

Secret Foodies: Taste of the Caribbean

SAMPLE STARTERS

Jerk Chicken Drumettes
Ackee & Saltfish Filo Cups
Spiced Pumpkin Fritters

SOUP

Crab Callaloo A luscious green soup popular in the southern Caribbean islands of Dominica and Trinidad made with spinach, okra, crab, scotch bonnet peppers, green onions and thyme all cooked in fresh coconut milk
Vegan option: Without crab meat

or

Red 'Peas' Soup This soup, a traditional dish from Jamaica, is made with kidney beans, ham, Caribbean seasonings such as scotch bonnet pepper, fresh thyme, garlic, scallion onions and pimento seeds and served with cubes of yam and mini dumplings
Vegan option: Without ham

MAIN COURSE

Caribbean Fish Stew A delicious fish stew of marinated red snapper, infused with spices, herbs, bell peppers, tomatoes, tamarind and onions
Served with fried plantains and mashed green bananas

or

Curried Lamb Chunky pieces of lamb slowly simmered in an aromatic blend of garlic, ginger, thyme, onions and hot pepper and Caribbean curry spices
Served with fried plantains and rice and beans
Vegan option: Ital Curry

Mamma Lolly's hot sauce available for a dash of fabulous hotness!

DESSERT

A Tropical Mess Donna's twist on the version from Eton
Mango, banana and pineapple with coconut meringues and cream
Vegan option: Tropical fruit salad of Papaya, Mango, Pineapple and Bananas

or

'Black Cake' Caribbean version of fruitcake but with a boozy twist – sweet, boozy, crunchy and chewy – is inspired by British plum pudding and blackened with molasses
Served with more rum infused ice cream!