



FOOD MENU



MAINS

RICE PLATES

Licky Chicky Jerk Rice Plate **£12**

Saucy Jerk Chicken. Seasoned Basmati Rice and Gungo Peas - One Bake - & Fresh Rocket Salad or Pink Slaw

Curryman Lamb Rice Plate **£13.5**

Slow cooked seared Lamb based in Trini - curry sauce. Seasoned Basmati Rice & Gungo Peas. One Bake - Fresh Rocket salad or Pink Slaw.

Mama's Roast Veggie Rice Plate **£11**

Seasoned: Sweet Bell Peppers, Broccoli, Red Onion & Sweet potato all grilled and doused in Yellow Coconut spinach sauce.

Seasoned Basmati Rice and Gungo Peas - One Bake - Fresh Rocket Salad or Pink Slaw.

Steamy Salt-Fish **£14**

Steamed Salt Fish Buljol. Basmati Rice & Gungo Peas. One Bake - Fresh Rocket Salad - finished with Yellow Coconut Spinach sauce.

RICE PLATE ADD ONS

Add Plantain Bites **£3.5**

Add Mac & Cheese **£4**

Add Corn Spechal **£3**

TRINIDAD BAKES

Licky Chicky Jerk Bake **£9.5**

One might call it a Caribbean burger; but it's a BAKE!

Home made Caribbean light bread - filled with chopped grilled saucy jerk chicken, plantain, dressed rocket salad & our very own Mango Chutney sauce made with REAL mangos!

Make it a WET bake for (Drowned in sauce) **+ £1**

Bake & Shark (Special- catch it when you can) **£9.5**

A Trinidadian Delicacy!

Home made Caribbean light bread - filled with fried battered Shark & our very own Herb Infused Aioli sauce & Esco-Salsa finished with fresh lettuce.

Salt Fishy Buljol Bake Suitable For any time of the Day! **£9.5**

Salt fish mixed with freshly cut sweet Veg & Home made Avocado salsa - garnished with dressed Rocket and Herb Aioli sauce. All encased in a freshly made golden delicious Trini Bake.

The Curry Shrimp Bake (Special- catch it when you can) **£12**

Grilled Seasoned shrimp doused with Yellow Coconut Spinach sauce laying on a sweet bed of baby gem lettuce- all Encased within our freshly made Golden Brown Trini Bake!

BAKE ADD ONS

Add Plantain Bites **£3**

Add Sweet Potato Fries **£3**

WEST INDIES ROTI -TRINI STYLE

Handmade traditional Trinidad Roti

Weekends only for now.
The real process takes good time! Sorry :)

Bus Up Shot Roti

W Curry (Shrimp) (Special) **£14**

W Channa & Potato **£10**

W Curryman Lamb **£13.5**

Jerk Chicken Roti Wrap **£11**

SIDES

Just A Bake **£2**

Plantain Bites **£4**

Sweet Potato Fries **£4**

Mac & Cheese Pie **£5**

Just A Bake & Plantain **£5**

SAUCES

Alena Pepper Sauce **£1**

Mango chutney **£1**

Esco Salsa **£1**

Herb infused Aioli **£1**

Bay Aioli **£2**

MEAL DEALS & COMBOS

Jerk Cutters with Rice and Peas **£15**

Choice in one of our two rum punches

Option with any meal

Large West Indian Rain **£22**

Large Rum Town Ting **£22**

DRINKS

-NON ALCHY

West Indian Delight **£4**

Refreshing Iced Soft drink from the Caribbean popularly known as sorrel - made from hibiscus flower, honey and a blend of Caribbean spices finished with fresh lemon/lime juice.

Coconut Water **£4**

Water **£1.5**

-ALCHY

West Indian Rain **£9.5**

Rum Town Ting **£9.5**

Swimming Gin Ting **£9.5**

West Indian Rain II (Becareful now) **£12**

Large West Indian Rain **£23.5**

Large Rum Town Ting **£23.5**

Banks Beer **£5**

Premium Caribbean Lager/Pilsner

