

MENU

ENTREES

Ital Stew (Savory, Low Spice)

Our Signature Dish! Pumpkin & Lima Bean based stew. We add a few more Root Vegetables & slow simmer ingredients with traditional herbs, spices & coconut milk.

Thyme & Sage Beet Balls w/ Chimichurri puree & Tomato-Plum Sauce (Savory, Low Spice)

Baked Beet Balls, seared, on top of Chimichurri Puree with Tomato Plum (reduction) Sauce

Red Lentil & Cashew Ricotta Lasagna (Savory, Low Spice)

House-made Marinara & Red Lentil filled Lasagna

Spicy Mushroom & Green Onion Stir-Fry

Baby Bella Mushrooms, Cherry Mucci Tomatoes, Green Onions & Bell Peppers

Paprika-Mustard Chick’n-Fried Cauliflower

Our special double battered Cauliflower is bumped up a notch with a Paprika & Mustard Rub

SIDES

Grilled Leeks with Romesco Sauce

Seasoned, charred on Grilled & served with Romesco Sauce

Green Banana Mash

Jamaican dinner staple served in Chili-lime “butter” sauce

Seasoned Black Rice

“Forbidden (Black) Rice” with herbs

Fried Sweet Plantain Wedges

Crispy fried plantain

Caribbean Vegetable Meddley

Sautéed Green Cabbage, Savoy Cabbage, Spinach & Carrots