



Grenfell Catering
19 Grenfell Cres Unit 9
Ottawa ON K2G 0G3
info@grenfellcatering.com
613-723-2215

Caribbean Menu Options

Soups – Minimum 10 people
Goat Soup with Jamaican dumplings

Chicken Soup with dumplings

Red Pea soup with dumplings

Fish Head Soup with dumplings

Salads

Papaya & Mango Salad

Jerk Chicken & Plantain & Grilled Pineapple

Creamy or oil based Coleslaw

Avocado & Mango & Cucumber

Shrimp, Pineapple & mango Salad

Sides

Patties

Jamaica Fried or Boiled Dumplings

Rice & peas

Seasoned white rice

Creamy mash potato

Hot cabbage and carrots

Caribbean Style chow Mein

Sweet potato casserole

Salt fish fritters

Boiled Bananas Plantains



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Protein

Jerk Chicken (thighs & legs) with or without bones

BBQ Chicken (thigh & legs)

Stewed Chicken with or without bones

Ackees & Salt Fish

Oxtail

Curry Goat

Fried Red Snapper

Jerk Pork

Beef, Chicken, Vegetarian roti

Jerk Salmon Fillets

Dessert

Sweet potato pudding

Rum Cake