






# ISLAND SOUL RUM BAR & SOUL SHACK

## À LA CARTE MENU

### BREAKFAST








- ASSORTED MUFFINS
- ASSORTED PASTRIES & SCONES
- BAGEL (BUTTER, CREAM CHEESE, JAM)
- ISLAND POTATOES: SCRAMBLED EGGS + CHEESE, BELL PEPPER, POTATOES
- SEASONAL FRUIT PLATTER

### APPETIZERS









- JAMAICAN PATTIES  
→ **CHOICE:** BEEF, CHICKEN OR VEGGIES
- CALYPSO WINGS (SWEET MANGO)
-  • HABANERO WINGS
-  • JERK CHICKEN WINGS
-  • JERK CHICKEN SKEWERS
- SALMON CROQUETTES
- SWEET PLANTAINS

### SALADS



*DRESSED IN HOUSE-BALSAMIC VINAIGRETTE WITH EXTRA VIRGIN OLIVE OIL AND SPICES*

-   • ORGANIC SPRING MIX HOUSE SALAD
-  • ORGANIC SPRING MIX HOUSE SALAD WITH:  
→ **CHOICE:** JERK OR BBQ CHICKEN
-  • PRAWN SALAD
-  • CURRY POTATO SALAD
-   • JERK TOFU SALAD



### VEGETARIAN

-   • CURRY VEGETABLES & TOFU
- JAMAICAN RUNDOWN WITH:  
→ **CHOICE:** VEGETABLE MIX OR TOFU
-   • JERK VEGGIE LINGUINI
-   • TAMAL AZTECA (CONTAINS CHEESE)  
- **MINIMUM OF 20 ORDERS** -
-   • ISLAND BOWL: JERK DRIZZLED RICE, BLACK BEANS, PLANTAINS


























### SEAFOOD

- BAYOU GUMBO
-  • GRILLED SALMON
-  • JERK SALMON
- RED SNAPPER, ESCOVITCH
- CAJUN **OR** SEAFOOD JAMBALAYA
- SOUTHERN FRIED CATFISH









### MEATS

-  • BBQ BRISKET
-  • BBQ RIBS
-  • BBQ CHICKEN
- BROWN STEW CHICKEN
-  • CURRY CHICKEN
-  • CURRY GOAT
-  • CURRY LAMB
-  • GARLIC BUTTERED CHICKEN
-  • GARLIC STUFFED BEEF RIB ROAST
-  • GRILLED PORK CHOPS
-  • HERB ROAST LAMB
-   • JERK BRISKET
-   • JERK CHICKEN
-  • JERK PORK RIBS
- OLD FASHION MEATLOAF
- OXTAILS - **MINIMUM 20 ORDERS** -
-  • SLOW ROASTED PORK
- SOUTHERN FRIED CHICKEN
- SMOTHERED PORK CHOPS
-  • WHOLE ROASTED TURKEY (SEASONAL)

### SIDE DISHES

-   • BLACK EYED PEAS
-   • CABBAGE
-   • COLLARD GREENS
- CORNBREAD DRESSING
-   • CUBAN BLACK BEANS
-  • COCONUT CORN MUFFINS
-  • MAC N CHEESE
-   • MASHED YAMS
-  • PASTA SALAD
-   • RICE & PEAS
-   • ROASTED SEASONAL VEGETABLES
-   • GARLIC MASHED POTATOES
-   • SOUL SLAW
-   • SWEET PLANTAINS
-   • SUCCOTASH
-   • WHITE RICE

### DESSERTS

-  • COCONUT CAKE
-  • BREAD PUDDING
-  • LEMON POUND CAKE
-  • PEACH COBBLER
-  • RED VELVET CUPCAKE
-  • RUM POUND CAKE
-  • SWEET POTATO PIE
-  • RUM SWEET POTATO PIE



GLUTEN-FREE



VEGETERIAN



SPICY