

# MENU

## ENTREES

**Roasted Squash Masala**

*Oven roasted cubed squash in our house made masala sauce*

**Cuban Black Bean Stew**

*Slow cooked organic black beans, spices like thyme, fennel seeds & bay leaves create the flavors for this delicious stew*

**Jamaican Brown Stew Chick’n (Savory, Medium Spice)**

*Hard seared Oyster mushrooms, bell peppers, carrots slow simmered to a perfect finish*

**Chickpea Curry with Roasted Red Potatoes (Medium Spice)**

*Chickpea & Roasted Red Potato Curry garnished w/ Green Onions*

***West African Spinach Stew***

*Spinach stewed in a savory tomato based sauce with onions & traditional herbs and spices*

## SIDES

**Chili Lime Corn on the Cobb (Slightly Savory)**

*Organic, NonGMO corn on the cob, dusted with chili-lime seasoning & fresh garlic & parsley*

**Agave Glazed Carrots with Cilantro (Slightly Savory)**

*Sweet & savory combination of spices with steamed carrots  
In Agave reduced glaze*

**Caribbean Pineapple Fried Rice**

*Fried Rice Caribbean Style with roasted pineapple*

**Grilled Asparagus with Yellow & Green Zucchini**

*Grilled Veggies*