

Allegens

Vegetarian

Ramsays Island Power Peas Stew

- **Wheat / Gluten**
- **Milk**
- **Sesame**

Meal Deals for One – Halal Certified

Jollof Rice with Jamaican Chicken

- **Fish**
- **Celery**
- **Soybeans**
- **Sulphites**

Oxtail with Rice & Peas

- **Soybeans**
- **Celery**
- **Sulphites**

Jollof Rice & Jamaican Curry Mutton

- **Soybeans**
- **Celery**
- **Sulphites**
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Jerk Boneless BBQ Chicken Thighs

- **Soybeans**
- **Sulphites**

Garlic & Spicy Fried Prawns

- Crustaceans
- Wheat / Gluten
- Eggs
- Soybeans

Curry Mutton with Rice & Peas

- Soybeans
- Celery
- Sulphites

Rice & Peas and Chicken

- Soybeans
- Celery
- Sulphites

Coconut & Garlic Prawns

- Crustaceans
- Wheat / Gluten
- Eggs

Wings – Halal Certified

Plum Glazed Jerk BBQ Wings

- Soybeans
- Sulphites

Blueberry Bonnet Blaze Wings

- Soybeans
- Sulphites

Pineapple Jerk Glaze Wings

- Soybeans
- Sulphites

Maple Blaze Wings

- Soybeans

Portions – Meat Portions Only

Jamaican Oxtails

- Soybeans
- Celery
- Sulphites

Jerk Boneless BBQ Chicken Thighs

- Soybeans
- Sulphites

Jamaican Jerk Chicken

- Soybeans
- Sulphites

Jamaican Curry Mutton

- Wheat
- Soybeans
- Nuts
- Celery
- Sulphites

Jamaican Cow Foot

- Soybeans
- Celery

Fish Meal

Jamaican Escovitch Fish

- Fish
- Wheat / Gluten
- Sulphites

Rice & Sides

Jollof Rice

- Fish
- Celery
- Soybeans

Jamaican Rice & Peas

- Celery

Jerk Sauce

- Soybeans
- Sulphites

Jamaican Patties

Beef Patty

- Wheat / Gluten
- Milk
- Soybeans

Jerk Chicken Patty

- **Wheat / Gluten**
- **Milk**

Saltfish Patty

- **Wheat / Gluten**
- **Milk**
- **Fish**

Lamb Patty

- **Wheat / Gluten**
- **Milk**

Vegetable Patty

- **Wheat / Gluten**
- **Milk**

Drinks

Supermalt

gluten from barley