



CARLISLE BAY
ANTIGUA



Jetty

BAR AND GRILL

GLUTEN FREE



THE JETTY GRILL OFFERS A REMARKABLE DINING EXPERIENCE IN A BREATHTAKING LOCATION, OVERLOOKING THE PICTURESQUE CARLISLE BAY JETTY AND THE CRYSTAL CLEAR WATERS OF THE CARIBBEAN. WITH AN EXCLUSIVE FOCUS ON ADULT-ONLY DINING, IT MAINTAINS A LAID BACK AMBIANCE THAT PERFECTLY COMPLEMENTS THE UNPARALLELED VIEWS AND GENTLE SEA BREEZES. THE ENTICING SCENTS OF GRILLING MEATS, FRESH SEAFOOD, AND COCKTAILS SHAKING GIVES A SENSE OF VACATION BLISS.

THE RESTAURANT TAKES PRIDE IN SOURCING ITS INGREDIENTS LOCALLY, RESULTING IN A MENU THAT BEAUTIFULLY FUSES THE VIBRANT FLAVORS OF THE CARIBBEAN. IT'S A FANTASTIC SPOT TO RELAX AND SAVOR UNCOMPLICATED YET EXQUISITE CUISINE WITHIN THE UNIQUE, UNHURRIED ATMOSPHERE THAT DEFINES THE CARIBBEAN EXPERIENCE



GLUTEN FREE



START

ANTIGUAN CONCH SOUP

TRADITIONAL CONCH SOUP WITH
CRISPY OKRA POLENTA

\$17 

ANTIGUAN GOAT WATER

ISLAND-SPICED GOAT STEW WITH
GLUTEN-FREE COCONUT DUMPLINGS

\$18 

TACO SELECTION

GLUTEN-FREE CORN TORTILLAS,
CABBAGE SLAW, TOMATOES, CORN
SALSA AND SPICY MAYO 

CAJUN MAHI  \$19

JERK CHICKEN \$18

GRILLED CRISPY TOFU  \$14

BBQ CHICKEN WINGS

GRILLED CHICKEN WINGS GLAZED WITH
GLUTEN-FREE BBQ SAUCE, SERVED
WITH GARDEN SALAD

\$20 

CAJUN GRILLED CALAMARI

GRILLED PINEAPPLE
AND CHILI RELISH

\$20   



MAIN

CATCH OF THE DAY

FIRE-GRILLED LINE-CAUGHT FISH,
COCONUT RICE 'N' PEAS,
STEAMED CORN ON THE COB

\$45   

ROASTED JERK CHICKEN

STEAMED PLANTAIN, GARLIC,
SPINACH AND GLUTEN-FREE
JERK-SPICED SAUCE

\$40

THE GRILL

SERVED WITH BEANS,
COCONUT RICE AND GRILLED CORN

CHOICE OF GLUTEN-FREE:

CHIMICHURRI

BBQ SAUCE

CREOLE SAUCE

GARLIC BUTTER

CAJUN TUNA \$45

BBQ BABY BACK RIBS \$40

SHRIMP SKEWERS \$40

SIRLOIN STEAK \$55

LOBSTER HALF/WHOLE \$35/\$65

SUPPLEMENT HALF \$20 / WHOLE \$35

CARIBBEAN CURRY

SERVED WITH BEANS, COCONUT RICE
AND GLUTEN-FREE FLATBREAD 

SHRIMP  \$40

CHICKEN \$38

TOFU  \$35

SWEET

STICKY DATE PUDDING

MADE WITH GLUTEN-FREE FLOUR,
SERVED WITH SPICY CARAMEL
AND VANILLA ICE CREAM

\$14 

BREAD AND BUTTER PUDDING

MADE WITH GLUTEN-FREE BREAD,
SERVED WITH SPICED RUM SAUCE
AND VANILLA ICE CREAM

\$14 

CARIBBEAN RUM CAKE

GLUTEN-FREE FRUIT CAKE
WITH WARM RUM SAUCE

\$15 

EXOTIC FRUIT SALAD

A SELECTION OF FRESH FRUIT
WITH VANILLA ICE CREAM

\$14  

GLUTEN FREE  NUTS  PORK  DAIRY FREE  FISH/SHELLFISH  VEGETARIAN  SUSTAINABLY SOURCED 

Please inform one of our servers, should you have any food allergies or intolerance.
Prices are in US Dollars and subject to a 10% Service Charge and 17% Government Tax.