



**THE VITAL INGREDIENT**  
AUTHENTIC CARIBBEAN CUISINE



# FOOD MENU

## STARTERS & LIGHT BITES

### Saltfish Fritters

Spicy saltfish fried in a light batter with herbs, pepper and onions **7.95**

### Coconut Shrimps

Butterfly king prawns in breadcrumbs with coconut flakes **7.95**

### Jerk Prawns

Succulent king prawns, shallow-fried with a homemade jerk marinade on a bed of rocket, served with toasted ciabatta bread **7.95**

### Spicy Chicken Wings

Fiery chicken wings, served with homemade hot sauce **7.95**

### Halloumi Stack

Grilled halloumi and sweet peppers on a bed of rocket with homemade mango dressing (v) **7.95**

### Jamaican Pattie

Mixed Veg (vg) **5.50**  
Jerk Chicken **5.50**  
Beef & Cheese **5.50**

## HOMEMADE BURGERS

*All our burgers are served with chips and salad*

### Jerk Chicken

Whole chicken leg, shredded and topped with fried plantain and homemade tropical sauce **15.95**

### Caribbean Infused Beef

8oz gourmet steak burger, homemade tropical sauce, topped with fried plantains, served with homemade coleslaw **15.95**

### Caribbean Infused Vegan

Plant-based burger pattie, served with crunchy salad, topped with fried plantains and homemade tropical sauce, in toasted ciabatta bread (vg) **15.95**

## MAINS

### Jerk Chicken

Whole chicken leg, marinated in our special blend of herbs and spices, with a kick of scotch bonnet and pimento – a Caribbean classic **10.95**

### Curry Chicken

Boneless chicken thigh, cooked in a coconut curry sauce (with a hint of scotch bonnet) with carrots, potatoes and fresh coriander **12.95**

### Curry Mutton

Tender slow-cooked mutton and dumplings in a rich, earthy Caribbean curry sauce **14.95**

### Oxtail

Succulent oxtail, cooked on the bone in a hearty stew, with ginger, coriander, butter beans and dumplings **14.95**

### Jerk Lamb

Slow-roasted shoulder of lamb, marinated in our special blend of herbs and spices (with a kick of scotch bonnet and pimento) served sliced off the bone **14.95**

### Ackee & Saltfish

Jamaica's national dish – flakes of salted cod, sautéed with thyme, sweet peppers, onions and ackee (a unique Caribbean vegetable) **15.95**

### Tropical Bake

Grilled aubergines, baked in a spicy coconut & tomato sauce, topped with extra mature Cheddar cheese (v) **11.95**

### Down To Earth

Grilled polenta, topped with a rich homemade spicy aubergine & chick pea salsa (vg) **11.95**

### Lentil & Spinach Stew

Served with boiled dumplings (vg) **10.95**

### Butternut Squash Curry

A delicious medium-spiced curry, cooked with fresh tomato, warm spices and fresh coriander (vg) **10.95**

## HOT ISLAND WRAPS

*All our wraps are served with mixed salad, and homemade mango dressing*

### Jerk Chicken Wrap

Whole chicken leg, shredded and mixed with rice & peas, topped with fried plantain and homemade tropical sauce **14.95**

### Curry Mutton Wrap

Tender mutton pieces in a rich curry sauce, mixed with plain rice and topped with extra mature Cheddar cheese **15.95**

### Jerk Chicken Tacos

2 x 8 inch corn tortillas, filled with jerk chicken, homemade coleslaw, fried plantains and fresh salad **12.95**

### Flower Power Wrap

Caribbean greens, mixed with rice & peas, topped with fried plantains and homemade tropical sauce (vg) **14.95**

## TROPIC ISLAND SALADS

*All our salads are served with toasted ciabatta bread and homemade mango dressing*

Jerk Chicken **13.95**

Jerk Prawns **14.95**

Grilled Halloumi & Peppers (v) **13.95**

## SIDES

Rice & Peas (vg) **4.95**

Plain Rice (vg) **4.50**

Mac & Cheese (v) **5.95**

Homemade Coleslaw (v) **4.50**

Fried Plantain (vg) **4.50**

Caribbean Greens (vg) **5.50**

Fried Dumpling (v) **4.95**

Mixed Salad (with homemade mango vinaigrette) (vg) **4.95**

Chips (vg) **5.00**

Cheesy Chips (v) **6.95**

## CARIBBEAN INFUSED SUNDAY ROASTS

Jerk Chicken Roast **18.95**

Jerk Pork Belly Roast **18.95**

Jerk Lamb Roast **18.95**

Tropical Bake (v) **18.95**

## TRADITIONAL CARIBBEAN DINNERS

Mutton Dinner **18.95**

Oxtail Dinner **18.95**

*All our roasts and dinners are served with roast potatoes, rice & peas, fried plantains, Caribbean greens, fried dumpling and a garnish salad (with homemade mango vinaigrette)*

*Please inform staff if you have any dietary requirements or allergies before ordering.*

**v = vegetarian    vg = vegan**