



# Caribbean Grove

JAMAICAN CUISINE  
& RUM BAR

## Cold Starters

### **PRIORY STAMP & GO**

Traditionally seasoned cod fish fritter, served with sorrel jam

### **CARIBBEAN GRILLED CHICKEN SALAD**

Curry marinated chicken breast with red onion, tomatoes, lettuce, red cabbage, pineapple, yam fries and honey-lime dressing

### **CRUNCHY SLAW**

Freshly mixed garden vegetable, drizzled with a sweet tangy passion fruit vinaigrette and peanut drops

### **SHRIMPS PASTA SALAD**

Stir fried shrimps, short pasta, bell pepper, green pepper, onion, ginger root, garlic and hibiscus vinaigrette

## Hot Starters

### **ST. MARY JAMAICAN BOAT**

Fried green plantain pressed and topped with ackee and salt fish

### **ST. ANN STYLE JERK CHICKEN ROLLS**

Seasoned cassava bread escorted with a spicy pickled vegetable with the famous Scotch Bonnet pepper

### **VEGETARIAN PATTIES**


Crunchy vegetable filled coconut and turmeric wheat flour bread turnover


### **CORN FRITTER**

With sour cream and a hot jerk dressing

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 Whole Food Plant-Based option

 These are gluten free dishes

 These are spicy dishes

# *Soups*

## **PEPPERPOT SOUP**

A traditional vegetable broth with breadfruit, yam, okra, callaloo, oxtail and beef ribs. Seasoned with cassava root juice "cassareep" and spice sauce

## **FISH TEA**

A light, spicy and delicious fish broth in Caribbean and Jamaican cuisine, served with local vegetables, potatoes and green plantain

# *Main Courses*

## **SLOW COOKED PORK RIBS, AGED RUM BBQ GLAZED**

Cuban style, served with "moros con cristianos" rice & beans, scorched sweet corn

## **XAMIACA JERK CHICKEN**

Authentic Jamaican jerk, sides of wheat flour and corn fried festival and cassava bammy

## **OXTAIL**

Slow Braised Oxtail, broth beans, served with fluffed rice and peas along with sautéed calaloo and cabbage

## **YAAD STYLE CURRY GOAT (YAAD MEANING HOME)**

Goat simmered in a spicy curried sauce, served with white rice and crunchy island

## **ESCOVITCH FISH**

Nicely pickled vegetable and fish, island style

## **MAHI-MAHI FILET**

Pineapple, roasted garlic mojo, Caribbean rice

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Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.



# *Ital Vegetarian Cuisine*

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FOOD APPROVED AND CELEBRATED BY THOSE IN THE RASTAFARI MOVEMENT.  
THE WORD DERIVES FROM THE ENGLISH WORD "VITAL", WITH THE INITIAL "V" REMOVED.

## **RASTA PASTA**

Specially selected garden vegetable, ackee,autéed with natural palm oil and pasta

## **VEGETABLE STEW PEAS**

Selected vegetable simmered in a red peas stew

## **PLANTAIN & CALALOO**

Fried green plantain pressed and topped with steamed callaloo

## **CURRY VEGETABLE**

Selected vegetable slowly cooked in a creamy curried sauce

## **ITAL VEGETABLE**

Local vegetable simmered in a spicy coconut-based sauce





# *Desserts*

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## **RUM CAKE**

Warm mama traditional cake served with a shoot of rum cream

## **SWEET POTATO PUDIN**

Hella top hella bottom slush in the middle, dried fruits and brown sugar, drizzled with vanilla sauce

## **DRAGON STOUT ICE CREAM**

Coconut cookie sandwich

## **SEASONAL FRUIT SALAD**

Selection of local and seasonal fruits



**EXCELLENCE**

OYSTER BAY, JAMAICA