

VEGAN & VEGETARIAN MENU

STARTERS *Perfect as a Starter or hack the menu with your choice of Starters & Side Plates*

THREE for £15

FOUR for £19

FIVE for £23

CRISPY OKRA (V) £5.3
Panko coated okra, mango mole, jerk mayo

DOUBLES (Ve) £5.3
Two 'puffed up' bara roti flatbreads, curried chickpeas, cucumber chutney, hot sauce.
From the streets of Trinidad

SWEET CORN FRITTERS (Ve) £5.3
Sweet corn, spring onion, West Indian hot sauce

GARLIC 'N' HERB FLATBREAD (V) £5.5
Fresh rocket, crushed chilli garlic butter

SHARE IT...

As a Starter to Share, or Main Course with one or more Side Plates

VITAL VEGGIE PLATTER (V) £13
Sweet corn fritters, crispy okra, jerk pit grilled mushroom & peppers with spicy jerk, halloumi and mango flatbread, plantain, super green salad

AT LUNCH 'N' LATER

Add one or more side plates

Perfect for lunch or later in the evening. An ideal complement to your cocktails

WEST INDIAN WRAPS £5.2
Made fresh and hot to order. Toasted wrap, homemade coconut butter, lettuce, cucumber

HALLOUMI, PEPPERS & MUSHROOM (V) or
COCONUT CALLALOO* & CURRIED CHICKPEA (Ve)

HALLO HALLOUMI (V) £6.5
Grilled halloumi cheese, Portobello mushroom, lettuce, tomato

KERNEL VEGAN (Ve) £6
Sweet corn patties, roast red pepper, rocket, sweet onion chutney, tomato, green seasoning

Our burgers come in a toasted bun

ONE POTS

Rich, slowly simmered & uniquely Caribbean. Add one or more Side Plates

AUBERGINE CURRY (Ve) £9.9
Sweet potato, light fragrant curry sauce, steamed rice, roti flatbread

CHICKPEA & CALLALOO* CURRY (Ve) £9.9
Tomatoes, garlic, scotch bonnet, steamed rice, roti flatbread

SIDE PLATES

Great tasting sides. Hack the menu with your choice of Starters & Side Plates

TWO for £5.5 THREE for £8
FOUR for £10 FIVE for £12

DIRTY CURRY FRIES (V) £3
CHEESY JERK FRIES (V) £3
SWEET POTATO FRIES (Ve) £3
SPICED FRIES (Ve) £3

COCONUT RICE 'N' PEAS (Ve) £3
STEAMED RICE (Ve) £3

CURRIED CHICKPEAS (Ve) £3
CRISPY CHICKPEAS (Ve) £3
CARIBBEAN HUMMUS (Ve) £3
CHILLI SMASHED AVOCADO (Ve) £3

CHILLI PINEAPPLE SALAD (Ve) £3
SUNSHINE QUINOA (Ve) £3
SUPERGREEN SALAD (Ve) £3
CARIBBEAN SLAW (V) £3

DUMPLINGS (V) £3
BARA ROTI (Ve) £3
CRUMBED PLANTAIN (V) £3
SWEET PLANTAIN (Ve) £3
CREAMY COCONUT CALLALOO (Ve) £3

CRUMBED HALLOUMI (V) £3
GRILLED JERK HALLOUMI (V) £3

(V) Vegetarian (Ve) Vegan

SALADS

Fresh, light and full flavour

Salad Toppings £3

Caribbean Hummus (Ve)

Grilled Halloumi (V)

Crumbed Halloumi (V)

SUPERVITAL GREEN SALAD (Ve) £8
Kale, avocado, rocket, chickpeas, sugar snap peas, baby spinach, red onion, pomegranate & toasted coconut & citrus lime dressing
Add one or more toppings

FESTIVAL SALAD (Ve) £8
Avocado, mango, carrot & butternut squash ribbons, cucumber, crispy gem lettuce, sugar snap peas, rainbow beets, shaved coconut & rocket & citrus lime dressing
Add one or more toppings

SUNSHINE QUINOA (Ve) £8
Quinoa, chickpeas, green lentils, fresh pineapple, baby spinach, herbs, pomegranate & citrus lime dressing
Add one or more toppings

PUDDINGS

£4.9

The perfect way to round off your meal – or just to indulge

TWO for £9

THREE for £13.5

FOUR for £17

CAYMANAS UPSIDE DOWN RUM CAKE (V)
An island favourite. Warm golden mellow rum cake, rum caramel & vanilla ice-cream

SALTED CARAMEL BROWNIE (Ve)
Salted caramel baked pie. Served warm with light chocolate ice-cream

RUM & RAISIN BREAD PUDDING (V)
Slow baked with dark rum, cinnamon, raisins, brown sugar. Served with vanilla ice-cream

GRILLED FRESH PINEAPPLE (V)
With rum caramel & coconut ice-cream

STICKY TOFFEE PUDDING (V)
A typical West Indian pudding served with rum caramel & vanilla ice-cream

SPICED RUM & CHOCOLATE POT (V)
Set spiced rum & chocolate pot, with coconut ice-cream

SUGAR DUMPLINGS (V)
Sugar dusted, with rum caramel & vanilla ice-cream

VANILLA ICE-CREAM (V) £3
COCONUT ICE-CREAM (V) £3
CHOCOLATE ICE-CREAM (Ve) £3