

Starters

Soup of the day served ... £4.95

Salt Fish & Pumpkin Fritters with a spicy mango & ginger chutney ...**£4.95**

Char grilled Garlic & Herb Tiger Prawns with onion, salad and a warm red pepper & rum salsa ...**£5.50**

Pan Fried salted cod with Ackee, sauté peppers, served with a dumpling & sweet chilli sauce.... **£5.75**

Shredded Sweet Chilli Chicken served on a grilled pineapple with sautéed peppers and mango sauce...**£5.50**

Jerk Chicken & Spring Onion skewers, accompanied with cucumber noodles, a red peppers & avocado salsa...**£5.50**

Crispy Shredded Pork, on a bed of red onion & carrot slaw, served with a black been and pickled ginger...**£5.50**

Spicy Jerked Baby Back Pork Ribs served with shoestring onion rings and jerk sauce...**£4.95 (S)**

Roast Pumpkin & Chickpea Curry served with grilled dhalpuri roti bread ...**£5.50 (V)**

Black Eyed Beans and Yam Fritters served with a salad garnish and a cucumber & mint raita with a chilli jam ...**£4.95 (V)**

West Indian Meze (For two) Bajan Fish Fritters, Creole prawns, Jerked Chicken, Vegetable Tabbouleh and grilled roti served with chickpea & roast pumpkin curry....**£8.95**

(S) Denotes spicy dishes. (V) Denotes vegetarian.

Please note that a 12.5% service charge will be added to your bill

Main Courses: Fish Dishes

Mixed Jerk Fish Grill jerk marinated tilapia, parrot fish; red snapper and king prawns served with fried plantain and rice n peas...**£13.95 (S)**

Whole Butterfly Sea bass, stuffed with Callaloo & ginger, accompanied with sauté potatoes & onions and served with a paprika cream sauce...**£14.95**

Roast Fillet of Red Snapper on a fried yam and red onion Lyonnaise with Creole prawns and a light coconut curry sauce...**£14.50**

Trinidadian Seafood Curry with mixed pieces of snapper, mussels, king prawns and salmon in a light coconut curry with Caribbean root vegetables...**£13.95**

Pan fried fillet of Monkfish Tails, with a spinach, potato and black-eyed bean Sag Aloo, garnished with crispy bacon and served with a saffron sauce...**£13.95**

Meat Dishes

Jerked Spatchcock Baby Chicken slow roasted with pimienta and spices served with fried savoy cabbage, jerk sauce, served with rice n peas **£13.95 (S)**

Calypso Chicken tender pieces of chicken wok-fried, vegetables with chunks of pineapple and mango in a calypso sauce served with basmati rice. **£13.50**

Marinated Duck Breast, served with steamed callaloo & Cho-cho, plantain garnish with a Guyanese rum & coconut sauce. **£13.95**

Cajun Rubbed loin of Pork, on a bed of blackened tomato & butter bean stew, steamed bok-choi & a sweet chilli sauce. **£12.95**

Mixed Jerk Meat Grill cottons signature dish of jerked pork ribs, chicken pieces, lamb kofta, pork belly served with rice n peas and plantain **£13.50 (S)**

Jerk Venison Steak accompanied with sauté potatoes, spinach, and a wild mushroom & jerked sauce. **£15.95 (S)**

Seasoned Chump of Lamb roasted with Caribbean spices and served with a sweet potato & vanilla mash, sauté spinach and a plum & red wine sauce...**£13.95**

Braised Rump of Salted Beef, with honey & thyme roasted vegetables, yam mash and a red wine & tarragon sauce...**£12.95**

Cottons Beef Pepper Pot, slow cooked beef cooked in its own juices with Caribbean peppers & vegetables...**£12.95(S)**

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Vegetarian Dishes

Open Ravioli of Caribbean vegetables, with a red pepper & coconut sauce, covered with a light shaving of parmesan cheese. (V)

Cottons mixed Vegetable Platter of grilled vegetables, fried plantain, rice n peas and jerk sauce. (V)

Ital Roast Vegetable Curry with sweet potato & callaloo infused with palm oil and finished with coconut milk. Served with flat bread (V)

Caribbean Vegetable Metagee. A blend of Cho-cho, Sweet potato, Okra and Plantain roasted and served as a bake, with garlic cream. (V)

Side orders £3.95

Grilled Roti	Callaloo
Sweet potato mash	Rice n Peas
Mixed Salad	Basmati White rice
Pan-fried vegetables	Fried Plantain
Coleslaw	Dumplings

Glossary of our Caribbean Menu.

ACKEE [A-ki]

Ackee is a tree vegetable. It is referred to as a fruit that has to be cooked. To prepare, the golden flesh is washed, boiled in water or sautéed in oil before joining its accompaniments, salted codfish, tomatoes, onions, escallion and pepper for Jamaican national dish, Ackee and saltfish. When cooked, ackee resembles scrambled eggs and the taste is similar.

CALLALOO [Ca-la-lu]

A vegetable closely resembling spinach in appearance and flavour.

CHO-CHO

Also known as Christophine or chayote. It is usually boiled and served hot but blends well with sugar and spice for a pie filling. Cho-cho grows on a luxuriant vine, resembles a large pear and can be green or white in colour.

DHAL PURI ROTI

Dahl Puri Roti is an East Indian-style flatbread made from flour and stuffed with delicious seasoned lentils.

JERK

A highly-seasoned barbecue-peppered dish cooked on smoldering pimento wood over a small pit. Jerk is a part of Jamaican culinary tradition for centuries.

OKRA

Green okra pods are prized for the slippery texture they give to soups and stews.

PLANTAIN

A cousin of the banana that has to be cooked. Delicious when ripe, fried, baked or fried green, crushed and salted or made into plantain chips.

RICE & PEAS (Gungo Peas)

Gungo peas, which are also known as pigeon peas, are popular in West Indian cooking and are used fresh, dried or canned

YAMS

Yams are edible tubers and come in a wide variety of shapes and sizes, and have white or yellow flesh and a nutty flavour. Yams are cooked in the same way as potatoes.

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