



Island Flavours

a taste of the caribbean

HOME DELIVERY MENU

MAINS (Choice of x1)

Curry Goat (gf)

- Mustard, Lupin -

Vegetable Curry (v) (vg) (gf)

- Coconut Milk, Mustard, Celery -

Stew Chicken (gf)

- Mustard

Jerk Chicken (gf)

- Mustard, Celery --

Fried Fish with Escovitch or Fish Gravy (p)

- Mustard, Wheat, Gluten -

SIDES (Choice of x3)

Rice 'n' Peas (v) (vg) (gf)

- Coconut Milk, Mustard, Celery -

Plain White Rice (v) (vg) (gf)

Sweet Potato (v) (vg) (gf)

Steamed Vegetables (v) (vg) (gf)

Boiled Plantain (v) (vg) (gf)

Coleslaw (v) (gf)

- Mustard and Eggs -

£8.50 Per Person

Minimum of x4 people

V – vegetarian, VG – vegan, P – pescatarian, GF – gluten free

Allergens found in foods are denoted in the menu above as follows: - Allergen -

All our Meats are halal and provided by a Halal Certified Butchers