

## WEEK 1

### LUNCH

Oct 6th - Oct 9th

#### YARDIE BOWL

£10

Fried dumplings, callaloo, plantain & avocado served with a choice of:

- ackee & saltfish
- ackee & mushroom (Ve)
- jerk spiced baked beans (Ve)

#### FRITTERS

£4

Saltfish fritters

Callaloo fritters (Ve)

#### GIZZADA

£3

Freshly grated spiced coconut baked in a pastry shell (Ve)

### DINNER

Oct 6th - Oct 9th

#### CURRY CHICKEN *with* RICE & PEAS

£10

*Chicken cooked in an authentic caribbean style creamy curry sauce (Gf)*

#### JERK VEG *with* RICE & PEAS

£10

Sweet potato, okra and a mix of fresh veg roasted in a coconut sauce (Ve, Gf)

#### SIDES

Plantain (Ve, Gf)

£3

Festival (Ve)

£3

Slaw (Ve, Gf)

£3

Saltfish fritters	<b>£4</b>
Callaloo fritters (Ve)	<b>£4</b>
Fried jackfruit (Ve)	<b>£4</b>

## **GIZZADA** **£3**

Freshly grated spiced coconut baked in a pastry shell  
+ vanilla ice cream & date syrup ( £2.00 )

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## **WEEK 2**

### **LUNCH**

**Oct 13th - Oct 16th**

## **ITAL SOUP** **£7**

Jamaican style vegan stew. A medley of vegetables, kidney beans herbs and spices simmered down in coconut milk (Ve, Gf)  
+ fried dumplings ( £2.00 )

## **CHICKEN SOUP** **£7**

Jamaican style vegan stew. A medley of vegetables, kidney beans herbs and spices simmered down in coconut milk (Gf)  
+ fried dumplings ( £2.00 )

## **SIDES**

Festival (Ve)	<b>£3</b>
Saltfish festival	<b>£4</b>

## **GIZZADA** **£3**

Freshly grated spiced coconut baked in a pastry shell (Ve)

## DINNER

Oct 6th - Oct 9th

### **BROWN STEW CHICKEN *with* RICE & PEAS** £10

Traditional Jamaican stew with chicken, vegetables and spices (Gf)

### **ITAL CURRY *with* RICE & PEAS** £10

A vibrant mix of fresh vegetables simmered in a mild coconut curry sauce (Ve, Gf)

## SIDES

Plantain (Ve, Gf) £3

Festival (Ve) £3

Slaw (Ve, Gf) £3

Saltfish festival £4

Fried jackfruit (Ve) £4

### **GIZZADA** £3

Freshly grated spiced coconut baked in a pastry shell (Ve)  
+ vanilla ice cream & date syrup ( £2.00 )