

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 sauc