curry, creamy and cooked in coconut milk with spinach, kumara and freshly tomatoes GF, DF

CHICK PEA CARIBANA* 22

Savoury Jamaican chickpea-and-potato curry cooked in coconut milk GF DF

KIDS ROC' TOO

Kids are 12 and under

MAC N' CHEESE, SALAD, SANDWICH, CHICKEN TENDERS & FRIES

Jamrock Mac'n Cheese 6.50

Swiss Cubana Sandwich 10

Pickney Chicken Tenders + Fries 10.50

WAH GWAAN REUBEN SANDWICH 18.90

Say Hello to Maas Reuben a classic grilled cheese sandwich consists of rye bread, corned beef, Swiss cheese, sauerkraut, and Thousand Island dressing served with a wedge of dill pickle and potato chips to the side.

NATURAL MYSTIC EVERGREENS 22

A medley of green salad, cucumber, grape tomatoes, and sweet onion with lemon oil GF, DF

JACKFRUIT CURRY UP* 22

Jackfruit cooked in a delicate coconut curry sauce with red and green peppers, spring onions and coriander. GF, DF

SOM'TING SWEET

CAKE, ICE CREAM, KUMARA & STICKY GINGER PUDDING

Spicy-chilli Chocolate Cake 13.50
w/Vanilla Ice cream

Sweet Kumara Pudding 12
w/Vanilla Ice cream

Sticky Ginger Pudding 12
w/Vanilla Ice cream

DISCLAIMER

If you have a food allergy, intolerance or sensitivity, please speak to your server about ingredients in our dishes before you order your meal.

WE OFFER PRIVATE CATERING I WEDDING I YACHT SERVICE I EVENT PARTY PACKAGE