

ENTRESS

Loaded Sweet Potato (Savory, Medium Spice)

Baked jumbo Sweet Potato topped with grilled Corn & Spinach Hash, roasted Red Pepper & Garlic Aioli

Coffee & Black Pepper Grilled Cauliflower in Peanut Sauce

House-made Coffee, Pimento & Black Pepper rubbed Cauliflower in Peanut sauce

Brown Stew Lentils (Savory, Medium Spice)

Medium brown lentils, simmered in delicious brown stew sauce

Grilled [King Oyster] “Scallops” w/ Creamy Lemon-Dill Sauce (Savory, Medium Spice)

Mushroom Scallops

Whole Roasted Cauliflower with Jerk Tahini (Savory, Spicy)

Whole Cauliflower seasoned with special rub, roasted and dressed with our house-made Tahini

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 (Savory, Low Spice)

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

Quinoa Pasta with Hemp Pesto & Sautéed Greens (Savory, Low Spice)

Quinoa Pasta, Sliced Zucchini, Broccoli & Sprinkled Hemp seeds

Red Curry Butternut Squash & Red Lentils (Savory, Low Spice)

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

Mushroom & Chickpea Tikka Masala (Savory, Low Spice)

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

One Pot Caribbean Jackfruit & Rice (Savory, Low Spice)

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

Caribbean 5 Spiced Baked Beans (Savory, Low Spice)

Spiced Pinto Beans with Parsley, Fresh Thyme

Celeriac, Pea & Spinach Soup (Savory, Low Spice)

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

Baked Chickpea Balls in Tomato Sauce (Savory, Low Spice)

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

Jamaican Curried Potato Stew (Savory, Low Spice)

Hearty, spiced potatoes simmered in Jamaican Curry Sauce

Wild Rice Stir Fry (Savory, Low Spice)

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

One pot Spiced Mushroom Fusilli Pasta (Savory, Low Spice)

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

Crispy Vegan Quinoa Cakes (Savory, Low Spice)

Pan Seared Quinoa Cakes served topped w/ healthy flavorful Tomato Chickpea Relish

Yellow Split Pea Dahl (Savory, Low Spice)

Exotic Spices like Turmeric & Cumin evenly balanced to form the base of this delicious Yellow Split Pea Stew

Pineapple & Ginger Glazed Chick’n (Savory, Low Spice)

Crispy fried Maitake Mushrooms tossed with our 5-Spice Pineapple & Ginger glaze

SIDES

Agave-Garlic Carrots

Steamed Carrots lightly seasoned with Agave & Garlic

Lemon Pepper Asparagus

Asparagus w/ dash of Black Pepper & Fresh Lemon Zest

Boiled Ripe Plantains with 5 Spice Butter & Red Pepper Flakes

Roasted Jicama Puree with light seasoning

Grilled Leeks with Romesco Sauce

Seasoned, charred on Grilled & served with Romesco Sauce

Savory Burro Banana Mash

Boiled Green Burro Bananas w/ Garlic “butter” sauce

Black Rice

“Forbidden (Black) Rice” with traditional herbs

Fried Sweet Plantain Wedges

Crispy fried plantain

Vegetable Medley

Sautéed Green Cabbage, Savoy Cabbage, Spinach & Carrots

Brussel Sprouts with Roasted Pumpkin Seeds

Brussel Sprouts topped with crispy roasted (seasoned) Pumpkin Seeds

Caribbean Potato Salad

Red Potatoes, Green Onions, Rosemary, (Vegan) Mayo, additional Herbs & Spices

Jamaican “Rice & Peas”

Red Beans & Rice /w coconut Milk & some traditional spices

Paprika Dusted Potato Wedges

Roasted Red Potato Wedges seasoned with Paprika, Salt & Pepper

Sautéed Whole Okra

Okra Sautéed with Onions & Sun-dried Tomato

Lemon-Pepper Green Beans

Seared Green Beans seasoned with Lemmon -Pepper Mix

Garlic Greens (Green, Savory)

Sautéed Kale with Garlic

Caribbean Mango & Cous Cous Salad

Cous Cous, Green Mango & Cilantro

Grilled Pineapple Fried Rice

Grilled Pineapple compliments all the flavors of Vegetable Fried rice

Roasted Yuca in “Butter” Lemon & Garlic Sauce

Yuca delicately roasted and skinned, pan seared, then served in a delicious house-made “Butter” Lemon & Garlic Sauce

Herb Roasted Sweet Potato Cubes

Sweet Potato cubes drizzled w/ Olive Oil then oven roasted & seasoned

Salt & Pepper Green Beans

Hard seared Brussel Sprouts with Salt & Pepper