

Chapel Street, Speightstown,  
St. Peter  
Barbados  
West Indies  
+246 252 7793



[www.islandplatesbb.com](http://www.islandplatesbb.com)

**ALL PRICES ARE IN \$USDS**

Menu Item	Price USDs
<b>Roasted Butternut Squash Soup</b> Rich, creamy and very filling with a touch of coconut milk. This soup is suitable for vegans.	\$ 9.50
<b>Carrot and Chickpea Hummus</b> Carrots roasted in olive oil and aromatic spices and blended with chickpeas, fresh lime juice and garlic. This dish contains sesame seeds and is suitable for vegans	\$ 8.00
<b>Smoked Sardine Pate</b> served with sourdough slices	\$ 12.50
<b>Chicken Liver Pate; served with toast</b>	\$ 10.00
<b>Island Fish Cakes (to share)</b> A long time favourite of ours! salt fish and sweet potato balls (with GF flour) served with a side salad and our own spicy mayo dip. These are Legend! This product is free from gluten.	\$ 14.00
<b>Pork &amp; Cabbage Pancake (to share)</b> Japanese-style pancake containing cabbage, carrots, bell peppers, pork belly and fresh herbs. It is topped with a barbecue mayo ; served with a side salad. This meal contains eggs, fish and soy. It is free from gluten.	\$ 17.00
<b>Breadfruit Crisps with avocado dip ( to share)</b> 2 local delicacies in one dish ; thin , crisp breadfruit chips with a crushed avocado dip. Available when local avocados are in season. Contains corn.	\$ 12.00
<b>Beef Koftas</b> 4 curried meatballs served in a tomato sauce , topped with yogurt	\$ 18.00
<b>Rice &amp; Saltfish Balls</b> 3 curried rice balls stuffed with spicy saltfish and fired until crispy; served with a side salad and a horseradish mayo	\$ 14.00

We also cater picnics @Hunte's Gardens, catered meals for family/friends' gatherings & small corporate functions.

Check out our website [www.islandplatesbb.com](http://www.islandplatesbb.com)

**Please alert us to any allergies/food intolerances**

Chapel Street, Speightstown,  
St. Peter  
Barbados  
West Indies  
+246 252 7793



[www.islandplatesbb.com](http://www.islandplatesbb.com)

**ALL PRICES ARE IN \$USDS**

## WRAPS/SALADS

Menu Item	Price USDs
<b>Ultimate Fish Wrap</b> crispy chunks of local fish fried in a light batter, spicy mayo, cabbage slaw, parmesan cheese and eggs. Served with a side of salad	\$ 19.00
<b>Island Goodness</b> Chicken chunks with sweet potatoes, bell peppers wrapped in tortilla, with salad	\$ 18.00
<b>Large Salad ( serves 2)</b> Oakleaf lettuce, tomatoes, cucumbers and other greens. Served with a homemade vinaigrette. A perfect side for lasagne or any of our main courses	\$ 20.00
<b>Island Frittata (serves 4)</b> Sweet Potato as the base, tomato salsa, assorted vegetables and fresh herbs. Nicely topped with just the right amount of mozzarella.	\$ 26.00
<b>Creamy Mac Pie Pots (serves 2)</b> Goopy elbows baked on our cheese sauce and topped with crispy breadcrumbs \$32	
<b>Chicken Banapple Wrap</b> curried chicken breast with our banana chutney and slices of apple all wrapped in a soft, wrap. A small side salad is served with this meal. This is one of our signature meals!	\$ 17.00

We also cater picnics @Hunte's Gardens, catered meals for family/friends' gatherings & small corporate functions.

Check out our website [www.islandplatesbb.com](http://www.islandplatesbb.com)

**Please alert us to any allergies/food intolerances**

Chapel Street, Speightstown,  
St. Peter  
Barbados  
West Indies  
+246 252 7793



[www.islandplatesbb.com](http://www.islandplatesbb.com)

**ALL PRICES ARE IN \$USDS**

Menu Item	Price USDs
<b>Cottage Pie</b> Minced beef simmered in tomato sauce with carrots and peas; topped with mash & cheese!	\$ 20.00
<b>Fish Pie</b> Local fish cooked in cream sauce, herbs and layered with vegetables, cheese and potato mash!	\$ 22.50
<b>Peanut Butter Chicken</b> Chicken chunks cooked in our own spice rub and simmered in a tomato, coconut and peanut butter sauce. ; served with a side of rice	\$ 23.00
<b>Vegetable Lasagne</b> pasta layered with beets, spinach, zucchini, tomatoes, and broccoli mixed with goat's cheese, mozzarella and pine nuts	\$ 22.50
<b>Beef Lasagne</b> Layers of tomato sauce, 3 cheeses and 100% beef. In 2 words - A Triumph	
<b>Roasted Butternut Squash Meal</b> Thinly sliced butternut squash topped with onions, ginger, pistachios and cranberries. Served on a bed of rice with pumpkin seed oil. All dressed with an orange tahini sauce. (vegan, gluten free available, contains pistachio nuts, contains sesame seeds)	\$ 25.00
<b>SMALLER BITES (single portions)</b>	
<b>Battered Fish &amp; Chips</b> Local fish battered and served with a side of coleslaw	\$ 22.50
<b>Pork Stew with dumplings</b> One portion	\$ 16.50
<b>Cheese &amp; Chutney sandwiches and Chips with salad</b> Triple decker cheese and chutney sandwiches with chips & salad	\$ 15.00
<b>Egg Salad Sandwiches with chips &amp; salad</b> Triple decker egg salad sandwiches with chips & salad	\$ 17.00
<b>Ham, Cheese &amp; Tomato Omelette</b> Served with chips & salad	\$ 17.00

We also cater picnics @Hunte's Gardens, catered meals for family/friends' gatherings & small corporate functions.

Check out our website [www.islandplatesbb.com](http://www.islandplatesbb.com)

**Please alert us to any allergies/food intolerances**

Chapel Street, Speightstown,  
St. Peter  
Barbados  
West Indies  
+246 252 7793



[www.islandplatesbb.com](http://www.islandplatesbb.com)

**ALL PRICES ARE IN \$USDS**

Menu Item	Price USDs
<b>Curried Goat</b> Our aromatic curried goat in a tomato and coconut stew. This is a spicy one!	\$ 28.00
<b>Curried Chicken</b> succulent curried chicken cooked in a tomato base with chickpeas and pumpkin	\$ 22.00
<b>Curried Beef</b> Tender chunks of beef simmered in our Island Curry sauce. It is served with a side of yogurt .	\$ 28.00
<b>Curried Pork</b> Local pork simmered in a coconut, curry sauce.	\$ 23.00
<b>Curried Fish</b> Local fish simmered in a coconut, curry sauce with vegetables	\$ 25.50
<b>Island Curries – Side Dishes</b>	
<b>Chickpea and Tomato Curry</b> A creamy, aromatic side is perfect for a curry night in! Bold flavours with a little kick of spiciness. This meal is suitable for vegans. .	\$ 13.00
<b>Eggplant, Black eyed Peas and Tomato Curry</b> This chunky, aromatic side is perfect for a curry night in! Bold flavours yet mild in spiciness. This meal is suitable for vegans.	\$ 13.00
<b>Island Beef Koftas ( serves 2)</b> aromatic, soft and delicious, these beef meatballs are simmered in a tomato curry sauce and topped with yogurt. This meal is a side and is delicious on its own or with paratha.	\$ 18.00
<b>Island Cauliflower Koftas (serves 2)</b> These baked delights are served with an aromatic, tomato, red lentils and coconut sauce.	\$ 18.00
<b>Roti</b> Two flaky, delicious rotis. Perfect side to any curry or the peanut butter chicken	\$ 6
<b>Coconut Roti</b> Two flaky, delicious rotis ; stuffed with desiccated coconut; served with yogurt	\$ 7.00
<b>Jasmine Rice</b>	\$ 5.00
<b>Coconut &amp; Raisin Jasmine Rice</b>	\$ 6.50

We also cater picnics @Hunte's Gardens, catered meals for family/friends' gatherings & small corporate functions.

Check out our website [www.islandplatesbb.com](http://www.islandplatesbb.com)

**Please alert us to any allergies/food intolerances**

Chapel Street, Speightstown,  
St. Peter  
Barbados  
West Indies  
+246 252 7793



[www.islandplatesbb.com](http://www.islandplatesbb.com)

**ALL PRICES ARE IN \$USDS**

## Dessert

Menu Item	Price USDs
<b>Chocolate &amp; Banana Cake (serves 8)</b> Belgian Dark chocolate meets Island Bananas to produce a dark, moist, and delicious cake. It goes beautifully with Earl Grey /Rooibos/Lemon tea	\$ 26.00
<b>The Ultimate Loaf (serves 7)</b> This moist loaf is packed with dates, walnuts & coffee and it is delicious. The glaze is just the icing on the top!	\$ 26.00
<b>Chocolate Brownies (4)</b> Rich, chocolatey brownies! (whip cream not included)	\$ 15.00
<b>GF Vanilla Doughnuts (box 10 minis)</b> served with a pot of preserves OR salted caramel sauce. (GF) They are ideal at brunch or a sweet ending to dinner with a glass of sweet, dry white wine. ( GF, contains eggs, contains dairy)	\$ 19.00
<b>Mini Bancoffee Loaves (4 loaves)</b> The tiny cousins of the original Bancoffee Loaves - who knew? Mini banana loaves, infused with coffee and topped with sliced almonds.	\$ 15.00
<b>Decadent Rum Balls (5)</b> This recipe has been handed down to the sisters (Marie & Pat) by their mum. The cakes are made primarily of dried fruit (which has blended and aged in rum) and slowly baked for over 2 hrs. Final steps include rolling the balls in toasted coconut flakes. Produced in small batches, these treats are legend; smooth, moist and decadent.	\$ 22.50
<b>Island Scones (GF) (box of 4)</b> Made in small batches by Marie's own hands. The scones are available in cranberry, plain or ginger& citrus flavours. They are sold in boxes of 4.	\$ 15.00
<b>Island Scones (box of 4)</b> Made in small batches by Marie's own hands. The scones are available in cranberry, plain or ginger& citrus flavours. They are sold in boxes of 4.	\$ 12.50
<b>Pumpkin &amp; Walnut Loaf (GF, serves 6)</b> Warm spices, walnuts and pumpkin makes this loaf a perfect companion for tea or coffee anytime of the day. Serves 6.	\$ 27.00

We also cater picnics @Hunte's Gardens, catered meals for family/friends' gatherings & small corporate functions.

Check out our website [www.islandplatesbb.com](http://www.islandplatesbb.com)

**Please alert us to any allergies/food intolerances**