

DINNER MENU



"GOOD FOOD MEK BELLY BUS"

Please disclose all food allergies. A variety of spices and herbs are used in the preparation of our dishes.



APPETIZERS

- Jerk Wings (Grilled)** Drums or flats marinated in jerk seasoning and grilled to perfection
5/10/20/30 **\$8.99/15.99/28.99/38.99**
- Flavaz Fried Wings (Tossed in jerk sauce)**
10/20/30 Drums or flats. Tossed in house made jerk sauce. **15.99/28.99/38.99**
- Jerk Shrimp Skewer (6)** 3 per skewer. Shrimps marinated in jerk seasoning. Skewers have pineapple chunks, red and green bell peppers. **\$12.99**
- Patties (Beef, Chicken & Spinach)** Made like a turnover with various fillings baked in a flaky crust. You can purchase beef (spicy or mild), curry chicken or spinach. **\$3.00**
- Coco bread** Yeast bread that is slightly sweet, soft and buttery. It is often split in half and stuffed with a Jamaican patty to form a sandwich. **\$3.00**
- Soup (Saturdays only)** Red peas/bits of oxtails, boneless beef and ground provisions **\$12.95 (32 oz)**



ENTREES

(Served with Rice & Peas OR White rice, OR mac & cheese, OR garlic mashed potato)

Steamed veggies (shredded cabbage with julienne carrots steamed with butter) and fried plantains are included in all entrees.

- Oxtails** Stewed with herbs, a combination of our blended spices, carrots and butter beans. Large or small sizes available. Servings vary and depends on the size and cut of the oxtails. **\$28.00**
- Curry Goat** Chunks of goat prepared with Jamaican curry powder and fresh herbs and spices. **\$22.00**
- Jerk Pork** Pork shoulder prep and marinated in our house made jerk seasoning that includes allspice and scotch bonnet peppers. Served in chunks. **\$14.99**
- Stew Peas** Small pieces of oxtails stewed with red kidney beans in a well flavored gravy. **\$17.99**
- Jerk Chicken** Quarters of chicken marinated in our homemade jerk sauce and then grilled to perfection. Available in white or dark meat. **(White meat only Add \$1)** **\$13.99**
- Curry Chicken (Dark meat only)** Chunks of bone-in skinless chicken cooked in delicious Jamaican spiced curry with carrots and potatoes. **\$14.99**
- Brown Stewed Chicken (Dark meat only)** Chunks of bone in skinless chicken marinated in herbs and spices then lightly fried and stewed with carrots and russet potatoes to make a rich tasty gravy. **\$13.99**
- Fried Chicken (Cooked to order) (White meat only Add \$1)** **\$13.99**
- Taste of Flavaz** (A combination of our savory oxtails and delectable curried goat) **\$34.99**
- Flavaz Chicken Trio** (Combination of jerk chicken, curried chicken and brown stewed chicken) **\$24.99**



VEGETARIAN SELECTIONS

- Ackee & Ting (Cook to order)** **\$17.99**
(Sautéed ackee, mushrooms, green beans, onions, baby tomatoes in coconut oil)
- Potato Stew (Cook to order)** **\$15.99**
(A combination of Russet potatoes, sweet potatoes, butter beans, carrots simmered in well-seasoned coconut milk sauce)

SEAFOOD ENTREES

(Served with Rice & Peas OR White rice, OR mac & cheese, OR garlic mashed potato)

Steamed veggies (shredded cabbage with julienne carrots steamed with butter) and fried plantains are included in all entrees.

- Whole Snapper Meal** (Fried/steamed/brown stewed/escoveitch & curry) **(Market price)**
- Escoveitch** - Fried and topped with pickled carrots, onions and scotch bonnet pepper. **(Market price)**
- Brown Stew** - Fried and simmered in a savory brown sauce with herbs and vegetables. **(Market price)**
- Fried** - Whole fish fried **(Market price)**
- Curry Fish** - Fish simmered in well-seasoned coconut curry sauce with herbs, spices and vegetables. **(Market price)**
- Swai Meal** (white fish fillet) Fried or escoveitch **(Market price)**
- Whole Fish only** (Fried/steamed/brown stewed/escoveitch & curry) **(Market price)**
- Curry Shrimp Meal** Shrimps simmered in well-seasoned coconut curry sauce with herbs and vegetables. **\$18.99**
- House special** Snapper fillet 8-10oz (whichever is available) seared and simmered in well-seasoned cream sauce. **\$28.00**



PASTAS

Jerk Chicken Pasta (Cooked to order)

A combination of boneless jerk chicken breast, penne pasta, mushrooms and other vegetables cooked up in our house made cream sauce.

\$14.99

Shrimp pasta (Cooked to order) (Curry or jerk)

Shrimps, penne pasta, mushrooms and other vegetables cooked up in our house made cream sauce.

\$16.99

Vegan/Vegetarian pasta (Cooked to order)

(penne pasta, sweet peas, sweet corn, mushrooms, onions, bell peppers cooked up lightly seasoned coconut milk sauce)

\$14.99

SALADS

(Salad dressings: Ranch, Ceasar, or Golden Italian dressing)

Juicy Jerk Chicken Salad

\$9.99

House Salad

\$5.00

Juicy Jerk Pork Salad

\$9.99

SANDWICHES

Naan flatbread is used for our sandwiches. All sandwiches contain mayo, our house made jerk sauce, lettuce and tomato.

Fish Sandwich Flatbread

\$8.99

Fish Flatbread with fries

\$11.99

Jerk Chicken Flatbread

\$8.99

Jerk Chicken Flatbread with fries

\$11.99

SIDES

Curry Goat Only

\$15.99

Jerk Pork Only (1lb)

\$10.99

Fish & Fries 8-10 oz of lightly seasoned swai fillet.

\$10.99

Curry Chicken Only

\$10.99

Brown Stew Chicken Only

\$10.99

Jerk Chicken Only (White meat only Add \$1)

\$10.99

Fried Chicken Only (White meat only Add \$1)

\$10.99

Fried Dumplings (4) Portions of fried flour dough.

\$3.00

Fried Plantains (Ripe) 5 pcs

\$2.75

Rice and Peas

\$5.00

Fries

\$3.00

White Rice

\$3.50

Fried Bammy (3) Type of flatbread made from Casava aka yuca. Rehydrated, fried and served.

\$5.00

Festival (3) Flour, cornmeal, spices, vanilla knead into a dough and fried to order.

\$4.00

Steam Veggies

\$5.00

Garlic Mashed Potatoes Boiled russet potatoes mashed with chopped garlic, seasonings and dairy products.

\$6.50

Mac & Cheese

\$5.00

DESSERTS

Bread pudding Jamaican hard dough bread, Jamaican rum, island spices, butter, sugar, eggs

\$6.25

Sweet Potato Pudding Island sweet potato (boniato), island spices, sugar and coconut milk

\$6.25

Cornmeal pudding Cornmeal, mixes spices, coconut milk and brown sugar

\$5.00

DRINKS

Signature Punch (Mango, pineapple & ginger or Guava, pineapple & Orange or Sorrel)

\$5.00

Sorrel petals aka Florida cranberry boiled with ginger root and sweetened to taste.

Jamaican Sodas

\$2.70

Can Soda

\$1.00

Ting

\$2.89

Tru-juice Products

\$3.99

Homemade Sorrel w/ginger - 16oz.

\$5.00

Lemonade

\$1.99

Ginger Beer

\$2.89

CONDIMENTS

Extra gravy

\$1.00

Extra Jerk sauce

\$1.50

Extra salad dressing

\$1.00



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