



## SOUPS

### Red Pea Soup.....5.95

Classic Jamaican soup made with beef brisket, kidney beans and coconut milk.

### Spiced Pumpkin Soup.....5.95 (VE) 🌶️

Creamy soup, with sweet pumpkin and coconut milk, gently spiced with scotch bonnet.



## SALADS

### Mango, Quinoa, Kale.....7.95(VE)

With passion fruit vinaigrette.

### Tracks Ceasar.....7.95

Crispy cos salad, anchovies, rundown dressing, scotch bonnet, croutons with shaved parmesan.

### Garden Salad.....6.95(VE)

Mixed greens, cucumber, mixed seeds and nuts.

### Add jerk prawns...3.95

### Add grilled chicken...3.95



## VEGAN SPECIALS

Served with choice of fries, rice, side salad.

### Smoked Tomato & Lentil Stew.....9.95(VE)

Hearty stew with sweet potato, coconut milk, hint of chilli, seasonal vegetables and tostones.

### Vegan Ackee.....10.95(VE) 🌶️

Jamaica's national dish, with spring onion, tomato, flavoured with scotch bonnet and thyme.

### Ital Stew.....9.95(VE) 🌶️

Authentic Jamaican dish with root vegetables, okra and lentils, flavoured with natural herbs and spices.

### Stew Peas.....9.95(VE) 🌶️🌶️

Hearty coconut stew, with red kidney beans and spinners, lightly spiced with scotch bonnet.

### Add jerk prawns.....3.95

### Add grilled chicken.....3.95

V= Vegetarian VE= Vegan

All of our dishes are prepared in a kitchen where nuts, gluten and other allergens are present, therefore we can not guarantee that any dish is completely free from allergens due to the risk of cross contamination. Detailed allergen information is available upon request. If you have a food allergy, intolerance or sensitivity please ask your waiter before placing your order and they will be able to help you with your choice.

All prices shown are in GBP. Please note: A discretionary service charge of 12.5% will be added to your bill.

# Alain Ball's TRACKS & RECORDS

BAR • RESTAURANT • LATE LOUNGE

## SMALL PLATES

### Jerk Chicken Spring Rolls.....5.45 🌶️🌶️

Breast and leg meat, sweetcorn, scotch bonnet pepper, pepper jack cheese, served with creamy coriander sauce.

### Vegetable Spring Rolls.....5.45

Filled with cabbage, carrot, sweetcorn, onions, plantain, chutney infused with Appleton rum.

### Jerk Grilled Prawns.....7.95 🌶️🌶️

Marinated in a blend of Jamaican spices, served with mango pico de gallo and coconut ranch sauce.

### Coconut & Cassava Prawns.....7.95

Prawns coated with blend of cassava and coconut flakes, served with a pineapple sweet and sour sauce.

### Saltfish Fritters.....4.95 🌶️

Flaked cod in spiced batter, served with spicy remulade.

### Gluten Free Vegan Fritters.....4.95 (VE)

Gluten free flour, crushed corn, peppers and blended vegetables, served with mango chilli sauce.

### BBQ Wings - Redstripe/Appleton/Bufalo.....6.25 🌶️🌶️🌶️ (Contains alcohol)

Crispy wings drizzled with an infused sauce, served with tostones.

### Curried Ackee Salsa.....5.95(VE) 🌶️

Spiced salsa, served with sweet potato and plantain chips.

### Island Nacho's.....5.95(V)

Crispy green plantain chips, roast corn salsa, pepper jack cheese, topped with herbs, scotch bonnet oil and chipotle drizzle, served with creamy cilantro







## LARGE PLATES

Served with choice of fries, rice, side salad.

### Jerk Chicken.....13.95 🌶🌶

24hrs marinated breast and leg meat, smoked over pimento wood, served with hard bread, festival and fried plantain.

### Jerk Pork.....14.95 🌶🌶

24hrs marinated pork shoulder, smoked over pimento wood, served with hard bread, festival and fried plantain.

### Jerk Plate.....19.95 🌶🌶

An assortment of jerk pork, jerk chicken, pork ribs and prawns, served with coleslaw.

### Jerk Pork Ribs.....14.95 🌶🌶

Grilled jerk pork ribs, seasoned with scotch bonnet peppers and sauced with Tracks and Records signature BBQ sauce.

### Curried Goat.....12.95 🌶🌶

Goat meat marinated in spices for 24hrs, cooked in a rich curry sauce, seasonal vegetables and tostones.

### Pan Fried Escovitch Fish.....14.95

Sea bass fillet covered with escovitch pickle, festival and fried plantain.

### Steamed Fish.....15.95 (Please allow 20 minute additional cook time)

Beam steamed in coconut milk, okra, pepers, carrots, scotch bonnet, served with water crackers and bammy.



## BURGERS

Served with choice of fries or side salad.

### Tracks Signature.....12.95 🌶

Beef patty in a brioche bun, bacon, cheddar, cheese, red onion, mayonnaise, tomato, lettuce, served with crispy onion ring, coleslaw and jerk aioli.

### Grilled Chicken.....12.95

Seasoned chicken breast, brushed with a jerk marinade, red onion, cheddar cheese, with coleslaw and jerk aioli.

### Spiced Bean Burger.....12.95 (VE) 🌶

A spiced kidney bean burger patty, topped with melted vegan cheese, roasted sweet pepper, smashed avocado, fresh lettuce tomato, vegan mayo and crispy onion rings, served in a Vegan seeded brioche bun.



## SANDWICHES

Served with choice of fries, coleslaw or side salad.

### Escovitch fish sandwich.....9.95

Fried hoki fillet, topped with spicy remolade sauce and escovitch pickled vegetables in coco bread.

### Crispy chicken sandwich.....9.95

Spicy buttermilk chicken, cheddar cheese tomato, lettuce, mayonnaise in coco bread.

## SIDES

### Festival.....1.95(VE)

### White rice.....2.45(VE)

### Sweet potato fries.....3.25(VE)

### Fried plantain.....2.95(VE)

### Rice and peas.....3.45(VE)

### Skin on Fries.....3.25(VE)

### Coleslaw.....3.95(V)

### Bammy.....2.95(VE)

### Macaroni & cheese.....4.95(V)

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