

eat

eat
/i:t/
verb

1. put (food) into the mouth and chew and swallow it.
"he was eating a burger"

synonyms: consume, devour, ingest, partake of, gobble (up/down), gulp (down), bolt (down), wolf (down), cram down, finish (off);

raastawich

•Vegan-wich 155

A sandwich with trumpet of assorted lettuce, grilled cottage cheese, cucumber, tomato topped three cheese fondue and sprinkled parsley and jalapeño, accompanied with french fries

•Roasted chicken-wich 175

roasted chicken dressed in peppe mayo, cucumber, tomato topped three cheese fondue and sprinkled parsley and jalapeno. accompanied with french fries

•Lamb bologna-wich 195

slow braised lamb mince with carib trinity finished with sharp cheddar cheese and jalapeno. accompanied with french fries

"we recommend washing down the raastawich with a chilled glass of beer to ensure total satisfaction"

firestarter

•Jalapeño Cheese Cigars 225

a specialty of Afrobians - a cigar shaped crispy roll, encasing corn, jalapeños and gooey cheese

•T&T Cheese Triangles with Harissa 225

cottage cheese triangles marinated with caribbean dry rubs, panko crumbed, fried & served with harissa sauce

•Cottage Cheese Fafa 225

diced cottage cheese tossed with basil, fresh red & green chillies, bell peppers and a hint of coconut milk. served with flatbread

•Caribbean Oven Roasted Potatoes 195

oven roasted potatoes tossed with dill, garlic & chilli flakes

•Hummus Pita 195

raasta's pride!

•Reggae Reggae Nachos Veg/Chicken 225/245

bed of crunchy corn nachos topped with trinity, scallion, plum tomatoes, cilantro and three-cheese fondue

•Loaded Skins Mushroom/Chicken/Bacon 225/245/265

cheese crusted baked potato skins loaded with any of the four options served with salsa and crème fraîche

•Coco Bread topped with Mozzarella/Chicken 195/225

•Mouthful Burgers Veg/Chicken/Lamb 225/245/265

two burgers with house salad, potato wedges and beans salad

•Chicken Fafa 245

diced chicken tossed with basil, fresh red & green chillies, bell peppers and a hint of coconut milk. served with flatbread

•Caribbean Chicken Strips 245

tender chicken marinated with caribbean dry rubs, panko crumbed, fried & served with harissa sauce

•Raasta Chicken Drumsticks 245

chicken drumsticks tossed with szechwan pepper

•Jamaican Grilled Chicken Skewers 245

chicken morsels marinated with wet jamaican marinade, skewered and grilled and accompanied with garlic aioli

•Jerk Chicken Wings 245

roasted chicken wings marinated with jerk seasoning

•All spice lamb skewer 265

cajun spiced lean lamb mince and yellow cheddar roasted and served with mustard mint dip

•Rum Spiked Lamb Bongs 265

marbles of double minced lamb bongs, baked and tossed with chili garlic pepper, onions and a dash of rum

•Chilli Garlic Prawns 445

butterfly prawns tossed in chilli flakes and lots of garlic

you should come for one of our drunken karaoke nights!!

souptastic

Pumpkin Soup 175

a caribbean staple, red pumpkin cooked with trinity and spiked with black rum

Rustic Chicken Chowder 195

more to eat, less to drink, soup of chicken, smoked chicken frankfurters and chicken ham

plattery

•Veg Barbados Platter 785

jalapeño cigar rolls, T&T cheese, mushroom loaded skins and oven roasted potatoes accompanied with cilantro sour cream and harissa sauce

•Veg Mezze Platter 525

falafel, cheese sambousek, grilled cottage cheese, hummus, moutabel, mohamra, cacik & homemade pita bread

•Non Veg Barbados Platter 985

caribbean chicken strips, grilled chicken wrappers, Jamaican chicken skewers, and lamb bongs accompanied with cilantro sour cream and harissa sauce

•Non Veg Mezze Platter 675

lamb kibbeh, shish tawook, lamb sambousek, hummus, moutabel, mohamra, cacik and homemade pita bread

•Go for Crispy 395

raw banana fritters, crispy lotus stem, jerked onion rings and french fries served with minty dip

gather the troops when hunger strikes attack attack attack bring out the forks and knives the platters cometh beyond yonder shines the plate attack attack attack the plattery is fair game

saladicious

•Soco Pepper Yoghurt Salad 245

apple, orange segments, bell peppers, roasted coconut shavings, celery, mint and lettuce dressed in a garlycy yoghurt dressing

•Caesar Salad Veg/Chicken 225/245

fresh crunchy iceberg lettuce, garlic croutons, parmesan shavings & a topping of mushroom or bacon

add on bacon 65

•Caribbean Salad veg/Chicken 225/245

fresh hand-cut pineapple, oranges, dried prunes, diced red bell peppers, chopped green onions, cilantro, sesame seeds and chicken with a honey-lime dressing

hic happy hic hours hic we are having hic many you come hic it for

full up

•Cuban Black Beans Chilli with Coco bread 325

a cuban staple of black beans spiced with ancho chile and cumin paste drizzled with cream cheese served with coco bread

•Mushroonoff 395

bouquet of mushrooms in tangy and spicy coconut cajun sauce accompanied with rice

•Trinity wrapped grilled cottage cheese 395

grilled cottage cheese sheets encasing a garlic, spinach and corn mix on a bed of rosti

•IndoCarib Beans, Broccoli, Bells & cheese curry 325

trumpet of vegetables in a madras curry, flavoured coconut gravy. served with rice

•Mixed Veggie Jambalaya 325

caribbean essence of rice, a meal by itself!

•Sambuca Cajun Grilled Basa 525

whole grilled fillet of basa served with a fajita of cheese and vegetables & a sambuca cajun sauce

•Fish 'n Chips 495

Jamaican Jerk Chicken 475 deboned and skinned chicken, marinated with jerk rub and served with garlic lemon mash and salad

•Rum Chica Rum Chicken 475

an age old tribal recipe - chicken aged in rum molasses, dark rum and whole sweet lime. grilled and served with rice and chika sauce

•Carib Chicken Curry 445

chicken chunks, minced chicken, fresh red chilli in fiery caribe curry served with steamed rice

•Pepper Lamb Curry 475

louisiana-style lamb curry served with rice

•Chicken and Chorizo Jambalaya 475

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raastapasta



Type
penne
fusilli
spaghetti

+ add chicken 45

Sauce
arrabiata 425
alfredo cheese 475
red & white 445

dessert

Sticky Toffee Pudding 245

Goey Cake 699

Cuban Flan 215