

MENU 1 (week 1)

ENTREES

Caribbean Sweat & Sour Jackfruit (Crispy, Savory, Sweet, Sour)

Tender green Jackfruit wedges battered in our special batter then fried crispy. We add a our house made orange-pineapple glaze and toss with sautéed snap peas & broccoli.

South African Pinto Bean with Red Potato Stew (Savory, Stew, Low Spice)

Pinto beans simmered in Caribbean & African herbs.. Added roasted red potato wedges. Slow cooked to finish.

Chickpea Marsala “Meatballs” w/ Mango-habanero Glaze (Savory, Sweet, Spicy)

Our specially oven broiled chickpea “meatballs” are infused with fresh herbs & spices. Paired with another delicious house mango-habanero glaze from fresh pressed mango juice & locally acquired habanero.

Portobello Pepper Steak (Savory, Medium Spice)

Dry-rubbed portobello steaks are hard seared & combined with colorful bell peppers, then finished in our well balanced red wine based steak sauce.

Roasted Cauliflower in Pimento & Ginger Brown Sauce (Savory, Slightly Sweet, Medium Spice)

Crunchy cauliflower florets seasoned with our chef created special dry rub. We toss with sautéed green and yellow squash then quick simmer to finish in a brown pimento-ginger sauce.

SIDES

Jamaican Green Banana Mash (Starchy, Savory)

Asian Bok Choy Greens (Green, Savory)

Sautéed whole Okra with Garlic & Sun Dried tomato (Green, Savory)

Caribbean Mixed Vegetable Medley (Green, Savory)

Tri-Color Quinoa (Savory, Grainy)