

19. **Chicken in Garlic and Ginger (G)** £12.95
Tender pieces of boneless chicken breast, stir fried, Caribbean style, with ginger and garlic.
Served with plain boiled rice.
20. **BBQ Chicken (G)** £11.95
Boneless seasoned chicken marinated and grilled in Plantation's BBQ sauce.
Served with plain boiled rice.
21. **Beef Steak (G)** £15.95
Beef fillet marinated in Caribbean spices and cooked in a light seasoned gravy.
Served with rice and peas.
22. **Curry Goat (G)** £11.95
Tender pieces of goat mutton, marinated in a curry and ginger seasoning NB – cooked and served on the bone
Served with rice and peas.
23. **Jerk Pork (G)** £11.95
Highly seasoned pork, cooked in the world famous Jamaican jerk sauce.
Served with rice and peas.

Side Dishes (V)

24. **Plain Boiled Rice (G)** £2.00
Steamed Basmati rice
25. **Rice and Peas (G)** £2.60
Basmati rice and gungo peas, cooked with coconut cream, thyme, ginger and scallion.
26. **Steamed Callaloo (V) (G)** £2.00

27. **Steamed Cabbage (V) (G)** £2.00
28. **Boiled White Yam (V) (G)** £2.60
29. **Boiled Sweet Potato (V) (G)** £2.60
30. **Sweet Potato Chips (V) (G)** £3.00
31. **Bammy (G)** £3.00
Round dense flat 'bread' made from Cassava
32. **Roti (V)** £3.00
Traditional Trinidadian bread
33. **Plantain (V) (G)**
A cousin of the banana, that has to be cooked
Baked: £3.00
Fried: £3.00
34. **Dumpling (V)**
Boiled : £2.60
Fried (Johnny Cakes) : £3.00
35. **Festival (V) (G)** £3.00
(not suitable for vegans)
A slightly sweet, fried dumpling made with cornmeal.
36. **Coleslaw (V) (G)** £2.60
Traditional creamy homemade coleslaw.
37. **Creole Salad (V) (G)** £3.00

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.

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	6.00pm – 10.00pm
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** £4.95
(G) if not served with Johnny Cake
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.
Served with Johnny Cake (fried dumplings)
- 2. Ackee and Mushroom (V)** £4.75
(G) if not served with Johnny Cake
Fresh mushrooms sautéed with ackee.
Served with Johnny Cake (fried dumplings)
- 3. Saltfish Fritters – Stamp and Go** £4.25
Salted cod, mixed with Jamaican seasoning in a light sauce, then fried. Served with a sweet chilli sauce.
- 4. Pumpkin Fritters (V)** £4.25
Nutritious pumpkin mixed with Jamaican seasoning, in a light batter, then fried. Served with sweet chilli sauce.
- 5. Yuca with Mojo (V) (G)** £4.25
Steamed cassava served in a classic Cuban citrus sauce.
- 6. Caribbean Vegetable Soup (V) (G)** £4.95
Blended provisions (yam, pumpkin, cho-cho, sweet potato, scallion, thyme).
- 7. Chicken Soup (G)** £4.95
Chicken cooked with yam, pumpkin, cho-cho, thyme and scallion.

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

Please inform staff if you have any special dietary requirements.

Main Courses

Vegetarian

- 8. Ackee and Mushrooms (V)** £11.95
(G) if not served with Johnny Cake (fried dumplings)
Fresh mushrooms sautéed with ackee.
Served with plain boiled rice & Johnny Cake (fried dumplings)
- 9. Aubergines with Garlic and Scallion (V) (G)** £11.95
Aubergines sautéed with garlic, tomatoes, scallion and chilli.
Served with plain boiled rice.
- 10. Jerk Tofu with Stir Fried Vegetables (V) (G)** £11.95
Tofu, marinated in the world famous Jamaican jerk sauce, stir fried with traditional and tropical vegetables.
Served with plain boiled rice.
- 11. Vegetable Rundown (V) (G)** £11.95
Fried mixed vegetables, cooked with vinegar, coconut milk and spices.
Served with rice and peas.
- 12. Mushroom and Bindi Curry (V) (G)** £11.95
Mushroom and okra cooked in a creamy coconut curry sauce.
Served with plain boiled rice.

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

Please inform staff if you have any special dietary requirements.

Seafood

- 13. Pan-fried Filleted Sea Bream** £13.95
Sea Bream, pan-fried with lime and tomato salsa.
Served with plain boiled rice.
- 14. Enchilado de Camarones** £14.95
A Cuban dish of King Prawns in tomato, garlic and white wine sauce.
Served with plain boiled rice.
- 15. Ackee and Saltfish** £13.95
(G) if not served with Johnny Cake
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.
Served with plain boiled rice & Johnny Cake (fried dumplings)
- 16. Brown Stewed Fish** £14.95
Red snapper, lightly seasoned and fried, then cooked down in a wonderful seasoned gravy.
Served with plain boiled rice.

Chicken & Meat

- 17. Jerk Chicken (G)** £11.95
Boneless seasoned chicken, marinated and cooked in the world famous Jamaican Jerk Sauce.
Served with rice and peas.
- 18. Brown Stewed Chicken (G)** £10.95
Lightly fried, seasoned chicken, in a wonderful seasoned gravy.
NB – cooked and served on the bone.
Served with rice and peas.