



# MENU

## CARRIBEAN

HALAL | NON-HALAL

A Live Onsite Catering Company For Intimate Gatherings, Parties,  
Weddings, Corporate Events or Any Occasion

Meat&Grill Catering | 0793 1099 139 | @meatandgrill\_catering | info@meatgrill.co.uk

## **- -STARTERS - -**

### **JERK CHICKEN WINGS**

Marinated in a rich jerk sauce bursting with a perfect balance of spicy, smoky, and Savory notes

### **PORTLAND MINI JERK WRAPS**

Made with tender pieces of seasoned jerk chicken, fresh vegetables, and a touch of spicy sauce, these wraps are a true Caribbean-inspired cuisine.

### **CRISPY BUFFALO WINGS**

Jerk | Ranch | Mango Habanero | Jammin Jalapeno  
Scotch Bonnet Butter | BBQ | Lemon Pepper

Irresistible crunch of our crispy fried wings, a perfect blend of tender meat and a golden, crispy coating available in different mouthwatering flavours

### **FRY FISH**

Premium pieces of fish fillets. Marinated in a blend of Caribbean spices & deep fried to perfection. A crispy exterior and tender interior.

### **AUTHENTIC JAMAICAN PATTIES**

Made with a flaky pastry crust & filled with a flavourful blend of seasoned meat or veg. Choose the classic beef filling or opt for the spicy jerk chicken.

### **BUTTERFLIED JERK KING PRAWNS**

These succulent prawns are. Infused with the bold Flavors of jerk seasoning. Our prawns offer a tantalizing combination of smoky, spicy, and aromatic notes.

### **LOADED FRIES**

Crispy fries with a generous topping of melted cheese, tangy sour cream, & fresh green onions. Have your choice of Jerk Chicken, Pork or Beef topping.

## **--MAINS--**

### **JERK CHICKEN**

Tender chicken grilled to perfection, resulting in a smoky and charred exterior with juicy and succulent meat inside.

### **GOAT CURRY**

Insanely delicious slow-cooked. Chunky pieces of goat, slowly simmered in an aromatic blend of spices with the curry taking centre stage, until thick and creamy.

### **CURRY MUTTON**

An island favourite that needs no introduction; deep, rich and aromatic with a distinct curried taste, this is a true taste of the Caribbean!

### **JERK PORK BELLY**

Our slow-cooked pork belly will exceed your expectation. The scotch bonnet peppers and allspice smoked on tender and fatty pork is one of the best.

### **LOBSTER TAIL WITH BUTTERED SCOTCH SAUCE**

Indulge in the exquisite taste of our mouthwatering lobster tail, a true delicacy drizzled with buttered scotch sauce. Sourced from the finest waters, our lobster tail is succulent, tender, and full of rich flavour.

### **PEPPER STEAK [USDA]**

Yielding a Jamaican dish made with succulent sliced beef cooked with colourful bell pepper strips, seasoned with thyme, ginger and other Jamaican seasonings.

### **TRINI CHANNA & ALOO**

Chickpeas and potatoes simmered in a rich tomato-based curry. Our Chana Aloo will transport you to the vibrant streets of Trinidad with every Savory bite. Traditionally eaten with "buss up shot roti" (paratha); which is essentially used to scoop up the lovely beans and mop up the delicious curry sauce.

## **--SIDES--**

### **AUTHENTIC JAMAICAN RICE & PEAS**

Our Jamaican Rice and Peas recipe gets its woodsy and fruity flavour from allspice berries, thyme, and Scotch bonnet pepper

### **COCONUT RICE**

Made with fluffy fragrant jasmine rice cooked in creamy coconut milk and infused with subtle hints of coconut flavour and fresh spices.

### **CARIBBEAN STYLE CALYPSO RICE**

Our colourful Calypso Rice is made using fragrant Carolina Jasmine Rice. Loaded with flavour with red peppers, carrots etc all sautéed together.

### **OUR ULTIMATE BAKED MACCARONI & CHEESE**

Our baked mac and cheese is a family favourite recipe. Combination of cheeses, layered in the dish & melted into a rich and creamy cheese sauce.

### **FESTIVAL [SWEET DUMPLING]**

Crispy on the outside, soft and fluffy on the inside. Made with cornmeal, flour, sugar, salt, vanilla extract, and milk..

### **CREAMY POTATO MASH | SWEET POTATO MASH**

Creamy and fluffy mashed potatoes. Made from premium potatoes mixed with butter, milk, and seasoning for a classic taste.

### **HOMEMADE CREAMY COLESLAW**

Fresh crisp green & purple cabbage, carrots, red onions & a creamy dressing.

### **POTATO SALAD [BACON OPTIONAL]**

Fresh, locally sourced potatoes combined with a creamy mayo dressing. We feel the best potato salad is made by dousing hot potatoes with our unique dressing so they take in the flavour before tossing into our creamy dressing.

### **MIXED STEAMED VEGETABLE**

A selected assortment of fresh vegetables steamed to perfection tossed in butter and salt.

## **--DESSERTS--**

### **SPICED RUM CAKE**

Infused with the perfect blend of spices and a hint of rum, creating a truly irresistible dessert. Moist and tender perfect for any occasion.

### **DOUBLE CHOC RUM 'N' RAISIN CHEESECAKE**

A very chocolatey cheesecake, with dark Rum marinated chocolate raisins mixed into the chocolate filling. All set on our buttery biscuit base.

### **CARROT CAKE**

Our Freshly baked carrot cake, made with real carrots, warm spices, and a decadent cream cheese frosting. Our carrot cake is a labor of love.

### **PLANTATION RUM SOAKED GULAB JAMAN [ALCOHOL]**

Made with milk, flour & sugar, deep-fried until golden brown and then soaked in a sweet syrup flavoured with rose water, cardamom, saffron and infused with rum. Rich & decadent and sinfully delicious.

### **GULAB JAMAN**

Milky and sweet, these fritters consist of milk, flour, ghee, water, and ground cardamom. Fried until golden brown and glazed with a sweet syrup consisting of sugar, water, and ginger.

### **ICE CREAMS**

Delectable creamy ice cream, made with the finest ingredients.  
[RUM + RAISIN | COCONUT | VANILLA | CHOCOLATE | STRAWBERRY | CHOCOLATE CHIP]

### **EXOTIC CUT FRESH FRUITS**

Selection of fresh seasonal fruits, expertly cut and presented.

**THANK YOU**  
**NAMASTE**  
**DHANYAVAAD**  
धन्यवाद



WE PROMISE TO DELIVER AN UNFORGETTABLE EXPERIENCE THAT  
WILL LEAVE A LASTING IMPRESSION ON YOU AND YOUR GUESTS

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