



MEAL PREP DELIVERY
&
CATERING

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STARTERS

Plantain Cup
(Callaloo or Peppered Prawns)
Mini Jerk Chicken Wraps
Jerk Aubergine Wrap

MAIN - PESCATARIAN

Garlic Butter Salmon
Garlic & Chilli Cod
Peppered Prawns
Brown Stew Fish

MAIN - MEAT

Sweet Thai Chilli Wings
Peppered Steak
Curry Chicken
Curry Goat
Oxtail
Lamb Chops

MAIN - VEGAN

Sweet Potatoe, Spinach &
Chickpea Curry
Cauliflower wings
Jerk Jackfruit
Lentils in tomatoes sauce

SIDE DISHES

Mac n Cheese
Garlic Green Vegetables
Basmati Rice
Salad
Plantain
Callaloo

DESSERTS

Banana Cake
Mango Cheesecake

**£50PP INCLUDES STARTER, MAIN, SIDE
£10PP PER EXTRA DISH
MIN 6 PEOPLE**