

TOMA-TIS

RESTAURANT & GRILL

APPETIZERS

Cauliflower Bites \$12.00

5 pieces marinated in jerk, chili, sweet & sour or barbecue sauce.

Stuffed Cucumbers \$12.00

4 pieces stuffed with peppers, carrots, chickpeas and cucumbers.

Loaded Sweet Potatoes \$12.00

Roasted chickpeas with bell peppers, garlic and onions, garnish with parsley.

SPECIALS

Sunday Dinner Bowl \$18.00

Brown stewed cauliflower, rice and peas, steamed cabbage and fried plantains.

Rasta Pasta \$18.00

Penne pasta, fried tofu with sauteed bell pepper, carrots then tossed in coconut sauce.

Vegan Spaghetti and Meatless Balls \$18.00

Italian favorite with Jamaican twist. Made with meatless balls cooked in Jamaican style Italian sauce.

JAMAICAN PATTIES

Vegetables \$3.00

Wheat grain flour filled with cabbage, carrot, corn, string beans and baked.

Spinach \$3.00

Wheat grain flour filled with spinach and baked.

Kale \$4.00

Unbleached, unbromated flour filled with kale and baked.

Lentil \$4.00

Unbleached, unbromated flour filled with lentils and baked.

Pumpkin \$4.00

Unbleached, unbromated flour filled with pumpkin and baked.

SMOOTHIES

Choose up to 3 flavors \$7.99

Mango • Banana • Strawberry • Blueberry, Spinach • Peanut • Almond • Pineapple • Flaxseed • Cashew • Tropical Blend

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SALADS

Quinoa Surprise \$12.00

Quinoa, mango, pineapple, red onions, grape tomatoes, bell peppers, beans and purple cabbage tossed in dressing choice.

Vegan Chicken Supreme \$12.00

Grape tomatoes, red onion, bell peppers, lettuce and spinach, topped with delicious crispy fried oyster mushrooms and tossed in dressing choice.

House \$12.00

Lettuce, grape tomatoes, cucumber, red onions and shredded carrots tossed in dressing choice.

Pasta \$12.00

Penne, black olives, red onions, garlic, tomatoes and spinach tossed in dressing choice.

Caribbean Jackfruit BBQ \$12.00

Taste of the Islands BBQ jackfruit, lettuce, tomatoes, onions, purple cabbage and spinach tossed in dressing choice.

Salad Dressings Choices

Grape Seed Oil Lemon Garlic • Honey Mustard • Grape Seed Oil and Vinaigrette • Italian • Lemon Cashew Garlic • Pineapple Mango • Lemon Coconut • Vinaigrette • Honey Mustard • Tangy Mango • French • Ranch • Balsamic

WRAPS

Mediterranean Wrap \$12.00

Cucumber, red onion, bell peppers, tomatoes and oyster mushroom. Served with special in house sauce served on your choice of wheat tortilla, flour tortilla or lettuce leaf.

Ackee Wrap: Jamaican Favorite Vegan with a twist \$15.00

Ackee sauteed in onions, seaweed, tomatoes, scallions and peppers, served on your choice of wheat tortilla, flour tortilla or lettuce leaf.

California Avocado Wrap \$12.00

Lettuce, quinoa, tomatoes, oyster mushrooms, avocado and red onions, served on your choice of wheat tortilla, flour tortilla or lettuce leaf.

BBQ Wrap \$12.00

Jackfruit, lettuce, tomatoes, and red onions served on your choice of wheat tortilla, flour tortilla or lettuce leaf.

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ENTREES

- Vegan Oxtails** \$20.00
Braised mushrooms, carrots and butter beans, simmered in authentic Jamaican herbs and spices. Served with green salad, plantains and one side.
- Brown Stewed Chicken** \$20.00
Inspired by the Original Jamaican Dish. Mushroom based, cooked with authentic Jamaican herbs and spices. Served with green salad, plantains and one side.
- Barbecue Chicken** \$20.00
Inspired by the Original Jamaican Dish. Mushroom based, cooked with authentic Jamaican herbs and spices. Served with green salad, plantains and one side.
- Jerk Chicken** \$20.00
Inspired by the Original Jamaican Dish. Mushroom based, cooked with authentic Jamaican herbs and spices. Served with green salad, plantains and one side.
- Escovitch Chicken** \$20.00
Taste of the Islands BBQ jackfruit, lettuce, tomatoes, onions, purple cabbage and spinach tossed in dressing choice.
- Vegan Escovitch Fish** \$20.00
Tofu wrapped with seaweed lightly battered in spelt flour and fried to perfection with special escovitch sauce: carrots, onions, bell peppers, allspice, scotch bonnet pepper and vinegar. Served one side.
- Meatless Balls** \$18.00
Spinach carrot, cabbage, mushrooms, turmeric, seasoned with Jamaican herbs and spices dusted with spelt flour then fried to perfection. Served one side of your choice.

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ENTREES

Vegetarian Delights \$14.00

Made with Tofu: Brown Stew, BBQ, Sweet & Sour, Chili or Jerk.

Fried Chicken \$20.00

Oyster mushroom lightly battered in spelt flour seasoned with authentic Jamaican spices then fried to perfection. Served with green salad, plantains and one side.

Jerk Fried Chicken (Spicy) \$20.00

Oyster mushroom lightly battered in flour seasoned with authentic Jamaican Homemade Jerk Seasoning then fried to perfection. Served with green salad, plantains and one side.

SIDES

Steamed Vegetables \$4.50 **Spinach, Broccoli and Peppers** \$8.00

Cabbage, beans, carrot and corn.

Quinoa \$5.00 **Curry Chickpeas** \$5.00

Rice and Peas \$5.00 **Brown Rice** \$5.00

White Rice \$3.50 **Roti - (Plain or with Dahl)** \$4.50

Mac & Cheese \$8.00 **Sweet Plantains** \$4.50

Curried Potatoes \$3.50 **Sauteed Okra** \$4.50

Pumpkin \$4.00 **Creamed Sweet Potatoes with Chickpeas** \$7.00