

ENTREES

Beet, Mint, Pomegranate Salad

Salad Greens, Fresh Beets, leaves & stems forms the base of this delicious power salad drizzled with a Dijon mustard & balsamic dressing

Roasted Vegetable Soup with Turmeric & Ginger

Seasonal Root Vegetable soup topped with coconut cream, chopped cilantro, parsley, served with crusty bread

Quinoa Pasta with Hemp Pesto & Sautéed Greens

Quinoa Pasta, Sliced Zucchini, Broccoli & Sprinkled Hemp seeds

Red Curry Butternut Squash & Red Lentils

Cubed Roasted Butternut Squash & Red Lentil simmered in coconut milk, with Cilantro & Fresh Lime Juice

Mushroom & Chickpea Tikka Masala

King Oyster Mushrooms, Chickpeas, Coconut Milk & Baby Spinach is all simmered in one pot for a delicious Masala Stew

One Pot Caribbean Jackfruit & Rice

Jackfruit, Red Kidney Beans & Basmati Rice in a fragrant Tomato based Vegetable stock, Fresh Cilantro, Lime Juice

One pot Spiced Mushroom Fusilli Pasta

Fusilli Pasta, Mixed Mushrooms, Baby Spinach, in spicy creamy broth

Caribbean 5 Spiced Baked Beans

Spiced Pinto Beans with Parsley, Fresh Thyme

Celeriac, Pea & Spinach Soup

Sweet & Savory, hearty combination of Celeriac with Green Peas & Spinach, fresh Mint & Bell Pepper

Baked Chickpea Balls in Tomato Sauce

Baked Chickpea Balls in a Zesty Tomato Basil Sauce, with Cashew Sour Cream

Jamaican Curried Potato Stew

Hearty, spiced potatoes simmered in Jamaican Curry Sauce

Wild Rice Stir Fry

Our special Three-Grain wild Rice stir fried with added Broccoli, Carrots, Celery, Greens

South African Pinto Bean Stew

Stewed Pinto beans with Roasted red Potatoes -Delicious!

Brown Rice Pasta with Chunky Jerk Marinara

Brown Rice Pasta with house made Jerk Marinara

Jamaican Brown Stewed Chick'n

Maitake Mushrooms simmered with Potatoes & Carrots perfectly stewed

Jamaican Stew Peas & Dumplings

Our delicious dark red Kidney Bean stew with Dumplings, hints of Cloves, Pimento & other well balanced spices

Stuffed Bell Peppers

Charred Bell Peppers stuffed with Forbidden Black Rice topped with Zucchini sauté