



MENU

A TASTE OF YAAD!

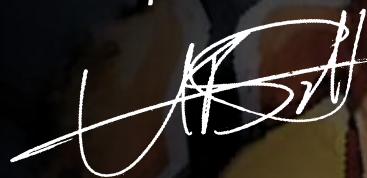




WELCOME!

"When I'm not competing on the track, I'm enjoying good food and great music, so I wanted to share that side of me with you. So hol' a vibes at Usain Bolt's Tracks & Records and enjoy its one-of-a-kind experience. Usain Bolt's Tracks & Records - to de worl!"

Respec'



BEVERAGES



SOFT DRINKS

Pepsi	160
Diet Pepsi	175
7-Up	160
Ting	200
Flavoured Sodas	160
Ginger Ale	160
Ginger Beer	215
Tonic Water	160
Bottled Water	160
Cranberry Water	210

JUICES

Pineapple Juice	160
Orange Juice	160
Fruit Punch	160
Cranberry Juice	255
Lemonade	210
Blended Fruit Punch	600

COCKTAILS

Boasy Drinks
Margaritas
Martinis
Daiquiris
Mixed Drinks
Wines
Shots

Please ask your waiter for the cocktail menu

BEER

Red Stripe Draught	300
Red Stripe Bottle	350
Red Stripe Bold	350
Red Stripe Light Draught	350
Red Stripe Light	375
Heineken	375
Guinness	375

Smirnoff Ice Black	375
Smirnoff Ice Red	375
Smirnoff Ice Apple	375



PICKINS



RED STRIPE BBQ WINGS

Wings drenched in Tracks signature BBQ sauce, infused with traditional Red Stripe beer, served with a tostone.

700

TRACKS TRAIL KEBAB

Jerked sausage, chicken & shrimp kebab with a spicy Appleton BBQ sauce.

675

SALTFISH TOSTINIS

Codfish salsa stacked on tostones, layered with our signature mango chutney and guacamole.

675

CODFISH FRITTERS

Crispy fritters filled with traditional Jamaican spices and flaked codfish.

675

JERKED GRILLED SHRIMP

Shrimp skewered and seasoned with Tracks jerk signature blend served with tostones and coconut ranch dipping sauce.

995



COCONUT & CASSAVA SHRIMP

Shrimp crusted with bammy and coconut flakes served with a pineapple sweet and sour sauce.

995

PEPPER 'SWIMS'

Traditional middle quarters shrimp with a twist of sweet and spicy peppers.

995

APPLETON BBQ WINGS

Pimento spiced double battered BBQ wings permeated with Appleton rum, served with a tostone.

700

CRISPY FRIED WINGS

Wings tossed in a 3 spiced seasoned blend, golden fried and served with a tostone and a jerk aioli dipping sauce.

700

JERKED BUFFALO WINGS

Spiced crispy fried wings sopping in a spicy Jamaican buffalo sauce, served with coconut ranch dipping sauce.

700



Late night menu 10pm - 11:30pm

All major credit cards accepted. All prices are subject to GCT and service charge.

NYAMMINS

JERKED CHICKEN SPRING ROLL

Jerked chicken, roast corn salsa, cilantro, scotch bonnet and pepper jack cheese in a crispy skin and served with creamy cilantro dipping sauce.

750

BUNGLER OF FRIES

Seasoned sweet potato, Irish potato and cassava fries served with a jerked aioli dipping sauce.

520

CHEESE QUESADILLA

Flour tortilla filled with pepper jack cheese and escallion, alongside creamy cilantro dip, tomato salsa, and guacamole.

675

Add jerked chicken: 300

Add jerked shrimp: 450

SPICED BEEF SLIDERS

Three mini beef burgers topped with feta, blue, and pepper jack cheeses, coleslaw and french fries.

995



ISLAND NACHOS

Crispy green plantain chips layered with BBQ jerked sausage, roast corn salsa, pepper jack cheese and topped with herbs, scotch bonnet oil and chipotle drizzle served with creamy cilantro dipping sauce.

1000

VEGETABLE SPRING ROLL

A crispy skin loaded with cabbage, carrots, sweet corn, and traditional Jamaican herbs and spices, served with a ripe plantain chutney infused with Appleton rum.

675

PLATTERS FOR SHARING

FRITTERS GALORE

A dozen saltfish fritters served with remoulade dipping sauce.

1250

WINGS GALORE

A 12 piece combo of our Tracks signature wings

- Red Stripe BBQ wings
- Appleton BBQ wings
- Crispy fried wings
- Jerked buffalo wings with coconut ranch dipping sauce

1300

'SWIMS' GALORE

A 12 piece combo of our Tracks signature swims

- Jerked grilled shrimp
- Pepper shrimp
- Coconut & cassava crusted shrimp with pineapple ginger sweet & sour sauce.

1600

APPETIZER PLATTER

Combo platter mixed with jerk pork, Red Stripe BBQ wings, jerked chicken spring rolls, codfish fritters and jerked chicken quesadillas.

1600

GAME DAY PLATTER

Combo of beef sliders, crispy fried wings, jerked grilled shrimp and southwestern pizza.

1700

Late night menu 10pm - 11:30pm

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JAM ASIAN COBB SALAD

Jerked chicken, pepper jack cheese, guava ham, hard boiled egg, toasted jerked peanuts and seasonal fruits with Jam Asian citrus vinaigrette.

1100

SIGNATURE SALAD

ISLAND SALAD

Mixed greens, feta cheese, toasted jerked peanuts, papaya and pineapple, and bell peppers with citrus vinaigrette.

950

TRADITIONAL CAESAR

Romaine lettuce with caesar dressing, shaved parmesan, garlic lime croutons and anchovies.

Add jerked chicken 300
Add jerked shrimp 450

1100

GARDEN SALAD

Mixed greens, cucumber, bell peppers and citrus segments.

520

COUNTRY STYLE JANGA SOUP 🍅

Modern version of traditional Jamaican janga soup, light but with a kick of spice.

400 / 700

RED PEAS SOUP

A classic Jamaican soup made from fresh peas, exotic spices, and tender beef which is slowly simmered in rich coconut milk. This tantalizing aroma evokes memories of the olden days.

400 / 700

SIGNATURE SOUPS



SOUPS & SALADS



All major credit cards accepted. All prices are subject to GCT and service charge.



ESCOVEITCH FISH SANDWICH

Tracks season blend crusted snapper topped with escoveitch sauce and escoveitch pickled vegetables in a moist coco bread served with french fries, remoulade and coleslaw.

1100

CLUB SANDWICH

Tender chicken grilled to perfection, served with hardwood-smoked bacon, cheddar cheese, crisp lettuce, juicy tomato and mayo in layers of toasted bread.

1000

CRISPY CHICKEN SANDWICH

Golden crispy chicken tenders sandwiched between moist coco bread, with fresh lettuce, tomato and onions, served with french fries, coconut ranch dipping sauce and coleslaw.

1100

PULLED JERK CHICKEN WRAP

Tortilla loaded with sweetwood fiery smoked pan chicken, packed with pepper jack cheese drizzled with Tracks signature dressing amid lettuce, tomato, and onion, served with sweet potato chips and coconut ranch dipping sauce.

1000



SANDWICHES



U-BRAGGER



TRACKS SIGNATURE CHEESEBURGER

Pimento spiced 100% beef topped with melted cheddar, fresh lettuce, tomato, onions, and cool mayo served with coleslaw and jerk aioli.

1000

BBQ BACON CHEDDAR

A gourmet burger classic! Sizzling bacon, Tracks signature BBQ sauce and melted cheddar cheese on top of grilled pimento spiced 100% beef topped with melted cheddar, fresh lettuce, tomato, cool mayo and crispy onion rings.

1200

MUSHROOM SWISS MELT

Sautéed mushrooms and melted swiss cheese top this grilled gourmet 100% beef burger with fresh lettuce, tomato, cool mayo and crispy onion rings.

1200

SURF 'N' TURF

Spice things up with a grilled gourmet 100% beef burger topped with shrimp sautéed in a sweet and zesty sauce with fresh lettuce, tomato, onion and cool mayo.

1300

HERB CHEESE STUFFED JERK STEAK

This handmade steak burger is a chef's speciality, stuffed with melted herbed cheese and rubbed with spicy Jamaican jerk spices served with fresh lettuce, tomato, onion and cool mayo.

1100

SIGNATURE BURGER



JERKED PORK 🍷

No visit to Jamaica can be complete without a taste of jerk... Made using our very own jerk seasoning, this is a winner and one of Bolt's faves! A must try... served with sweet potato, festival, fried plantain and coleslaw.

1250

LOCAL

JERK PLATTER

An assortment of jerked pork and jerked chicken served with hardy bread, fried plantain, festival and coleslaw.

1000

PAN CHICKEN

Just like roadside pan chicken, test out our version of this favourite, served with hardy bread, festival, fried plantain and coleslaw.

1100



THE JERK PAN

Straight off a coal fire, this roadside food is hot, spicy and supremely satisfying. Served on foil with typical roadside garnish of ketchup and hardy bread, you won't be disappointed by this sweet and smokey taste of Jamaica. Pairs perfectly with an icy cold Red Stripe.

SIDES

Festival	120
Hardy Bread	75
Garlic Lime Toast	75
Tostones	140
Fries	165
Sweet Potato Fries	225
Sweet Potato Chips	300

Ripe Plantain	150
Ground Provisions	240
Roasted Sweet Potato	250
White Rice	145
Rice & Peas	170
Fresh Market Veggies	270
Side Salad	250



VIVA ITALY

Authentic Italian flatbread topped with marinara sauce, fire roasted peppers and onions, spicy jerked sausage speckled with mozzarella cheese.

995



SOUTHWESTERN

Succulent flank steak with fresh corn, pumpkin puree, and escallion baked on a thin flatbread, topped with melted pepper jack cheese covered with sizzling bacon.

995

VEGGIE FLATBREAD

Personal size gourmet pizza topped with marinara sauce, sundried tomato tapenade, callaloo puree, sautéed mushroom, sweet and sour onions speckled with feta and parmesan cheese.

975

LASAGNA FLATBREAD

Meaty savory minced beef trimmings, lasagna style crafted on a thin flatbread speckled with mozzarella cheese and drizzled with chipotle sauce.

995

SHRIMP FREDO

Alfredo glazed shrimp bits baked on a thin flatbread, sprinkled with a duo of mozzarella and parmesan cheese with a dash of parsley.

995

HAM FLATBREAD

Gourmet flatbread covered with guava glazed ham, marinara sauce, sweet and sour onions, sundried tomato tapenade, sprinkled with pepper jack and parmesan cheese.

995

PIZZA

GOURMET FLATBREAD



CREAMY ALFREDO

Al dente pasta smothered in a rich cream sauce served with garlic lime toast. Treat yourself to this masterpiece.

700 / 900

TOMATO BASIL MARINARA

Al dente pasta in a slow cooked fresh tomato and wine sauce topped with romano parmesan and served with garlic lime toast.

750 / 950



Add chicken 300
Add shrimp 450

TRACKS
ITALIAN
STYLE

PASTA PRIMAVERA

Al dente pasta in a slow cooked fresh tomato and wine sauce with fresh seasonal vegetables, topped with parmesan cheese served with garlic lime toast.

700 / 900

ITAL PENNE WITH PUMPKIN RUNDOWN

Vegetarians and non-vegetarians alike will love this wicked version of an ital pasta. Pumpkin puree, plantain, local vegetable mix, thyme, scotch bonnet with parmesan in a light coconut cream sauce.

1050



PASTAS

All major credit cards accepted. All prices are subject to GCT and service charge.



MAC & CHEESE CRUSTED STEW BEEF

Succulent beef topped with a rich mac and cheese crust.

1500

CURRIED MUTTON

Traditional Jamaican favourite served with coconut rice, mango chutney, tostones and local vegetables.

1000

YAAD STYLE STEW BEEF

Our version of traditional home cooked Jamaican beef stew, braised 'til tender in a mini crock pot served with potato puree and local roasted vegetables.

1400

CURRIED SHRIMP

A typical island curry shrimp baked in its own crock pot served with white rice, tostones, mango chutney and a side salad.

1400

CURRIED SEAFOOD

A typical island curry with a mix of seafood (scallops, shrimp, fish) baked in its own crock pot served with white rice, tostones, mango chutney and a side salad.

1600



CROCK POTS

A remix of the 'box lunch'. A daily staple for most Jamaicans, the box lunch is a sure cure for 'Jamaican Hungry Belly'... a hearty meal with starch, vegetable and protein all tightly squeezed into a mouth watering 'box' of bursting flavour.



BLUE MOUNTAIN GRILLED STEAK

Melt in your mouth grilled tenderloin with a Blue Mountain coffee rub served with sorrel chutney, sweet and sour onions, potato puree and local vegetables.

2400

CHICKEN SUPREME

Beer marinated chicken tenders slowly smoldered in a coconut mango sauce enriched with coconut milk, served with white rice and local vegetables.

1500

JERK HONEY MUSTARD LAMB RACK

A rack of lamb seared and oven roasted with honey mustard, served with herb cubed potatoes, sautéed local vegetables with balsamic mint reduction and mint jelly.

1800

BATTER & BAKE SNAPPER WITH ROAST CORN SALSA

Snapper battered and baked to perfection, light and fresh with a twist of lime served with potato puree and local vegetables.

1800

STEAMED FISH

Fresh snapper steamed with okras, carrots, water crackers, and bammy in a creamy coconut butter reduction.

1800

FRIED FISH

Whole fish fried and drizzled with escoveitch sauce served with fluffy golden festival and fried ripe plantains.

1800

ROAST FISH AND FESTIVAL

Roast fish in foil with escoveitch rundown, served with fluffy golden festival and fried ripe plantains.

1800

BLUE CHEESE STUFFED BEEF TENDERLOIN

Tenderloin that has been marinated in a rich seasoned blend, grilled to perfection, served with herb cubed potatoes and seasonal vegetable with a red wine demi-glace.

2400

SPECIALTY ENTRÉES

Nouvelle Caribbean tastes and unique Jamaican flavours compliment these traditional gourmet favourites.

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SEDUCTIVE WHITE CHOCOLATE CHEESECAKE

A soft, creamy, smooth white chocolate cheesecake. Prepare to fall in love.

750

HEAVENLY BREAD PUDDING SURPRISE

Warm Jamaican bread pudding with vanilla ice-cream, topped with coconut rum sauce, melba sauce, whipped cream and chopped nuts.

680

JAMAICAN ICE CREAM SUNDAE

Vanilla and rum & raisin ice-cream layered on ginger snaps and coconut cookies drizzled with melba and chocolate sauce, topped with whipped cream and chopped nuts.

680



CHOCOLATE COFFEE DECADENCE

Rich chocolate brownie with coffee ice-cream, topped with coconut rum sauce, drizzled with chocolate sauce and speckled with chopped nuts.

750

SCOTCH BONNET CHEESECAKE

A soft creamy, smooth mildly spiced scotch bonnet cheesecake pinnaced with homemade seasonal fruit lava.

750



GUINNESS COOKIES & CREAM CHEESECAKE

Rich cheesecake accented with Irish stout beer infused with cookies and cream. Smooth, sultry & seductive to the taste.

750

BUCCANEERS' DELIGHT

Warm rum cake with rum and raisin ice cream and flambé bananas, topped with coconut rum sauce, whipped cream and caramelized nuts.

750

4-D CHOCOLATE CAKE

Satisfy that chocolate craving with a slice of our rich chocolate cake layered by smooth chocolate filling with a cloud of whipped cream.

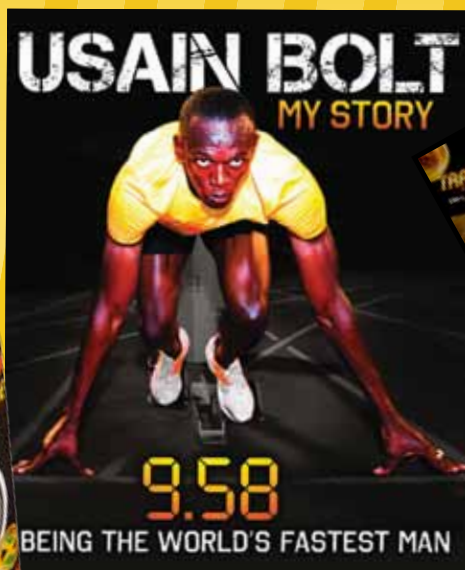
750

DESSERTS



GEARZONE

Visit our Tracks & Records "GearZone" for cool gifts, USAIN BOLT gearz, one of a kind signed memorabilia and exclusive Jamaican 'tings'!



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www.tracksandrecords.com

Table Talk Food Awards
Tracks & Records
"Coolest Bar"
2012

The Independent, UK,
Article: "This Way To My Place",
features Tracks & Records
**"The Total Jamaican
Experience"**
2013

Caribbean Journal
Tracks & Records among the Top 25
**"Best Sports Bars in the
Caribbean"**
2014

