

STARTERS

Soup of the Day 6.50

A rich root vegetable plant base soup of the Chefs' choice.

Bajan Fish Cakes 12.50

Pickled onions, mango & lime salsa with pepper sauce mayo.

Jerk Bites (Chicken) 10.50

Scotch bonnet & garlic mayo **OR** fresh tomato salsa.

Plantain & Chickpea Bites 10.00

with spiced chimichurri.

Selection of Caribbean Wings 11.50

- Jerk wings
- Bajan Green Seasoning
- Shadow Beni, garlic & scotch bonnet

Choose ONE sauce of your choice from above. All wings come with pickled onions & sauce.

Please make your server aware of any allergies OR dietary requirements.

Please note a 12.5% service charge is added to your bill.

Mains are served with rice & peas, fried plantain, coleslaw & tossed salad.

Jerk King Prawns 25.00

Pineapple & scotch bonnet relish.

Bajan BBQ Chicken 20.00

Half Barbeque Chicken made with house made BBQ Sauce.

Curry Goat 21.00

Slow-cooked boneless curry goat.

Oxtail 22.00

Cooked to perfection & falling off the bone.

Brown Stew Chicken 20.00

Chef's special brown down chicken, nothing better.

Curry Chicken 20.00

Slow-cooked Caribbean curry chicken.

Flava Fish 21.00

Sea bass fish & prawns with a creole sauce and crispy onions.

Glazed Pork Ribs 28.50

Slow cooked in aromatics, finished with Chefs' sauce.



Jerk Mushrooms

18.50

Tomato ragu with rice & peas and salad.

PLATTERS (serves 2)

Meat Sharing Platter

55.00

Bajan BBQ chicken, Bajan seasoned wings, glazed pork ribs and oxtail stewed, chicken samosa, rice & peas, corn meal dumplings, fried plantain, salad & coleslaw with jerk sauce.

Curry Sharing Platter

38.00

Curry Goat, curry chicken and/or chickpea curry, roti skin, plain rice, fried plantain, tamarind sauce, pickle cucumber & mango chutney. (Selection of 2 curries.)

SIDES

Macaroni Pie	5.50	Coleslaw	4.00
Fried Plantain	4.00	Jerk Sauce	2.50
Sweet Potato Mash	4.50	Gravy	4.00
Rice & Peas	4.50		
Plain Rice	3.50		
Tossed Salad	4.00		
Corn meal Dumplings	4.50		



Glazed Slow Roasted Sweet Potato

16.50

with a coconut mixed bean stew made the real ital way, avocado salsa, herb oil, plantain & caribbean balsamic.

Fish Sharing Platter

70.00

Scotch bonnet grilled lobster, whole crispy fried fish, grilled king prawns with pineapple relish, bajan fish cakes & pickle onions, spring rolls, rice & peas, corn meal dumplings, fried plantain, salad & coleslaw with jerk sauce,

SPECIALS (Saturdays ONLY)

Cou-Cou & Steamed Fish

18.00

The national dish of Barbados.

Pudding & Souse

13.00

Pickled pork or chicken with steamed pudding.

DESSERTS

Kiss a Slice

6.00

Cake slice. Ask served cake of the day!

Just a Scoop

4.00

Option of vanilla, chocolate ice cream **OR** sorbet.

Sunday Roast

FLAVA PEPPER
AUTHENTIC CARIBBEAN CUISINE

Medley Feast

21.00

3hr slow cooked roasted sweet potato with coconut stew beans & Caribbean balsamic. served with rice & peas, roast potato, steamed veg, plantain & tomato salsa.

Roasted Catch

24.00

Seabass served with a Caribbean creole shrimp, rice & peas, roast potato, steamed veg, yorkshire pudding & plantain.

Jerk Roast Beef

23.50

British beef seasoned to perfection with chef's housemade jerk, marinated over 12 hours. Served with rice & peas, roast potato, steamed veg, yorkshire pudding & plantain.

BBL (Bajan BBQ Lamb)

24.50

Baked until tender & smothered in a sorrel BBQ sauce, cooked until well done. Served with rice & peas, roast potato, steamed veg, yorkshire pudding & plantain.

BBC (Bajan BBQ Chicken)

22.00

Served with our delicious house-made sauce, rice & peas, roast potato, steamed veg, yorkshire pudding & plantain.

Rib Roast

23.00

Succulent 4hr aromatic pork ribs based in our housemade sauce. Served with rice & peas, roast potato, steamed veg, yorkshire pudding & plantain.

Beef Cook Temp: Med Rare/Med/Med well/Well done

SIDES

Macaroni Pie

5.50

Fried Plantain

4.00

Spiced Potatoes

3.50

Bridgetown Yorkshire Pudding

3.50

Steamed Vegetables

3.50

Cole Slaw

4.00

Tossed Salad

4.00

Gravy

4.00

DESSERTS

Pudding & Spice

7.50

Traditional bread pudding **OR** a cake slice served with custard rum sauce **OR** icecream.

Scoop Delight

5.00

Vanilla, Raspberry **OR** Chocolate ice cream **OR** Lemon, Raspberry & Mango Sorbet.

Tropical Cheesecake

6.00

New York style cheesecake topped with an exotic fruit compote.

Please ask your server which Pudding is available.

menu

Please make your server aware of any allergies OR dietary requirements.



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