

starters

soup of the day 6.50

freshly made soup with grilled hard dough bread and flavoured butter (vg)

islands' spiced crispy squid 6.95

with sweet & spicy scotch bonnet pepper dip made with pinto (st lucia) beer.

fritters & salsa 6.25

a classical-twist pan fried salt-fish fritter, served with cucumber & pineapple salsa and light nutmeg dressing (with salad)

island vibe jerk chicken terrine 7.25

served with pimento and green plantain chutney, chilli oil, and old hard doug crouton- (with freshly dressed salad)

tofu & plantain salad 7.00

served with spring onion, cabbage and an avocado dressing (vg)

brined and grilled wings 5.95

wings brined for 24 hours with the caribbean spices. served with roasted garlic mayo and dressed salad

grilled king prawn skewers 8.25

ginger, chilli, and lemongrass infused king prawns. served on a bed of seasonal salad with lime and sweet chilli dressing (halloumi, tofu option)

trini pholourie and dips 6.25/11.50

served with tamarind yoghurt and mango dips (also as a main) (freshly dressed salad) (vg)

Grill & Sides

from the grill

grilled vegetables/plantain chicken; half/quarter burger halloumi/tofu

(weekly grilled special) please ask your server

bar snacks 3.95 each

marinated olives (vg)
toasted nuts (allergen) (vg)
sweet potato crisps (vg)
snack special (chef's special)
plantain crisps

sides 3.50 each

steamed and grilled sweetcorn (buttery)
grilled semi-ripened crushed plantain (vg)
seasoned sweet potato wedges (vg)
beetroot slaw (vg)
home mac and cheese (v)
fried plantain
seasoned fries

£

main courses

£

jerk infused chicken ballantine (grill finish) 14.95

marinated chicken subprime, served with an orange and lime zest sweet potato mash, mango salsa, and a mild lime coconut sauce.

juicy jerk spiced burger (grilled) 8oz 13.75

homemade burger made with beef, chicken or lamb mince. served with sweet potato wedges, tomato, sliced onion, cucumber and lettuce and sides of special dips.

classical curry goat/mutton 14.75

tender cut of meat without bone, infused with our well loved caribbean spices. served with extra virgin olive rice. and a red stripe beer marinated cabbage and carrot slaw.

escovitch flavoured fish 13.95

pan fried fish fillet, gently season with mild spices. served with grilled pak choi, and a light curry channa.

ackee pasta nest 12.50

a combination of ackee, tomato, roasted and grilled red pepper, spring onion, and coconut oil pasta nest. (vg)

thyme roasted pumpkin risotto 12.55

thyme and pimento oven roasted pumpkin risotto. with coconut cream and freshly chopped spring onion and shaved coconut. (vg)

lamb chop with rice & peas 17.00

lamb chops three ways, with jamaican traditional rice & peas cooked in coconut cream, fried plantain and drip (sauce)

desserts

over ripened banana pancake 6.95

molasses layered pancakes served with, bulla crumbs, vanilla and nutmeg ice cream.

spiced mango tarte tatin 7.95

served with shirley biscuit crumbs and rum beat chantilly cream.

bread and bulla pudding 6.95

with spiced coconut-passion fruit sauce and a ball of toasted coconut coated vanilla ice cream.

selection of fresh tropical fruit citrus syrups 5.65

selection of ice creams 5.65