



BAKES

All fillings are encased in a large golden brown West Indian Bake!

Licky Chicky Jerk £9
Spicy jerked chicken thighs with a fruity mango chutney sauce and freshly cut salad.

Mean Shark n Bake £9
Succulent shark fried in a crispy coating with a herb infused aioli sauce and freshly cut salad.

Pully Pulled Beef £10
48hr marinated and slow cooked pulled beef on top of freshly cut rocket and our delicious house tamarind sauce.

Salt Fishy Buljol £8
Salt fish mixed with freshly cut sweet veg and homemade avocado salsa, garnished with dressed rocket and aioli sauce.

Chiccy Pea Mushroom (V) £8
A roasted portobello mushroom spiced "da West way" on top of a delicious chickpea patty and our own esco-salsa Sauce

Sweet Potato Salcado (V) £8
Jerk spiced sweet potato steaks, laying on a bed of home made avocado salsa, topped with a dressed rocket & our own herb infused aioli sauce.

Curryman Lamb £10
48 hour cooked; tender curry lamb shanks w papaya chow

WEST RICE TINGZ

Licky Chicky Jerk Thighs In Own Gravy £12
• Seasoned Basmati w/ Black Beans
• Plaintain Bites
• 1/2 Bake
• West Way Salad/ West Slaw

Pully Beef In Own Gravy £13.5
• Seasoned Basmati
• Plaintain Bites
• 1/2 Bake
• West Way Salad/ West Slaw

+£3 For Extra Meat/Roast Veg

Curryman Lamb In Own Gravy £13.5
• Seasoned Basmati w/ Black Beans
• Plaintain Bites
• 1/2 Bake
• West Way Salad/ West Slaw

Roast Veg & Sweet Pea In Callaloo & Pumpkin Sauce £12
• Seasoned Basmati
• Plaintain Bites
• 1/2 Bake
• West Way Salad/ West Slaw

+£2 For Salcado Mix

MORE LIFE MORE WINGZ

8 Maple West Wings n' Bakes £9

8 BBQ Glazed West Wings n' Bakes £8.5

8 Island Pepper West Wings n' Bakes £9

VEGAN TINGZ

Chiccy Pea Mushroom (V) £8
A roasted portobello mushroom spiced "da West way" on top of a delicious chickpea patty and our own esco-salsa sauce

Sweet Potato Salcado (V) £8
Jerk spiced sweet potato steaks, laying on a bed of homemade avocado salsa, topped with a dressed rocket & our own herb infused aioli sauce.

SIDE TING SOCIETY

Any Tree Sides Fi £11

Any Four Sides Fi £15

SIDE TINGZ

Plantain Strips £4.5
Mac n Chez £4.5
West Way Salad £4
West Fries £4
Corn Spechal £4
West Wings £4.5
Candied Yams £4.5

SAUCES

Esco Salsa £1.5
Mango £1
Pepper £1.5
Herb Infused Aioli £1
Maple Gravy £2
Spicy BBQ Glaze £1



LUNCH TIME

MENU

Licky Chicky Jerk Bake w West Fries	£10
Pully Beef Bake w West Fries	£10
Chiccy Pea Mushroom w West Fries	£10
Sweet Potato Salcado Bake w West Fries	£10
Exchange West Fries Fi Plantain Stripy Dips	+£1.5

WEST RICE

LUNCH BOXES

12pm - 4pm Monday-Friday

Licky Chicky Jerk Thighs In Own Gravy	£9
<ul style="list-style-type: none">Seasoned Basmati Rice w/ Black BeansPlantain Bites	<ul style="list-style-type: none">1/2 BakeWest Way Salad / West Slaw
Pully Beef In Own Gravy	£10
<ul style="list-style-type: none">Seasoned BasmatiPlantain Bites	<ul style="list-style-type: none">1/2 BakeWest Way Salad / West Slaw
Curryman Lamb In Own Gravy	£10
<ul style="list-style-type: none">Seasoned Basmati Rice w/ Black BeansPlantain Bites	<ul style="list-style-type: none">1/2 BakeWest Way Salad / West Slaw
Roast Veg & Sweet Pea In Callaloo & Pumpkin Sauce	£9
<ul style="list-style-type: none">Seasoned BasmatiPlantain Bites	<ul style="list-style-type: none">1/2 BakeWest Way Salad / West Slaw



DRINKS MENU

ALCOHOLIC COCKTAILS £9.50

Rum Punch
Painkiller Slushy
JP's Rum Ting
West Indian Rain
Swimming Gin Ting
Spice Isle

NON-ALCOHOLIC COCKTAILS £6

Small Island
Barley Water, Citrus, Orgeat (n)
Mighty Sparrow
Passionfruit, Sorrel, Mint
West Indian Delight

SOFT BEVERAGES

Ting	£2
Ginger Beer	£2
Coke	£2
Diet Coke	£2
Orange Juice	£3.5
Pineapple Juice	£3.5
Guava Juice	£3.5

BEERS

Carib	£4.5
Red Stripe	£4.5
Shandy	£4
Guinness Punch	£4

HOT BEVERAGES

JP's Hot Coco	£5
---------------	----

WINE

White
Macabeo 6 & 24

Red
Temperanillo 6 & 24

Rosé
Temperanillo 6 & 24

Bubbles
Black 9 Prosecco 6 & 24