



STARTERS

Soup of Now - Raw foods locally grown chilled avocado soup, citrus zest marinated chiffonade pumpkin, beets and carrot 4.75 **V**

Grilled Squid with Coconut Jelly and Mango Vinaigrette 6.00

Jerk Chicken Spring Rolls 6.00

West Indies platter to share 9.50

Choka lovers and sada roti 5.00 **V**

Saheena (yellow split pea and spinach fritter) with tamarind and cumin sauce 5.50 **V**

Poached Octopus served with avocado and a drizzle of lemon infused oil .6.50

MAINS

Whole parrot or doctor fish, steamed or grilled, served with lite cabbage slaw salad 15.00

Hand dive lobster tails enpapillote accompanied with heirloom pounded dashee, pumpkin bisque 18.50

Stew Black eyed beans, Callaloo, cou cou and spiced pumpkin 13.20 **V**

Jerk Corn fed Chicken rice and peas, sweet potato puree, salad and jerk sauce 15.00

Oxtail, Mac and Cheese, Fried plantain and Green salad. 15.95

Spiced island rub steak served on sweet potato chip, green beans 17.50

Black Rice, Slow roasted tomatoes, avocado, pomegranate, jerk tempeh and ackee 12.45**V**

Tamarind glaze bbq lamb ribs served with provision au gratin, green salad 15.10

Callaloo, tropical seasonal vegetables and Herb Cassava Pont neuf 12.00 **V**

Caribbean King Crab on a bed of clams cooked in Garlic, Thyme and parsley 14.00

ROTI

Curry goat Roti- succulent boneless pieces of goat meat cooked in our Caribbean curry and herbs 14.50

Curry Fish –Boneless pieces of responsibly sourced wild fish 13.25

Ital Roti – pumpkin and spinach bhaji 12.45 **V**

All served with chickpeas and curry potato and dhal puri roti .

SIDES

Fried plantain 3.75 **V**

Sweet potato chips 4.20 **V**

Callaloo 3.10 **V**

Green salad 2.80 **V**

Rice and Peas, 3.75 **V**

Roti 2.95 **V**

Green Salad 2.80 **V**

Macaroni & cheese 4.30

Naturally grown local produce supplied by Christopher Hart

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