

CARIB BAYOU

MENU

STARTERS

POTAGE DE CARIBBEAN £7.50 Caribbean pepper soup with dumplings, diced fillet of beef and Caribbean vegetables.

AVOCAT CREOLE £5.95 Diced avocado mixed with prawns, ginger, pineapple, and peppers served in the shell.

COQUILLES CREOLE STYLE £8.95 King scallops sautéed in hot butter with stem ginger and spring onions flamed with rum and a light honey sauce.

MOULES CALVADOS £6.95 Mussels cooked in apple brandy, shallots, garlic and cream.

MAIN COURSES

POISSON ROUGE CREOLE £15.95 Caribbean red fish marinated in herbs, with a spicy tomato sauce.

ECREVISSE BEURRE £17.95 Crayfish tails tossed in butter served with lemon.

LEGUME SAUTÉ CAJUN STYLE £12.95 Crispy seasonal vegetables seasoned with Cajun spices, tossed in vegetable oil, finished with a spicy sauce.

JERK FILET DE PORC AU CARIB £15.95 Tender pork fillet marinated in Jerk spices, sautéed in hot butter, served with a spicy sauce.

POULET SAUTÉ CREOLE £14.95 Tender joints of chicken marinated in Creole spices, sautéed in brown sugar, finish in a Creole sauce.

FILET DE BOEUF £25.95 Tenderloin of beef seasoned with Creole spices, sautéed olive oil, garnished with Prawns cooked in green peppercorns garlic butter and lemon juice.

FILET DE BOEUF DIANE £19.95 Tenderloin of beef sautéed in olive Garnished sliced mushrooms, with Madeira, brandy & cream oil.

FILET DE BOEUF AU POIVRE £19.95 Fillet of beef sautéed in olive oil, seasoned with pepper corns finished with brandy and cream.

DESSERTS

CREPES AU BANAN £6.95 St.Lucian bananas, tossed in Demerara sugar, flambéed with St Lucian rum. Then wrapped in pancakes, served with a banana toffee sauce.

ST. LUCIAN BANANA SPECIAL £5.95 St.Lucian bananas, tossed in Demerara sugar, flambéed with St Lucian rum, served with a banana toffee sauce.

BANANA AND GINGER CAKE £5.95 Home-made banana and ginger cake, made with fresh ginger, and served with crème Anglaise sauce.

PINEAPPLE FRITTERS £5.95 Pineapple rings dipped in sweet batter, then fried, served with coconut and pineapple ice cream.