

# MENU

**Roasted Kabocha Squash in Curry Sauce (Savory, Medium Spice)**

*Cubed Kabocha Squash seasoned & roasted then simmered in our special curry sauce*

**Jamaican Stew Peas & Dumplings (Savory, Low Spice)**

*Kidney beans simmered to a stew in special mix of Jamaican herbs & spices with “spinners” (palm-rolled dumplings). Slow cooked to finish.*

**BBQ Lentils (Savory, Low Spice)**

Lentils slow cooked in BBQ sauce with onions, spices, bell peppers

**Grilled Cauliflower Satay (Savory, Low Spice)**

*Grilled Cauliflower with house-made satay (Thai peanut) Sauce  
w/ bell peppers, carrots*

**Brown Rice Veggie Pasta with Capers & Hibiscus Chutney Reduction (Savory, Medium Spice)**

*Brown Rice Pasta w/ mushrooms, capers, chopped asparagus in spicy, tangy sauce*

**SIDES**

**Seasoned Coconut Rice (Starchy, Savory)**

**Roasted Brussels Sprouts with Salt & Pepper (Green, Savory)**

**Sautéed Garlic (Collard) Greens (Green, Savory)**

**Caribbean Mixed Medley [Broccoli, Red Cabbage & Green Peas] (Green, Savory)**

**Baked Yuca with Chipotle Lime butter sauce (Savory, Starchy)**