

## **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 Green & Savoy Cabbage, Spinach, Bell Peppers*

**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