

SIDES 5

Hot & Fruity Caribbean Coleslaw

Savoy cabbage, white cabbage, mango & red onions steer us away from the heavy creamy regular slaw. Our light mustard-based dressing seals all the flavors you're looking for

Bahamian Style Corn Fritters

Organic non-gmo corn, shallots, chickpea flower. Crispy on the outside, fluffy on the inside. Served with cashew parsnip Dip

Broccoli a Z'atar

Grilled Broccoli Spears

Sriracha Pineapple & Roasted Corn Hash

Grilled pineapple, roasted corn, bell peppers, herbs & spices

Agave & Garlic Carrots

Slant cut organic carrots, seasoned, perfectly roasted & caramelized with agave

Lemon Pepper Asparagus

Pan-seared Asparagus with lemon pepper seasoning

Boiled Ripe Plantains with 5 Spice Butter & Red Pepper Flakes

Semi-sweet plantain drizzled with spiced garlic butter

Pumpkin Seasoned Rice

Aromatic Jasmine Rice seasoned with Kabocha [Pumpkin] Squash & fragrant Herbs & other savory veggies

Curried Savoy Cabbage

Savoy cabbage slow steam in Jamaican curry spice

Brussel Sprouts with Roasted (Chili-Lime) Pumpkin Seeds

Brussel Sprouts sautéed & topped with crispy roasted (seasoned) Pumpkin Seeds

Garlic Quinoa

Herbed & Garlic Quinoa

Jamaican Rice & Peas

Coconut Red Beans & Rice

Cous Cous Pilaf

Cous Cous with chopped carrots and peas, herbs & spices

Burro Banana Mash

Boiled Green Burro Bananas w/ Garlic "butter" sauce

Garlic Greens

Sautéed Collards with Garlic & Sundried Tomato

Caribbean Mixed Vegetable Medley

Broccoli, red cabbage, sweet peas

Turmeric Brown Rice

Basmati Brown Rice seasoned with Turmeric & Berber Spice

Habanero Pineapple & Roasted Corn Hash

Grilled pineapple with roasted corn

Cauliflower Rice

Organic riced cauliflower with green onions