



CARIBBEAN SIDES

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Black Beans and Rice

Black Eyed Peas and Rice

Calypso White Rice

Bell peppers, Onions, Carrots, Green Onions,
Scotch Bonnet Peppers, Garlic, Cilantro and Thyme

Cassava Salad

Boiled Cassava sauteed in Butter with Shredded Carrots

Corn Meal Dumplings

Boiled or Fried

Curry Channa (Chickpea) and Potato

Fried Green Plantains

Rasta Pasta

Rice and Peas

Steamed Cabbage with Bell Peppers and Carrots

Sweet Plantains

Fried, Baked or Mashed

Yuca and Sweet Plantains in Garlic and EVOO

