

# TRINIDADIAN & SOUL



## APPETIZERS

**Chicken Wings**     9.29  
6 juicy wings with a choice of sauce

**Fried Plantains & Dip**     5.29  
Sliced thin, fried until golden brown and served with choice of sauce

## ENTREES

All entrees are served with a choice of rice & vegetables.  
Substitute any side for \$2.

**Oxtails**     19.89  
Rich and tender meat, slowly braised in a rich, savory gravy

**Curry Goat**     18.89  
Slow-cooked, falling-off-the-bone tender meat stew

**Salmon filet**     19.89  
Tender 6oz steak, pan-fried and topped with a choice of sauce

**Fried Fish**     20.79  
Catch of the day, seasoned, cooked and smothered in a choice of sauce  
[Jerk sauce, sweet & spicy or curry]

**Jerk Chicken**     16.79  
Leg quarters, marinated in jerk spices and perfectly grilled

**Curry Chicken**     16.79  
Cut and seasoned in fresh spices and stewed in coconut-curry gravy

**Sweet & Spicy Chicken**     16.89  
Dark meat, marinated and grilled in sweet house-made sauce



# FLAVOR FUSION



## SANDWICHES

**Pulled (Jerk or Sweet BBQ) Chicken Sandwich** 🦀 🥛 🍷 16.59

*Topped with lettuce, red onion, house sauce, and lemon aioli on a toasted Kaiser roll, served with coleslaw and a pickle spear*

**Curry Chicken Wrap** 🦀 🥛 🍷 16.59

*Topped with lettuce, red onion and lemon aioli on flat bread, served with coleslaw and a pickle spear*

## VEGAN DELIGHTS

Served with plain rice. Substitute any side for \$2.

**Hamburger Steak & Gravy** 🌱 🦀 🥛 🍷 12.29

*Seasoned plant-based beef, seared and smothered in savory brown gravy*

**Curry Butternut Squash & Spinach** 🌱 🦀 🥛 🍷 12.19

*Roasted cubed butternut squash sautéed with spinach*

**Island Rasta Pasta** 🌱 🦀 🥛 🍷 13.79

*Creamy vegan cheese pasta sautéed with colorful bell peppers*



# TRINIDADIAN & SOUL



## SIDES

All entrees are served with rice & vegetables. Substitute any side for \$2

<b>Red Beans &amp; Rice</b>	   	5
<b>Spice Rice</b>	   	4
<b>Plain Rice</b>	   	4
<b>Roti bread</b>	   	4
<b>Flat bread (2)</b>	   	4
<b>Fried plantains</b>	   	5
<b>Mac &amp; cheese</b>	  	5
<b>Cabbage &amp; carrots</b>	   	4
<b>Garlic String Beans</b>	   	4
<b>Extra gravy / sauce</b>	   	1.25

## HOUSE DRINKS *Non-alcoholic*

<b>Guava Fruit Punch</b>	}	3.99
<b>Mango-Carrot Punch</b>		
<b>Sorrel-Ginger Punch</b>		
<b>Fresh Lemonade</b>		
<b>Sweet Vanilla Tea</b>		
<b>Sweet/Unsweet Tea</b>	3.79	
<b>Soft Drinks</b> <i>(Reg or Diet Coke, Sprite, Ginger Ale)</i>	2.99	
<b>Bottled water</b>	1.50	

