

Chapel Street, Speightstown,  
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Barbados  
West Indies  
+246 252 7793



[www.islandplatesbb.com](http://www.islandplatesbb.com)

## SAMPLE MENU

### Starters

Menu Item	Price USDs
<b>Roasted Butternut Squash Soup</b> Rich, creamy and very filling with a touch of coconut milk. This soup is suitable for vegans.	\$ 9.00
<b>Carrot and Chickpea Hummus</b> 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	\$ 8.00
<b>Smoked Sardine Pate</b> served with sourdough slices	\$ 12.50
<b>Island Fish Cakes (to share)</b> A long time favourite of ours! salt fish and sweet potato balls (with GF flour) served with a side salad and our own spicy mayo dip. These are Legend! This product is free from gluten.	\$ 14.00
<b>Pork &amp; Cabbage Pancake (to share)</b> 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.	\$ 17.00
<b>Breadfruit Crisps with avocado dip ( to share)</b> 2 local delicacies in one dish ; thin , crisp breadfruit chips with a crushed avocado dip. Available when local avocados are in season. Contains corn.	\$ 15.00

We also cater picnics @Hunte's Gardens, catered meals for family/friends' gatherings & small corporate functions.

Contact us directly at +246252 7793 for any questions.

## SAMPLE MENU

### Island Curries – Mains

served with jasmine rice and chutney.

Menu Item	Price USDs
<b>Curried Goat</b> Our aromatic curried goat in a tomato and coconut stew. This is a spicy one!	\$ 27.00
<b>Curried Chicken</b> succulent curried chicken cooked in a tomato base with chickpeas and pumpkin	\$ 20.00
<b>Curried Beef</b> Tender chunks of beef simmered in our Island Curry sauce. It is served with a side of yogurt .	\$ 28.00
<b>Curried Pork</b> Local pork simmered in a coconut, curry sauce.	\$ 21.00
<b>Curried Fish</b> Local fish simmered in a coconut, curry sauce with vegetables	\$ 25.50
<b>Island Curries – Side Dishes</b>	
<b>Chickpea and Tomato Curry</b> 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. .	\$ 12.50
<b>Eggplant, Black eyed Peas and Tomato Curry</b> This chunky, aromatic side is perfect for a curry night in! Bold flavours yet mild in spiciness. This meal is suitable for vegans.	\$ 12.50
<b>Island Beef Koftas ( serves 2)</b> 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.	\$ 16.00
<b>Island Cauliflower Koftas (serves 2)</b> These baked delights are served with an aromatic, tomato, and coconut sauce. Share these when you want to have a taste of curry without the entire meal. Alternatively, you can add the coconut and raisin rice with roti to complete a meal.	\$ 15.00
<b>Roti</b> Two flaky, delicious rotis. Perfect side to any curry or the peanut butter chicken	\$ 5.50
<b>Coconut Roti</b> Two flaky, delicious rotis ; stuffed with desiccated coconut; served with yogurt	\$ 7.00
<b>Jasmine Rice</b>	\$ 5.00
<b>Coconut &amp; Raisin Jasmine Rice</b>	\$ 6.50

We also offer fish pie, cottage pie, lasagne ( beef /vegetable)

& vegetable frittatas

## SAMPLE MENU

### Dessert

Menu Item	Price USDs
<b>Chocolate &amp; Banana Cake (serves 8)</b> Belgian Dark chocolate meets Island Bananas to produce a dark, moist, and delicious cake. It goes beautifully with Earl Grey /Rooibos/Lemon tea	\$ 26.00
<b>The Ultimate Loaf (serves 7)</b> This moist loaf is packed with dates, walnuts & coffee and it is delicious. The glaze is just the icing on the top!	\$ 24.00
<b>Chocolate Brownies (4)</b> Rich, chocolatey brownies! (whip cream not included)	\$ 14.00
<b>GF Vanilla Doughnuts (box 10 minis)</b> 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)	\$ 19.00
<b>Guava Tartlets (6 per pack)</b> Crispy pastry cups filled with the flavours of the Caribbean. They are topped with caramelised plantain pieces. Perfect for sharing!	\$ 24.00
<b>Mini Bancoffee Loaves (4 loaves)</b> The tiny cousins of the original Bancoffee Loaves - who knew? Mini banana loaves, infused with coffee and topped with sliced almonds.	\$ 14.00
<b>Decadent Rum Balls (5)</b> 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.	\$ 22.50
<b>Island Scones (GF) (box of 4)</b> 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.	\$ 15.00
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<b>Pumpkin &amp; Walnut Loaf (GF, serves 6)</b> Warm spices, walnuts and pumpkin makes this loaf a perfect companion for tea or coffee anytime of the day. Serves 6.	\$ 27.00
<b>Dessert Box ( 20 pieces)</b> An assortment of our brownies, scones, mini cakes and fresh fruit.	\$ 65.00

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