

Other Meat

- 24 **Curry Goat (G)** £9.25
Tender pieces of goat mutton, marinated in a curry and ginger seasoning
NB – cooked and served on the bone
- 25 **Oxtail (G)** £9.25
Seasoned oxtail, cooked in a beautiful gravy, with butter beans.
NB – contains no bones

Vegetarian (V) (G)

- 26 **Ackee and Mushrooms** £9.25
if not served with Johnny Cake
- 27 **Jerk Tofu with Stir Fried Vegetables** £8.25
Tofu, marinated in the world famous Jamaican jerk sauce.
- 28 **Curried Chana (Chick Peas) and Callaloo** £6.95
Chick Peas and Callaloo cooked in a spicy curry sauce. This is a very popular vegetarian dish, from East India.
- 29 **Vegetable Rundown** £8.25
Fried mixed vegetables, cooked with vinegar, coconut milk and spices.
- 30 **Escoveitched Aubergine** £7.95
Aubergine, seasoned and lightly fried. Served in a sauce of hot tasty pickle.

Please note that we do our best to purchase foods that are GM free and do not contain MSG. However, we cannot guarantee that they fulfil this criteria.

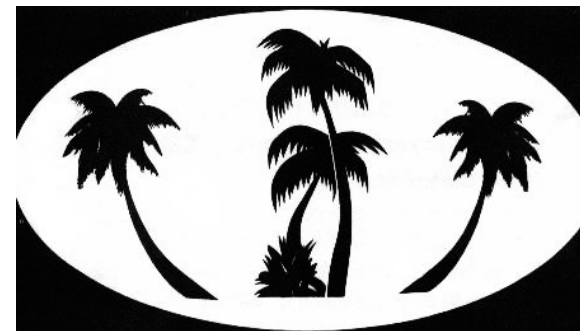
(V) = Suitable for vegetarians
(G) = Gluten free

Side Dishes (V)

- 31 **Plain Boiled Rice (G)** £2.00
- 32 **Rice and Peas (G)** £2.60
Rice and red kidney beans, cooked with coconut cream, thyme, ginger and scallion.
- 33 **Bammy (G)** £2.60
Round dense flat 'bread' made from Cassava
- 34 **White Yam (G)** £2.60
An African tuber.
- 35 **Sweet Potato (G)** £2.60
- 36 **Green Banana (G)** £2.60
Green banana, skinned and boiled
- 37 **Seasoned, Steamed Cabbage (G)** £2.00
- 38 **Seasoned, Steamed Carrots (G)** £2.00
- 39 **Plantain (G)**
A cousin of the banana, that has to be cooked
Baked : £2.50
Fried : £3.00
- 40 **Dumpling**
Boiled : £2.50
Fried (Johnny Cakes) : £3.00
- 41 **Festival (G)** £2.95
A slightly sweet, fried dumpling made with cornmeal.
- 42 **Paratha (G)** £3.25
A popular flat bread, brought to the Caribbean by the East Indians, best eaten with fingers.
- 43 **Homemade Coleslaw (G)** £2.60
Traditional creamy homemade coleslaw.

A non-refundable deposit of £5 per person is required for parties of 10 or more.

A service charge of 10% will be added to bookings for 10 tables or more.



Plantation

Caribbean Restaurant

Fully Licensed
Non-Smoking Restaurant
Disabled Access

Menu

221 – 223 Cheltenham Road
Cotham, Bristol BS6 5QP

Tel : 0117 907 7932
Home Delivery via
ringbring 0871 597 1597

www.plantationrestaurant.biz

OPENING TIMES

Sunday	4.00pm – 9.00pm
Monday	CLOSED
Tuesday to Thursday	6.00pm – 11.00pm
Friday to Saturday	6.00pm – 11.30pm

10% Discount on takeaway orders

Starters

1. **Ackee and Saltfish (G)** £4.95
if not served with Johnny Cake (fried dumplings)
This is Jamaica's national dish. Ackee is an egg shaped fruit. When cooked it looks like scrambled egg. We import from the Caribbean to bring you that authentic taste.
2. **Ackee and Mushroom (V) (G)** £4.75
if not served with Johnny Cake (fried dumplings)
Fresh mushrooms sautéed with ackee.
3. **Saltfish Fritters – Stamp and Go** £4.15
Salted cod, mixed with Jamaican seasoning in a light sauce, then fried. Served with a sweet chilli sauce.
4. **Callaloo Fritters (V)** £4.15
Callaloo is a vegetable, similar to spinach in both appearance and taste. Mixed with Jamaican seasoning in a light batter, then fried. Served with a sweet chilli sauce.
5. **Peppered King Prawns (G)** £4.95
King prawns served in a hot spicy Sauce.
6. **BBQ Spare Ribs (G)** £4.85
Pork spare ribs, marinated in Caribbean spices then grilled in a delicious BBQ sauce
7. **Cocktail Patties Lamb or Vegetable (V)** £3.25
A delicious crescent-shaped pastry, filled with seasoned lamb or vegetables. Served with a sweet chilli sauce.
8. **Aloo (Potato) Balls (V) (G)** £3.95
Lightly spiced, deep fried potato balls.

Soups

9. **Spicy Pumpkin Soup (V) (G)** £4.75
A wonderfully creamy soup, with a hint of ginger.
10. **“Saturday” Beef Soup** £4.95
A hearty soup, containing beef and seasonal vegetables. Traditionally served on a Saturday, but can be eaten any day of the week. Very popular in the Caribbean.

Main Dishes

Seafood

11. **Escoveitched Fish (G)** £9.95
A whole snapper, seasoned and fried in a sauce of hot, tasty pickle.
12. **Brown Stewed Fish (G)** £9.25
Seasonal fish steaks, lightly seasoned in Caribbean spices, then cooked in a wonderful seasoned gravy.
NB – contains bones
13. **Steamed Fish (G)** £9.95
Headless bream, seasoned with Caribbean spices, steamed with Okra
NB – contains bones
14. **King Prawn Curry (G)** £8.25
King prawns in a delicious curry sauce.
15. **Ackee and Saltfish (G)** £9.95
if not served with Johnny Cake
16. **Mackerel Rundown (G)** £9.25
(dip and fall back)
Mackerel, cooked with vinegar, coconut milk and spices. NB – may contain bones

Chicken

17. **Jerk Chicken (G)** £8.95
Half of a highly seasoned chicken, marinated in the world famous Jamaican Jerk sauce.
NB The chicken is prepared, cooked and served on the bone, to preserve that original taste.
 18. **BBQ Chicken (G)** £8.95
Half of a lightly seasoned chicken, in a delicious BBQ sauce.
 19. **Curried Chicken (G)** £7.95
Tender pieces of chicken, seasoned and cooked in a wonderful curry sauce.
NB – cooked and served on the bone.
 20. **Brown Stewed Chicken (G)** £7.75
Lightly fried, seasoned chicken, in a wonderful seasoned gravy.
NB – cooked and served on the bone.
 21. **Chicken in Garlic and Ginger (G)** £8.25
Tender pieces of boneless chicken breast, stir fried, Caribbean style, with ginger and garlic.
- ### Pork
22. **Jerk Pork (G)** £7.25
Highly seasoned pork, cooked in the world famous Jamaican jerk sauce.
 23. **BBQ Spare Ribs (G)** £7.25
Lightly seasoned pork ribs, in a delicious BBQ sauce.

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