



Spice of Life
Jamaican Restaurant and Bar

229-396-5527

spiceoflifejamaica.com



339 Commerce Way
 Tifton, GA 31794



BAR MENU

Happy hour 4-8 M-F

Vodka

Titos	\$8.00	Kettle One	\$7.00
Grey Goose	\$9.00	Svedka	\$7.00
Ciroc	\$9.00	Belvedere	\$7.00
Absolute	\$7.00		

Brandy

Remi Martin	\$12.00	Hennessy	\$8.75
Courvoisier	\$11.00	D'Usse	\$11.00
Cognac	\$11.00	Crown Royal	\$10.75
Martel	\$10.00		

Rum

Malibu	\$7.75	Irish Cream	\$7.50
Appleton	\$10.50	Kahlua	10.75
Captain Morgan	\$7.00	Rum Chata	\$7.00
JB	\$12.00	Rum Fire	\$8.00
JRay & Nephew	\$9.00	Stroh 160	\$9.00

Tequila

Don Julio	\$18.00	Casamigos	\$9.00
Patron	\$13.00	Milagro	\$13.75
Jose Cuervo	\$9.00	Herradura	\$13.00
1800	\$8.00		

Whiskey

Gentleman Jack	\$10.00	LOCAL WHISKEY	
Jack Daniels	\$11.00	Wild Turkey	\$12.00
Evan Williams	\$8.75		
Makers Mark	\$8.75		

BAR MENU

Handcrafted Cocktails

Jamaican Rum Punch \$12.00 <i>Pineapple juice, orange juice, coconut flavored rum, dark rum, lime juice, grenadine</i>	Dirty South \$12.75 <i>Vodka, Kahlua, fresh banana, coconut cream, heavy cream, chocolate syrup</i>
Jamaican Me Crazy \$13.00 <i>Coconut flavored rum, banana liqueur, cranberry juice, pineapple juice</i>	Bob Marley \$14.00 <i>Coconut rum, pineapple rum, grenadine, Blue Curacao, pineapple juice</i>
Sorrel Punch w/ Mint. \$12.75 <i>White rum, peach schnapps, orange juice, cranberry juice</i>	Bust Mi Cock \$12.75 <i>JB Rum, J Wray & Nephew, Jack Daniels, pineapple juice, orange juice, fresh squeezed ginger</i>
Sexy Peach \$12.75 <i>White rum, peach schnapps, orange juice, cranberry juice</i>	Margaritas \$11.00 <i>Water, honey, freshly squeezed lemon, tequila, orange liqueur, ice, agave nectar, coarse salt</i>
Railroad Street \$12.00 <i>Wild Turkey, lemonade, orange juice, Sprite</i>	Martini. \$10.75 <i>Raspberry, mint leaf, simple syrup, vodka, lemon juice, olives or cherry</i>
Piña Colada \$12.00 <i>White rum, dark rum, pineapple juice, coconut cream</i>	Long Island Ice Tea \$14.00

Wine List

RED	WHITE
San Antonio Red \$8.00	Chardonnay \$8.00
Port \$8.00	Sauvignon Blanc \$8.00
Cabernet Sauvignon \$8.00	Moscato. \$8.00
Stella Rosa \$8.00	Stone Ginger Wine \$8.00
Pinot Noir \$8.00	Risata Moscato D'Asti \$8.00

Jamaican Sodas

Cola Champagne \$3.25	Vita Malt \$4.00
Pineapple. \$3.25	Ting \$4.00
Orange \$3.25	Coconut Water \$6.00
Cream Soda \$3.25	Sour Sop \$6.00
Ginger Beer \$4.00	Jamaican Juice. \$4.00

Draft Beer (Tall)

Michelob Ultra. \$9.75	Blue Moon \$9.75
Bud Light. \$9.75	Samuel Adams. \$9.75

Draft Beer (Short)

Michelob Ultra. \$6.50	Blue Moon \$6.50
Bud Light. \$6.50	Samuel Adams. \$6.50

Bottle Beer

Guinness \$5.75	Yeungling. \$5.75
Heineken \$5.75	Modelo \$5.75
Bud Light. \$5.75	Miller Lte \$5.75
Blue Moon. \$5.75	Michelob Ultra. \$5.75
Samuel Adams. \$5.75	Corona. \$5.75

Appetizer

Jerk Egg Rolls \$8.75	Wings. \$8.95
Cod Fish Fritter \$6.75	<i>Buffalo, lemon pepper, ranch, or jerk. Includes fries</i>

ENTREES

Pork

Medium / Large

Chops. \$16.00 / 19.00	Jerked \$16.00 / 19.00
<i>Pork chops marinated with Jamaican herbs & spices, grilled & finished in a brown smoked sauce</i>	<i>Pork marinated with Jamaican herbs & spices; smoked & grilled to perfection</i>
Stewed \$16.00 / 19.00	Stewed Peas \$16.00 / 19.00
<i>Pork cut in 1"-2" cubes marinated in Jamaican herbs & spices, finished in a rich brown sauce.</i>	<i>Red kidney beans cooked with pigtail, seasoned with Jamaican spices and herbs served over white rice</i>

SEAFOOD

Shrimp

Curried. \$19.15	Cajun \$19.15
<i>Shrimp seasoned to perfection sautéed and finished in a rich curry sauce</i>	<i>Shrimp seasoned and sautéed in Cajun spices served with your choice of sides</i>
Peppered. \$19.15	Blackened \$19.15
<i>Shrimp seasoned, sautéed with julienne style bell peppers, onions, and carrots cooked to perfection</i>	<i>Shrimp seasoned and blackened with Jamaican herbs & spices, served with your choice of sides.</i>

Fish

Snapper	Catfish	Tilapia	Whiting	King	Saltfish	Ackee & Salt Fish
\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00

Brown Stewed
Fish marinated, fried or grilled; finished in a rich brown sauce

Escovitched
Fish fried and finished in a traditional escovitch sauce

Fried
Fish marinated and fried to perfection

Steamed
Fish seasoned, slowly steamed with assorted vegetables – onions, carrots, bell peppers, okra; finished

Rasta Pasta
Choice of elbow or penne pasta, cooked with vegetables and saltfish served as an entrée

Chicken

Medium / Large

Curried. \$12.75 / 14.99	Brown Stewed. \$12.75 / 14.99
<i>Chicken cut and marinated with curry, Jamaican herbs & spices, finished in a rich curry sauce</i>	<i>Chicken cut and marinated with Jamaican herbs & spices, finished in a rich brown sauce</i>

LUNCH SPECIAL \$8.95

Burger and Fries

Chicken Sandwich and Fries



Jerk Chicken

Served with rice and
veggies

Curry Chicken

Served with rice and veggies

Brown Stewed Chicken

Served with rice and veggies

KID'S MENU

Chicken Tenders\$8.95 & Fries

Hamburger & Fries\$7.00

Mac & Cheese\$4.50

Green Beans\$4.50

4 pc Chicken Wings\$8.50

Buffalo, lemon pepper, ranch, or jerk.

Jerk Chicken Stir Fry

Served with white rice

DESSERTS

Bread Pudding.....\$6.00

Red Velvet Cake\$6.00

Pineapple Cake\$6.50

BEVERAGES

Cola\$2.50

Tea (Sweet / Unsweet)\$3.25

Coconut Water\$5.00

Water.....\$2.00

Jamaican Drinks

Cola Champagne\$3.50

Pineapple.....\$4.50

Orange\$3.50

Cream Soda.....\$3.50

Ginger Beer.....\$3.50

Vita Malt\$3.50

Ting\$3.50

Freshly Squeezed Drinks

Sorrel.....\$5.00

Mango Pineapple\$4.00

Lemonade\$5.00

HOOKAH

1 Person.....\$30.00

2 People.....\$15.00

3 People.....\$13.50

4 People.....\$12.00

Plus Tax

Condiments & Dressing

- Croutons
- Sun dried tomatoes
- Red onions
- Cheese
- Bleu cheese
- Bacon bits
- Cranberries
- Ranch
- Banana pepper
- Vinaigrette
- Balsamic
- Italian

Soups

Prices will vary based on choice

Red Peas

Red peas cooked and simmered down with yam, dumplings, potatoes, vegetables, and assorted meats

Chicken Noodles

Spicy Tomato

Corn Chowder

Rice

Spinach	\$3.50
Yellow Rice	\$3.50
Rice & Red Beans.....	\$3.50
Vegetable Rice	\$3.50
White.....	\$3.50
Rice & Broccoli.....	\$3.50 Casserole

Patties \$3.50

Beef	Jerk
Curried Chicken	Spinach
Veggie	Salad Bar

Bread \$3.00

- Coco Bread
- Corn Bread

Salad Bar

Romaine / iceberg	Cheese	
Tomato	Pasta	-Add \$5.00
Cucumber	Tuna.....	-Add \$6.00
Spinach	Chicken	-Add \$7.50
Red Onion	House	(Jamaican jerked chicken salad)

Sandwich

Cadillac Burger	\$14.00	Grilled Fish Sandwich	\$12.50
<i>1/2 LB Burger served with bacon, avocado, cheese, lettuce, tomato, and spicy BBQ sauce</i>		<i>Served with lettuce, tomato, and cheese with dipping sauce</i>	
Grilled Chicken Sandwich	\$11.00		
<i>Served with lettuce, tomato, and cheese</i>			

ALL SANDWICHES COME WITH FRIES

Jerked **\$12.75 / 14.99**

Chicken cut and marinated with Jamaican herbs & spices; grilled to perfection

Spicy BBQ **\$12.96 / 15.50**

Chicken cut and marinated with Jamaican herbs & spices; finished with spicy BBQ sauce

Chicken and Waffles **\$11.00**

Island Hot Fried **\$14.75**

Chicken cut and seasoned to the bone; fried to a crispy golden finish

Rasta Pasta **\$14.99 / 17.50**

Choice of elbow or penne pasta, cooked with vegetables and jerked chicken served as an entrée

Beef

Medium / Large

Stewed **\$16.00 / 19.00**

Beef cut in 1"-2" cubes marinated in Jamaican herbs & spices, finished in a rich brown sauce

Oxtail **\$21.00 / 26.50**

Oxtails cut and seasoned with Jamaican herbs & spices; finished in a rich brown sauce

Peppered Steak **\$16.00 / 19.00**

Beef cut in julienne style sautéed with bell peppers, onions, and carrots cooked to perfection

Turkey Wings

Jerked-Smoked **\$16.00**

Turkey wings marinated with Jamaican herbs & spices; smoked & grilled to perfection

Baked **\$16.00**

Turkey wings marinated with Jamaican herbs & spices; smoked & grilled to perfection

Goat

Medium / Large

Curried Goat **\$16.00 / 19.00**

Goat cut in 1"-2" cubes marinated in Jamaican herbs & spices, finished in a rich curry sauce

SIDES

Potatoes

Mashed **\$3.75**

Candied Yam **\$4.50**

Sweet potato

Roasted Red Bliss **\$4.50**

Roasted Red Bliss potatoes tossed in seasoned butter

Veggies

\$4.50 per side

- Steamed cabbage
- Green beans
- Collard greens
- Turnip greens
- Honey glazed carrots
- Mixed vegetables
- Sweet corn
- Romaine / iceberg
- Mac & cheese
- Fried plantains
- \$3.00 5 pieces