

## ENTREES

### **Jamaican Yellow Yam Stew**

*Traditional Yellow Yam simmered with Coconut Milk, Bay Leaves, Thyme & other special spices*

### **BBQ-Jerk Oyster Mushroom Steak**

*Oyster Mushrooms marinated in both our house-made medium spice Jerk Sauce, then in our house-made sweet smoky BBQ sauce*

### **Stuffed Baby Eggplant with Spiced Lentils**

*Indian spiced stuffing made with a delicious tangy spice mix of coriander, cumin, turmeric, chili powder & dried coconut*

### **King Oyster Satay with Habanero & Herbs**

*Skewered King Oyster Mushrooms roasted with creamy gingery peanut sauce*

### **Spicy Jerk Chick'n**

*Sauced Maitake Mushrooms with green Onions & Bell peppers in our medium spice Jerk Sauce*

### **Gomen**

*Ethiopian Style Collard Greens simmered in Coconut Milk*

### **South African Pinto Bean Stew**

*Stewed Pinto beans with Roasted red Potatoes*

### **Garlic & Basil Cauliflower**

*Pan Seared Cauliflower in a Garlic & Basil Sauce*

### **Jamaican Stew Peas & Dumplings**

*Dark red Kidney Bean stew with Dumplings, hints of Cloves, Pimento*

### **Cauliflower Steak with Sorrel Chutney & Caribbean red sauce**

*Hard seared Cauliflower "Steaks" with Sorrel Chutney & Caribbean red sauce*

### **Jamaican Brown Stewed Chick'n**

*Maitake Mushrooms simmered with Potatoes & Carrots perfectly stewed*

### **Creamy Pasta with Spinach & Caramelized Onions**

*Creamy Farfalle pasta with spinach, mushrooms, & caramelized onions*

### **Chickpea Goulash**

*Cavatappi combined with pasta sauce, chick pea grounds, nutria yeast*

### **Garlic & Herb Grilled Eggplant**

*Grilled eggplant marinated in medium spice garlic & herb marinade*

**Bella Mushrooms & Beans (Vegan Tripe & Beans)**

*Curried Baby Bella Mushrooms with Lima Beans*

**Sweet Chili Stir Fry**

*Red Cabbage, Green Cabbage, Broccoli Stir Fry with Sweet Chili sauce*

**Coconut-Sweet Potato bisque with habanero & herbs**

*Red pepper flakes & habanero add heat while cardamom & mint provide flavor*

**Brown Stew Lentils**

*Medium brown lentils, simmered in delicious brown stew sauce*