

SIDES

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

Jamaican Mashed Green Banana w/ Garlic & Butter

This staple side dish is reinvented but still simple with boiled Green Bananas mashed & Seasoned with Garlic-Butter Sauce

Seasoned Wild Rice

Long & Short Grain, wild Brown & Black Rice

Herbed Root Vegetables with Rosemary & Dried Fennel

Rainbow Carrots, Sweet Potato, Butternut Squash, Parsnips

Garlic Greens

Sautéed Collards with Garlic & Sundried Tomato

Lemon-Pepper Green Beans

Seared Green Beans seasoned with Lemmon -Pepper Mix

Paprika Dusted Potato Wedges

Roasted Red Potato wedges seasoned with paprika, salt & pepper

Creamy Polenta

Creamy Polenta w/ Garlic “Butter”

Garlic & Herbed Quinoa

Cooked Quinoa flavored with Oregano, Rosemary & Thyme

Country Mashed Potato w/ Garlic & Butter

Creamy mashed potato with our house made garlic butter

Caribbean Mixed Vegetable Medley

Sautéed broccoli, red cabbage, sweet peas mix

Turmeric Brown Rice

Basmati Brown Rice seasoned with turmeric & other Moroccan spices

Spicy Caribbean pineapple & roasted corn hash

Grilled pineapple with roasted corn & sriracha

Caribbean Mixed Vegetable Medley

Sautéed Red Cabbage, Broccoli, Sweet Peas

Jamaican Rice & Peas

Coconut Red Beans & 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

Mashed Korean Sweet Potato

Fluffy Korean Sweet Potato Mash with Asian Five Spice

Pan Seared Asparagus & Bell Peppers

Perfectly seared Asparagus stalks with Bell Peppers

Sweet Peas in Butter Sauce

Stove top peas in garlic butter sauce