



RASTA PASTA

CARIBBEAN PASTA CREATIONS

Each pasta dish is made fresh to order so spice can be adjusted and substitutions are always welcome. Spicy dishes are denoted by 🔥. Spicy dishes can be made mild or with no spice, no worries! Many dishes can be made vegetarian, vegan or gluten free and this is denoted under each item description. Substitute any meat protein for jerk tofu or fresh veggies at no charge. Substitute 100% brown rice gluten free penne for \$3. Substitute our house made "vegetti" noodles in any pasta dish for \$4.

🔥 RASTA PASTA ★ \$18

The fusion of Italian and Jamaican flavors that inspired it all. Jerk chicken, green onion, diced tomato, garlic and jerk seasoning sautéed with penne in red wine and our house made marinara with a splash of lime. Can be made vegetarian, vegan or gluten free.

CHICKEN MONTEGO BAY ★ \$19

Our best seller! Jerk chicken, pineapple, basil and a medley of fresh vegetables sautéed in white wine then folded into a light alfredo sauce with penne. Excellent spiced up! Can be made vegetarian or gluten free.

THE NATURAL MYSTIC ★ \$18

An intense curry experience! Jerk chicken, garlic, green onion and pineapple served in a delicious pineapple curry sauce with penne. Excellent with a dab of alfredo for a creamier version! Can be made vegetarian, vegan or gluten free.

TORTELLINI JAMAICA MON ★ \$19

The critics' choice! A truly unique fruit bearing pasta dish. Ricotta cheese filled tortellini, pineapple, bananas, grapes and green onion simmered in a white wine sauce that must be experienced. Served vegetarian.

SEAFOOD MARINARA ★ \$21

Diced clam, shrimp, crab, diced tomato, green onion and herbs served with our house made marinara over spaghetti. Can be made gluten free.

SEAFOOD ALFREDO ★ \$22

Diced clam, shrimp, crab, diced tomato and herbs, sautéed in a delicate blend of white wine and alfredo, served over spaghetti. Also excellent with a dab of marinara, ask for the Seafood Rosé. Can be made gluten free.

🔥 SPICY JAMMIN' ★ \$20

The staff favorite! Tri-colored rotini, shrimp, basil, garlic, spicy jerk, green onion, diced tomato, and red wine tomato sauce with a splash of lime. Can be made vegetarian, vegan or gluten free.

DREADLOCK RAVIOLI ★ \$19

Ricotta cheese ravioli, basil, garlic, diced tomato and green onion with your choice of spicy sausage, diced clams or jerk chicken served in our house made marinara sauce. Can be made vegetarian.

PRIMAVERA ★ \$17

A fresh variety of garden vegetables and green onion sautéed with tri-colored rotini and white wine sauce. Served vegetarian, can be made vegan or gluten free.

SUNDRIO ★ \$17

Sun dried tomatoes, garlic, basil, green onion and grapes sautéed with tri-colored rotini in a red wine sauce. Served vegetarian, can be made vegan or gluten free.

SPAGHETTI GARLIC AND HERB ★ \$16

Diced tomato, garlic, green onion and herbs sautéed with spaghetti in a white wine sauce. Simple excellence. Served vegetarian, can be made vegan or gluten free.

🔥 SPAGHETTI TRENCH TOWN ★ \$16

Diced tomato, garlic, green onion and a hint of spicy herbs sautéed with spaghetti in a red wine and beef broth. Can be made vegetarian, vegan or gluten free.

SPAGHETTI KNUCKLES ★ \$18

Garlic, basil, oregano, diced tomato, green onion and spicy sausage served with our house made marinara sauce over spaghetti. Can be made vegetarian, vegan or gluten free.

Like it spicy? Ask for a little spice with any dish or use our arrow system to kick it up one, two or three notches!

Feel the heat ↑

Feel the burn ↑↑

Feel the PAIN (at your own risk) ↑↑↑

RASTA PASTA



CREATE YOUR OWN PASTA BOWL ★ \$13

Choice of pasta (penne, spaghetti, rotini) with butter sauce or marinara sauce

Exchange alfredo sauce ★ \$3

Exchange tortellini, ravioli or gluten free penne ★ \$3

Exchange vegetti ★ \$4

Add tofu, veggies, jerk chicken or sausage ★ \$3

Add shrimp or clams ★ \$4

FRESH AND FUN SALADS

All salads and salad dressings are prepared fresh, in house daily.

Salad dressings include Sun-dried Tomato, Green Pepper Vinaigrette and Citrus Spice 🔥

SIDE SALAD ★ \$4

GARDEN SALAD ★ \$13

A meal-sized salad with romaine and red leaf lettuce and your choice of fresh or sautéed veggies.

Your choice of dressing, includes garlic bread.

Add tofu or chicken \$3.00 ★ Add shrimp \$4.00

🔥 CHICKEN CITRUS SPICE SALAD ★ \$16

Romaine and red leaf lettuce, fresh veggies, jerk chicken and pineapple spiced up with our Citrus Spice Dressing.

MUNCHIES

🔥 ISLAND CHIPS AND SALSA ★ \$7

Fresh fruit and veggies collide in this amazing sweet salsa with just a hint of spice. Vegan and gluten free.

DIPPIN' BREAD

Six pieces of our famous garlic bread, served with housemade dipping sauce.

With marinara sauce ★ \$7

Tangy house made marinara sauce. Vegan.

With rosé sauce ★ \$8

A blend of marinara and alfredo sauces.

With Caribbean Curry Sauce 🔥 ★ \$8

A sweet, spicy and creamy pineapple curry sauce.

Just want some extra bread? No worries!

2 piece basket ★ \$2 4 piece basket ★ \$4

SOFT DRINKS

FOUNTAIN DRINKS ★ \$3 free refills

Coke, Diet Coke, Sprite, Dr. Pepper, Orange, Ginger Ale and Lemonade.

BOTTLED ROOT BEER ★ \$3

FRESH BREWED ICED TEAS ★ \$3 free refills

Traditional Black, Tropical Tea and Green Tea.

COFFEE OR HOT TEA ★ \$3 free refills

JUICE ★ \$3

Orange, pineapple, cranberry, fruit punch.

MILK ★ \$3

Chocolate or regular.