

Grenfell Catering 19 Grenfell Cres Unit 9 Ottawa ON K2G 0G3 info@grenfellcatering.com 613-723-2215

## **CARIBBEAN MENU OPTIONS**

- CHICKEN SOUP & DUMPLINGS
- RED PEA SOUP & DUMPLINGS
- ISLAND SALAD

  GRILLED PINEAPPLE, MANGO, GRILLED RED ONION, FRIED PLAINTAINS, GREENS, CUCUMBER,

  TOMATO, FRESH THYME, OLIVE OIL. JERK CHICKEN BITES AVAILBLE FOR ADDED PROTEIN
  - SHRIMP & CREAMY CRAB SALAD CUCUMBER STRIPS, MANGO, CRISP LETTUCE
    - RICE & PEAS
    - FRIED OR BOILED DUMPLINGS
      - HOT CABBAGE & CARROTS
  - ISLAND CHOWMEIN NOODLES WITH VEGETABLES
    - FRIED PLANTAINS
    - BOILED BANANAS
    - SALT FISH FRITTER BALLS
      - WHITE STEAMED RICE
    - JERK CHICKEN THIGHS AND LEGS / OR WHITE
  - BBQ BASTED CHICKEN THIGHS AND LEGS / OR WHITE
    - STEWED CHICKEN THIGHS AND LEGS / OR WHITE
      - ACKEES & SALT FISH
      - OXTAIL OR CURRY GOAT
      - FRIED WHOLE RED SNAPPER
      - SWEET POTATO PUDDING SQUARES



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