

## 3 Course Menu

### Mains

#### Fish Curry

*(Coley fillets marinated with garlic, pimento and Island Flavours pepper served in a mild curry sauce)*  
*\*(Wheat, Mustard, Gluten)*

#### Ginger and Garlic Chicken

*(Pieces of chicken seasoned with thyme, garlic, pimento and ginger cooked in a sweet BBQ Sauce)*  
*\*(Wheat, Lupin, Mustard, Milk, Eggs, Gluten)*

#### Vegetable Curry

*(Pumpkin, Sweet Potatoes, Chickpeas and Aubergines cooked in a mild curry sauce topped with Plantain)*  
*\*(Mustard, Celery)*

### Sides & Salads

#### Rice & Peas

*\*(Nuts)*

#### Plain Rice

#### Sauté Green Beans

#### Spicy Plantain

#### Crunchy Coleslaw

*\*(Eggs, Milk, Mustard)*

*Mixed Green Salad dressed with Garlic & Lemon*

### Desserts

#### Fresh Fruit Platter

*Apple Crumble or Caribbean Sponge Cake Served with Custard or Cream*  
*\*(Eggs, Wheat, Lupin, Gluten)*

*\*Allergens*



# Island Flavours

a taste of the caribbean