



STARTERS

Caribbean Veg Soup 4.90

Authentically combined Caribbean root vegetables seasoned in thyme, scotch bonnet peppers, pimento seeds and cooked in coconut milk to create our mouth-watering veg soup.

Jerk Wings 4.50

Chicken wings marinated in our 'Rock Steady' secret Jerk recipe

Salt Fish Fritters 4.00

Full of flavour, lightly fried served with a sweet chilli dip

Callaloo & Salt Fish with Festivals 4.90

Jamaica's national dish served with cornmeal sweet dumplings

Jamaican Patties with Sweet Chilli Dip (Chicken, Fish or Veg) 4.00

Homemade short crust patties with your favourite fillings

MAINS

Curried Goat Meat 11.50

Browned in the pan and slow cooked with spices

Jerk Chicken 10.00

Chicken marinated in our 'Rock Steady' secret Jerk recipe

Brown Down Chicken Stew 10.00

Browned and slow cooked chicken

Chick Pea, Sweet Potato & Spinach Curry 8.50

Our favourite veggie/vegan special full of flavour

3 Bean Stew 8.50

Caribbean style vegan super food

Cabbage, Kale & Callaloo Bhaji 8.50

Vegan special cooked in coconut and scotch bonnet peppers

Ackee & Saltfish 11.00

Jamaica's National Dish

Jerk Salmon Fillet 10.50

Salmon fillet seasoned in the 'Rock Steady' secret Jerk recipe

Oxtail with butter beans 10.00

Lovingly prepared, marinated and slow cooked until tender

Steamed Sea Bream Escovitch 13.00

A healthier take on the popular Jamaican dish, marinated in pickled vegetables

ROTI WRAPS 9.50

All served with mixed salad
Authentic Trinidadian flat bread served with your favourite fillings;

Stew Chicken

Chick Pea, Sweet Potato & Spinach

Ackee & Salt Fish

Curried Goat



128 Gipsy Hill: 0208 670 4030
18 Northcross Rd: 0208 299 6953

SIDES

Rice & Peas	3.00
Steamed Basmati Rice	3.00
Fried Plantain Wedges	2.50
Roti	3.00
Jamaican Festivals (3)	3.00
Green Lentil Salad	3.50
Pineapple & Mango Coleslaw	3.50

DESSERTS all homemade

Carrot Cake	5.50
Lemon Tart	5.50
Banoffee Pie	5.50
Pecan pie	4.00
Homemade Ice-cream	
Flavours: Rum & Raisin,	
Piña Colada, Grape Nut	



DRINKS

Homemade Lemonade	2.50
Fentiman's Ginger Beer	2.00
330 ml Coke/Diet Coke	2.00
Still/Sparkling Water	1.10
Tropical Juice	2.50
Virgin Cocktails	4.50

ALCOHOLIC BEVERAGES

We offer a wide selection of Caribbean Rums, Wines, Cocktails and Bubbly. Come and join us for a drink!

Why not celebrate your special occasion at the Rum Lounge.
We can also cater for your special events
weddings christenings, parties etc.

www.rocksteadyrumlounge.com
info@rocksteadyrumlounge.com

 /Rock steady rum lounge

128 Gipsy Hill, SE19 1PL. Tel: 0208 670 4030
Tue - Sat 5pm to 11pm | Sun 4pm to 9pm

18 Northcross Road, SE22 9EU. Tel: 0208 299 6953
Wed - Sat 9am to 11pm | Sun - Tue 9am to 5pm