

Chapel Street, Speightstown,
St. Peter
Barbados
West Indies
+246 252 7793



www.islandplatesbb.com

ALL PRICES ARE IN \$USDS

Menu Item	Price USDs
Roasted Butternut Squash Soup Rich, creamy and very filling with a touch of coconut milk. This soup is suitable for vegans.	\$ 9.5
Curried Butternut Squash, Lentils and Coconut Soup Aromatic, delicious soup. This soup is suitable for vegans.	\$ 10
Carrot and Chickpea Hummus Carrots roasted in olive oil and aromatic spices and blended with chickpeas, fresh lime juice and garlic. This dish contains sesame seeds and is suitable for vegans	\$ 8
Smoked Sardine Pate served with sourdough slices	\$ 12.5
Chicken Liver Pate; served with toast	\$ 10
Island Fish Cakes (serves 2) A long-time favourite of ours! salt fish and breadfruit balls (with GF flour) served with a side salad and our own spicy mayo dip. These are Legend! This product is free from gluten.	\$ 14
Pork & Cabbage Pancake (serves 2) Japanese-style pancake containing cabbage, carrots, bell peppers, pork belly and fresh herbs. It is topped with a barbecue mayo; served with a side salad. This meal contains eggs, fish and soy. It is free from gluten.	\$ 20
Breadfruit Crisps with avocado dip (to share) 2 local delicacies in one dish; thin, crisp breadfruit chips with a crushed avocado dip. Available when local avocados are in season.	\$ 12
Contains corn.	\$ 12
Beef Koftas (serves 2) 4 curried meatballs served in a tomato sauce, topped with yogurt	\$ 18
Rice & Saltfish Balls 3 curried rice balls stuffed with spicy saltfish and fried until crispy; served with a side salad and a horseradish mayo	\$ 14

We also cater picnics, family/friends' gatherings & small corporate functions.

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WRAPS/SALADS/PIES – Add \$1USD for a GF wrap

Menu Item	Price USDs
Ultimate Fish Wrap chunks of local pan – fried fish, spicy mayo, cabbage slaw, parmesan cheese and eggs. Served with a side of salad	\$ 19
Island Goodness Chicken chunks with sweet potatoes, bell peppers wrapped in tortilla, with salad	\$ 18
Large Salad (serves 2) Mixed leaf lettuce, tomatoes, cucumbers celery and broccoli. Served with a homemade vinaigrette. A perfect side for lasagne or any of our main courses	\$ 17
Island Frittata (serves 4) Sweet Potato as the base, tomato salsa, assorted vegetables and fresh herbs. Nicely topped with just the right amount of mozzarella.	\$ 28
Chicken Banapple Wrap curried chicken breast with our banana chutney and slices of apple all wrapped in a soft, wrap. A small side salad is served with this meal. This is one of our signature meals!	\$ 17

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Menu Item	Price USDs
Island Main Dishes – GF available for all main dishes	
Cottage Pie Minced beef simmered in tomato sauce with carrots and peas; topped with mash & cheese!	\$ 20
Fish Pie Local fish cooked in cream sauce, herbs and layered with vegetables, cheese and potato mash!	\$ 22.5
Peanut Butter Chicken Chicken chunks cooked in our own spice rub and simmered in a tomato, coconut and peanut butter sauce. ; served with a side of rice	\$ 23
Vegetable Lasagne pasta layered with beets, spinach, zucchini, tomatoes, and broccoli mixed with parmesan & mozzarella cheese. It contains pine nuts	\$ 24
Beef Lasagne Layers of tomato sauce, 3 cheeses and 100% beef. In 2 words - \$23.00	
Roasted Butternut Squash Meal Thinly sliced butternut squash topped with onions, ginger, pistachios and cranberries. Served on a bed of rice with pumpkin seed oil. All dressed with an orange tahini sauce. (vegan, gluten free available, contains pistachio nuts, contains sesame seeds)	\$ 25
Roasted Chicken Dinner ¼ chicken with a spiced rum glazed with roasted potatoes and greens	\$24
Pork Stew Pork simmered with vegetables, fresh herbs and a dark, malty beer; served with a side of creamy, potato mash.	\$24
Stuffed Pork Tenderloin served with a side of creamy, potato mash.	25

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Menu Item	Price US\$
Island Curries – Main Dishes – served with Jasmine Rice and Chutney. GF	
Curried Goat	
Our aromatic curried goat in a tomato and coconut stew. This is a spicy one!	\$ 28
Curried Cauliflower & Lentil Dhal	\$ 22
Roasted cauliflower florets in a creamy lentil dhal	
Curried Chicken	
succulent curried chicken cooked in a tomato base with chickpeas and pumpkin	\$ 22
Curried Beef	
Tender chunks of beef simmered in our Island Curry sauce. It is served with a side of yogurt.	\$ 28
Curried Pork	
Local pork simmered in a coconut, curry sauce.	\$ 23
Curried Seafood	
Our Island Curried Seafood with shrimp, mussels and chunks of local fish	\$ 32
Island Curries – Side Dishes	
Chickpea and Tomato Curry	
A creamy, aromatic side is perfect for a curry night in! Bold flavours with a little kick of spiciness. This meal is suitable for vegans. .	\$ 13
Eggplant, Black eyed Peas and Tomato Curry	
This chunky, aromatic side is perfect for a curry night in! Bold flavours yet mild in spiciness. This meal is suitable for vegans.	\$ 14
Island Beef Koftas (serves 2)	
aromatic, soft and delicious, these beef meatballs are simmered in a tomato curry sauce and topped with yogurt. This meal is a side and is delicious on its own or with paratha.	\$ 18
Sweet Potato & Eggplant Curry (serves 2)	
Aromatic, creamy tomato and coconut lentil dhal.	\$ 18
Green Lentil Dumplings	
This curry side is packed with shredded carrots, bell peppers and fresh herbs/ Add a serving of rice to make this a main course/.	\$ 18

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Island Curries – Side Dishes

Roti

Two flaky, delicious rotis. Perfect side to any curry or the peanut butter chicken \$ 6

Coconut Roti

Two flaky, delicious rotis; stuffed with desiccated coconut; served with yogurt \$ 7

Jasmine Rice

\$ 5

\$ 7

Coconut & Raisin Jasmine Rice

Other Dishes

Leek, Spinach & Potato Mash

Creamy comfort in a bowl. \$ 10

Mac Pie Pot (serves 2)

Bajan Macaroni Pie with fresh herbs \$ 16

Cashew Cream Mac Pie Pot (serves 2)

Cashew cheese, gluten free pasta all mixed together with local herbs and baked into a mac pie goodness. This product is GF and suitable for vegans. \$ 16

\$ 15

Roasted Carrots & Brussel Sprouts (serves 2)

Sweet & Savoury Box

\$20

Indulge in the perfect blend of flavours with the Sweet & Savoury Box from Island Plates. Curated by local sisters Marie & Pat, this freshly made assortment embodies our commitment to delivering wholesome and delicious meals. Ideal for brunch, picnics, team building afternoons, bridal or baby showers and simply relaxing at home. Why not add our cassava & saltfish cakes!!

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Dessert

Menu Item	Price USDs
Chocolate & Banana Cake (serves 8) Belgian Dark chocolate meets Island Bananas to produce a dark, moist, and delicious cake. It goes beautifully with Earl Grey /Rooibos/Lemon tea	\$ 26
The Ultimate Loaf (serves 7) This moist loaf is packed with dates, walnuts & coffee and it is delicious. The glaze is just the icing on the top!	\$ 26
Chocolate Brownies (4) Rich, chocolatey brownies! (whip cream not included)	\$ 15
Tropical Fruit Crumble Local fresh fruit topped with a crunchy crumble and toasted coconut, just the way we like it.	\$ 9
Vanilla Doughnuts (GF, box 10 minis) served with a pot of preserves OR salted caramel sauce. (GF) They are ideal at brunch or a sweet ending to dinner with a glass of sweet, dry white wine. (GF, contains eggs, contains dairy)	\$ 19
Mini Bancoffee Loaves (4 miniature loaves) The tiny cousins of the original Bancoffee Loaves - who knew? Mini banana loaves, infused with coffee and topped with sliced almonds.	\$ 15
Decadent Rum Balls (5) This recipe has been handed down to the sisters (Marie & Pat) by their mum. The cakes are made primarily of dried fruit (which has blended and aged in rum) and slowly baked for over 2 hrs. Final steps include rolling the balls in toasted coconut flakes. Produced in small batches, these treats are legend; smooth, moist and decadent.	\$ 22.5
Island Scones (GF, box of 4) Made in small batches by Marie's own hands. The scones are available in cranberry, plain or ginger& citrus flavours. They are sold in boxes of 4.	\$ 15
Island Scones (box of 6) Made in small batches by Marie's own hands. The scones are available in cranberry, plain or ginger& citrus flavours. They are sold in boxes of 4.	\$ 15
Pumpkin & Walnut Loaf (GF, serves 6) Warm spices, walnuts and pumpkin make this loaf a perfect companion for tea or coffee anytime of the day. Serves 6.	\$ 27
Cinnamon Rolls (GF, Vegan, serves 6) soft, sweet and topped with a creamy icing - just what you want from a cinnamon roll. They are vegan and gluten free as well. Box of 6.	\$ 30

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