Jerk Chicken-Jerk refers to a way that a meat, be it chicken, beef, pork, goat, fish, vegetables or fruit is seasoned and cooked. This style comes from Jamaica. The typical cooking style uses a marinade or paste that includes at least pimento, which is often called allspice, and scotch bonnet peppers, also known as jabanero. The word started as a noun and then became a verb as in "Jerking" which meant to poke holes in the meat so the spices could permeate the meat. Jerk also could have come from the turning of the meat in the marinade or from the way some folks will just jerk a strip from the roast on the BBQ.

Rice & Pigeon Peas–A national dish of rice and beans

Coco Bread-slightly sweet bread that does not contain coconut! Some say it got its name because you split the bread open like you would a coconut.