

# MENU

Freshly prepared Jamaican health food and drinks for a fuel efficient, hybrid body! -



1701 4th Avenue, Ybor City  
Aloe anytime- call Cephas (813) 247 - 9022

## DRINKS FOR YOUR HEALTH (7 days a week)

- Aloe Vera Shake - *drink at least 3 times a week for maximum effect..* \$5.00
- Fresh Carrot Juice - *fresh and loaded with vitamins.....* \$4.00
- Carrot & Beet Juice - *vitamins and minerals for your health .....* \$4.00

## HEALTHY FOODS (Tuesday-Sunday 11:30 am - 9pm - till 3am Fri and Sat!)

- Jerk Chicken Wings - *the best anywhere.....* \$1.00/wing
- 1/2 Jerk Chicken - *take some home for dinner! .....* \$7.00

## HEALTHY MEALS (Tuesday-Saturday 11am - 9pm)

Full Dinner - choice of meat ..... \$10.00, ....X Large \$15 with rice, sweet potato, fresh vegetables.

*The only full meal you need in a day, or enough to share*

- Choose:**
- Jerk Chicken
  - Oxtail
  - Curry Chicken
  - Curry Goat
  - Fish

## BEVERAGES (Tuesday - Sunday all day)

- Beer..... \$5.00
  - Red Stripe
  - Guinness
  - Heineken
  - Domestic Beer and Light Beer
- Soda ..... \$2.00
  - Ting
  - Malta
  - Ginseng
  - Pinapple



Ya Mon - sit, eat, drink in the HOT SHOP YARD.  
Enjoy Live Music Wednesday thru Saturday.  
Cephas Caters. Let him cook for your next event!