



Authentic and Stylish Caribbean Cuisine

Tel 07800 840555 or 07785 776274 [www.marinades.co.uk](http://www.marinades.co.uk)

## CARIBBEAN MENU FOR COLLECTION FROM ASHLEWORTH HUB – FROM 4.30PM ON FRIDAY 7 MAY 2021

### CHILLED MEALS & CARIBBEAN COCKTAILS:

We are providing **chilled** Caribbean meals for you to collect from Ashleworth Hub on Friday 7 May ready for the fridge for three days or to freeze, complete with comprehensive allergen information and full simple reheating instructions.

We have designed a menu that changes slightly each month but always offers you a true taste of the traditional Caribbean classics you would expect but are also easy to store, transport and reheat safely as well as fresh and tasty and full of flavour.

We are fully licensed, so unlike most food delivery services we are able to offer a selection of alcoholic drinks for you to enjoy with your meal. **Please note we operate a strict Challenge 25 Policy.**

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### COLLECTION:

From 4.30pm at Ashleworth Hub on Friday 7 May.

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### ORDERING & PAYMENT:

Please place your orders directly with Ashleworth Hub by 6pm on Wednesday 5 May.



## ...MENU...

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### JAMAICAN PATTIES £2.50

A traditional Jamaican savoury pastry filled with your choice of either Curry Beef or Spicy Vegetable (vegan) (patties contain wheat gluten, soya, celery and mustard)

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### CURRY GOAT £10.75

The best known curry in the Caribbean. Tender pieces of goat leg seasoned with Jamaican herbs and spices, ginger, garlic, scallions, thyme, carrot, potato and scotch bonnet pepper and cooked slowly

**Food Allergies & Intolerances:** Before you order please ask us if you wish to know about our ingredients.

in the Dutch Pot with coconut cream and the bones for maximum flavour. This dish will contain some bone. Served with Rice & Peas and steamed vegetables. GLUTEN-FREE, contains coconut cream and mustard.

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<b>JAMAICAN JERK CHICKEN £10.75</b>	Succulent boneless British Chicken thigh meat and Wing seasoned with traditional Jerk spices and cooked over coals in the oil drum jerk pan. Served with Jerk Gravy, Rice & Peas and steamed vegetables. GLUTEN-FREE. WING, contains Celery CONTAINS BONE.
<b>ACKEE &amp; SALTFISH £11.50</b>	The national dish of Jamaica. Pieces of salted white fish fillet cooked in coconut oil with Jamaican Ackee, sweet peppers, onions, scallion, tomato, pimento, garlic, thyme, a hint of hot pepper. Served with Rice and Peas and steamed vegetables. GLUTEN-FREE. CONTAINS Fish, Coconut cream. MAY CONTAIN BONE.
<b>GUAVA PORK £11.65</b>	A pair of Pork Loin Steaks delicately seasoned and cooked over hot coals and served with a sweet Guava sauce, Non-spicy and served with Rice & Peas and steamed vegetables. GLUTEN-FREE Contains Celery
<b>CHANA DAL £9.50</b>	One of our old Taster Night faves – a spicy Caribbean Chickpea, vegetable and Callaloo Curry. You don't have to be Vegetarian or Vegan to enjoy this one! Served with Rice & Peas and steamed vegetables and a side of mango and tamarind sauce. GLUTEN-FREE & VEGAN. Contains Celery & Mustard.
<b>VEGAN JERK PLATTER £10.50</b>	<b>JERK HEAVEN FOR VEGANS!</b> Jerk grilled vegan Halloumi, fried Jerk Tofu, roasted pieces of jerk seasoned sweet potato and pumpkin, fried plantain and steamed callaloo. Served with a pot of jerk sauce, Rice and Peas and steamed vegetables. GLUTEN-FREE & VEGAN. Contains Coconut, Celery, Soya and Oat.
<b>SIDES</b>	Fried Dumplings x 2 (Vegan) (Contain wheat gluten) £2.50 Fried Plantain (Vegan) (Gluten-Free) £2.50 Homemade Coleslaw (Vegan)(Gluten-Free) £2.50 Caribbean Macaroni Cheese Pie – (Vegetarian – contains Wheat Gluten Milk, Soya and Gluten) £5.00 Jerk Chicken Wings £5.00

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**RUM CAKE £5.00**

A slice of Jamaican Rum Cake soaked in Caribbean Rum and served with Vanilla Ice-Cream on the side. (Contains Wheat Gluten, Eggs and Milk and not suitable for nut allergy sufferers)

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**DRINKS:**



**WENDY'S SPECIAL  
RUM PUNCH  
£6.95**

250ml of Jamaican sunshine £6.95 – A shot each of Wray & Nephew Overproof Jamaican Rum and Mount Gay Eclipse Golden Barbadian Rum, Tropical fruit juice, a squeeze of lime and a dash of strawberry syrup. Full strength Jamaican sunshine in a glass. 12% abv

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**NEW!!! WENDY'S  
GUINNESS  
PUNCH £3.95**

250ml of deliciousness! Guinness mixed with condensed milk, vanilla nurishment, nutmeg and a scoop of rich vanilla icecream on the side for you to add before drinking! A true Jamaican speciality.

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**DARK & STORMY  
£5.00 SINGLE,  
£8.00 DOUBLE**

One or two measures – you decide – of Lambs Navy Rum delivered with a can of Jamaican Ginger Beer for you to mix a classic Caribbean cocktail at home.

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**CARIBBEAN  
BEERS:**

From Jamaica we have Red Stripe Lager Beer in 330ml stubbie bottles (£2.80), Dragon Stout in 285ml bottles (£3.10) and Carib Beer from Trinidad in 330ml bottles (£2.90)

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**TROPICAL FRUIT  
PUNCH £2.95**

Special Non-Alcoholic Tropical Fruit Punch for tee-totallers and the kids – 280ml of Caribbean sunshine

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