



# Paradise cove

London



## Caribbean Plantain small plates -

Fresh bits and bites, to have as starters for your journey

JERK SALT® plantain bites, (VE)	8
Coconut plantain bites with organic thyme mayo (VE)	8.5
Homemade plantain bread with pumpkin dip (VE)	9
Homemade plantain bread with jerk BBQ dipping gravy	9
STICKY SWEET CHILI JERK NIBBLET WINGS	9.5

## Free range, jerk chicken

(Halal available also)

On its own	with ANY rice & Plantains
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$\frac{1}{4}$ free range Jerk	11	18
$\frac{1}{2}$ free range Jerk	14.5	22
Foil baked $\frac{1}{4}$ jerk with garlic, okra & spinach	16	26

## Large Jamaican curries & stews - (All 350g - 400g)

Add ANY rice and FRESH thyme coleslaw for 7.00

Rastaman ITAL stewed red peas, with fresh wilted spinach (VE)	14
ITAL chickpea, pumpkin, okra, coconut curry (VE)	14.5
Caribbean classic curried chicken, with scallion and thyme	15
BONELESS authentic curried goat with thyme and coconut	18

## Traditional, organic & classic Caribbean sides -

Organic, LOCAL & sourced from independent suppliers

Steamed basmati rice (VE)	5
Jamaican plantain bites (VE)	6
Homemade coleslaw with fresh thyme (VE)	6
Our signature Jerk rice (VE)	6.5
Rice and peas with scallion and fresh coconut milk (VE)	6.5
Spiced garlic, spinach and cucumber salad (VE)	6.5
Jerk spiced plantain bites (VE)	7
Revitalising kale and callaloo with organic bell peppers (VE)	7
Homemade plantain bread	7

## Handmade sauces & spices

Fresh Thyme Mayo	2
Fresh pickled Jamaican scotch bonnet peppers	3
Large Jerk BBQ gravy (VE)	3

## RUM SOAKED Jamaican afters

(All made by hand with recipes from my nan, and served with cream)

Organic, moist Carrot cake, with SPICED rum	8
Chocolate Cake soaked in DARK rum (VE)	8
Moist WRAY & NEPHEW © ITAL Lemon cake	8.5

## Paradise experience platters for 2 to share!

### Paradise platter 54

Jerk spiced plantains starter, then:

2  $\frac{1}{4}$  chicken, rice peas, jerk rice, plantain bread, coleslaw, salad, & organic jerk gravy.

Add  $\frac{1}{4}$  jerk extra for 6.5

### Curry me crazy 56

Jerk spiced plantains starter, then:

2 curries of choice, rice peas, jerk rice, plantain bread, coleslaw & organic jerk gravy.

### "One Love" platter 58

2 chicken & any 6 sides of your choice. (Limited to tables of 2 only)

Please note - tables of 4 or more will be limited to sharing platters only. This is to ensure you have the best experience, without a long wait for food.

## Caribbean drinks

Great drinks to add rum too or enjoy on its own!

-served with lemon + lime

Mango Juice 4.5

Homemade Organic lemonade 5

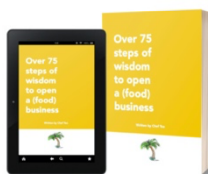
Homemade Organic Ginger beer 5

In house tropical rum punch 6

## Caribbean chasers 3

Cola, Diet cola, D&G ginger beer, Tropical juice, Lemonade, still or sparkling water.

Scan me to be inspired



Be Part of The Story @Paradisecoveldn or @Chefteescaribbean

We are a BYOB restaurant. Simply pay a 5.00 per person and drink as much as you wish all night long.

