



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



CARIBBEAN ENTRÉES

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Curry

Chicken, Chickpea, Goat, Pork, Shrimp

Jamaican Beef Stew

Jamaican Escovitch Fish

Jamaican OxTail

Jamaican Steamed Fish

Jerk

Chicken, Goat, Pork, Shrimp

Steam Cabbage and Salt Fish

