

**Main Dishes:**

**Vegan/Vegetarian Specialty:** \*Fresh Yaki Soba noodles w/fresh cut vegetables and choice of sauce. (Need gluten free ask us about rice noodles)

 **Sauce Choices:** Caribbean Jerk, Tropical Paradise, Island Splash, Smokey Tropics, Island Sensation

**Island Rice & Beans** (vegan & gluten free): Basmati Rice, beans and island seasonings.

**Bring on the Meat:** Add your choice of meat to the **Noodles** & **Island Rice & Beans** listed under **Flatbread/Reggae Wraps**.

**Flatbread/Reggae Wraps:** Flatbread and tortillas are made fresh daily.

 **Specialty Wraps:**

 -Grilled Chicken Garden Salad/Grilled Chicken Caesar Salad -BLT Wrap

 -Tuna or Chicken Salad Wrap -Turkey Club Wrap

 -Ham & Cheddar Cheese Salad Wrap -Roasted Red Pepper Hummus Wrap

 -Cuban Wrap -Vegetable Wrap

 -Jerk Chicken or Jerk Pork Wrap -Black Bean & Corn Wrap

**Create-A-Wrap**

**Meats:** **Add-Ons:** **Condiments:**

-Jerk Chicken -lettuce -yellow squash -mayonnaise/miracle whip, garlic aioli, sour cream

-Teriyaki Chicken -tomato -zucchini -ranch

-Beef -onions -baby corn -pico de gallo (fresh)

-Ground Beef -pickles -broccoli -caribbean cheddar cheese sauce

-Shrimp -american, provolone, cheddar -cauliflower -guacamole (fresh)

-Pork -cucumbers -black bean N corn salsa (fresh)

-Sausage -red or green bell peppers -garlic infused olive oil (fresh)

-Tofu (vegan) -hot peppers (banana, jalapeno & habanero) -sofrito (fresh), chimichurri sauce (fresh)

-Setan (vegan) -carrots -pesto (fresh)

 **\*Other meats, seafoods, vegetables & condiment options available upon special request**

**Jamaican Jambalaya**

**Empanadas** (vegan, ground beef, buffalo chicken)

**Tamales** (pork, ham, beef)

**Tacos** (vegan, ground beef, beef, chicken)

**Fajitas** (vegan, chicken, ground beef)

**Potstickers** (small or jumbo sizes) (chicken, pork, ground beef)

**Sides:** **Salads:** **Salad Dressing:**

-Caribbean Coleslaw -Jamaican Garden Salad (w or wo/chicken) -Ranch, Garlic Ranch

-Jerk Coleslaw (spicy) -Cuban Tossed Salad (w or wo/chicken) -Cuban Garlic Dressing

-Cuban Black Baked Beans -Spicy Cheddar Grilled Corn Salad -Island Vinaigrette

-Jamaican Spiced Carrots -Cuban Bean Salad (mild, med, Hot) -Caribbean Salad Dressing

-Garlic Herb Mashed Potatoes (Bahamas) -Caribbean Potato Salad -Garlic Herbs & Chives Dressing

-Sautéed Cabbage & Carrots (Jamaica) - Caesar Salad (w or wo/chicken) -Balsamic Vinaigrette

-Spanish Rice -Veggie Salad -Garlic Sesame Dressing

-Jamaican Me Cheesy Mac -Pasta Salad -Italian Dressing/Creamy Italian Dressing

-Refried Beans -Tropical Fruit Salad

 -Chef’s Salad

 -Greek Salad

**Appetizers:** **Soups:** **Desserts:**

-Fresh Tomato Salsa (mild, med, Hot) -Jamaican Me Chilli (mild, med, Hot, vegan, chicken, beef) -Banana Bread

-Pico de Gallo (mild, med, Hot) -Seafood Chowder (white base) -Island Rice Pudding

-Hops Bread (roll) -Seafood Chowder (red base) -Rum Cake

-Stuffed Jalapenos -Corn Chowder (mild, med, Hot) (Jamaica) -Cuban Lunch Candies

-Weba Yena (Aruba Deviled Eggs) -Gumbo -Natilla (Custard)

-Black Bean & Corn Salsa (mild, med, Hot) -Frozen Watermelon Treats

-Seaweed Dip (spinach) in a Bread Bowl -Sand

-Coco Bread w/garlic parmesan spread -Mini Jell-O Aquariums

-The BIG Jerk -Individual Pineapple Upside Down Cake

-Jerk Chicken Wings

-Chicken or Cheese Quesadillas

-Grilled Seasoned Veggies

**Caribbean Islands Cuisine**

Mitzanne M. Graver-Conway – Owner

Website: caribbeannoodles.net

Email: caribbeannoodles@gmail.com

484-523-9256

**Caribbean Islands Cuisine**

A healthy but delicious alternative to your party/event!