

Mo-Bay Grill just gets better with every visit

Maribeth Renne, Special to TCPalm Published 7:00 a.m. ET April 3, 2019 | Updated 3:13 p.m. ET April 3, 2019



Our lunchtime visit to Mo-Bay Grill not only delighted our taste buds but also convinced us that Mo-Bay Grill just continues to get better and better.

This Sebastian award-winning restaurant has the fantastic, Jamaican-trained Executive Chef Wesley Campbell at the helm. With years of culinary experience and awards from all over country, Chef Campbell doesn't disappoint.

He's brought his love of the Caribbean not just to his food but also to the colorful décor and music diners enjoy. Walls are covered with beautiful murals and the restaurant features many works of island art. The eatery fits perfectly on the lovely Indian River Drive in Sebastian and even though it's on the opposite side of the street, river views still figure prominently.

Mo-Bay Grill has an extensive menu of offerings, including vegetarian and gluten-free items.



Mo-Bay Grill's jerk chicken quesadilla features perfectly spiced sweet and spicy sliced chicken breast and cheddar cheese melted in the quesadilla and served with salsa, guacamole and sour cream. *(Photo: PHOTO CONTRIBUTED BY MARIBETH RENNE)*

We started off with the luscious jerk chicken quesadilla (\$13.99). In addition to the perfectly spiced sweet and spicy sliced chicken breast, cheddar cheese is melted in the quesadilla and is served with salsa, guacamole and sour cream.

A cup of she-crab bisque (\$3.99) and a cup of shrimp pepper pot soup followed, both delicious. This was my first experience with shrimp pepper pot soup and it took me a teaspoon or two to really begin appreciating the uniqueness of this smooth soup. By the time I finished, I was a fan.



Mo-Bay Grill has a tasty chicken, blue cheese and bacon club sandwich with a small cucumber salad on the side. (Photo: PHOTO CONTRIBUTED BY MARIBETH RENNE)

My friend had a tasty chicken, blue cheese and bacon club sandwich with a small cucumber salad (\$13.98) and I had the amazing Mahi tostada salad (\$16.99).



For those who enjoy Mahi or salmon, the luscious tostada salad with secret Mo-Bay Grill Dressing is not to be missed. (Photo: PHOTO CONTRIBUTED BY MARIBETH RENNE)

For those who enjoy mahi or salmon, the tostada salad is not to be missed. The large portion of fish is grilled, jerk-seasoned or blackened and placed atop a crispy flour tortilla over a mound of salad greens and shredded cheddar cheese and served with salsa, sour cream and guacamole. What makes this salad irresistible is the secret Mo-Bay Grill house dressing. I tried to learn the dressing ingredients from our hospitable server, Carol, but it was a secret! Nevertheless, she was so kind as to provide me with a complimentary cup of the wonderful stuff to take home.

Alcohol is served, but we enjoyed the fresh flavors in the tropical iced tea (\$3.50).

This is a popular spot, so additional parking is right across the drive.

Maribeth Renne dines anonymously at the expense of TCPalm for #WhatToDoIn772. Contact her at maribeth.d.renne@gmail.com or follow @mebpeb on Twitter.

Mo-bay Grill

Cuisine: Caribbean and American

Address: 1401 Indian River Dr., Sebastian

Hours: 11 a.m. to 9 p.m. weekdays, 8 a.m. to 9 p.m. Saturdays, 8 a.m. to 8 p.m. Sundays.

Phone: 772-589-4223

Website: www.mobaygrill.com

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