

BREAKFAST

Served With Boil Or Fry Dumplings, Yam, Bananas And (Plantains when available)

Breakfast specials served with free cup of tea

7am-11am MON-SAT	Breakfast Specials	Small	Large
	Callaloo	\$8.00	\$9.00 \$11.50
	Callaloo & Saltfish	\$8.00	\$9.50 \$12.50
	Ackee & Saltfish	\$10.50	\$13.00 \$18.50
	Butterbean & Saltfish	\$8.00	\$8.75 \$11.00
	Okra & Saltfish	\$8.00	\$9.00 \$11.00
	Cook Up Saltfish	\$8.00	\$9.00 \$11.00
	Beef kidney	\$8.00	\$9.00 \$11.50
	Beef Liver	\$8.00	\$9.00 \$11.50
	Salt Mackerel	\$9.00	\$10.00 \$13.00

14 Parish Sandwich

Jerk Chicken Sandwich	\$6.00
Jerk Pork Sandwich	\$6.00
Mega Patty Sandwich	\$5.00
Callaloo	\$3.50
Ackee & Saltfish	\$5.00
Beef patty & Cheese with Cocobread	\$4.00
Jamaican Bun & Cheese	\$4.50

Porridge

Cornmeal
Cornmeal
Plantain
Peanut
Plantain & Peanut
Hominy Corn & Cornmeal

SOUPS

Mon - Chicken
Tues - Chicken
Wed - Chicken
Thurs - Beef
Fri - Goat & Seafood
Sat - Red Peas & Fish

PASTRIES:

BEEF PATTY *CHICKEN PATTY *VEGE PATTY *JERK CHICKEN PATTY
ROCK CAKE *RED VELVET CAKE *BUN & CHEESE
ROUND BUN *SPICE BUN *HARD DOUGH BREAD *RUM CAKE
BANANA CHIPS *SHIRLEY BISCUIT *OVALTINE ETC



BEVERGES:

TROPICAL RHYTHM *TING *SNAPPLE *D&G ETC

NATURAL JUICES:

SORREL *SOUR SOP *TRU JUICE
CARROT JUICE *COCONUT WATA *IRISH MOSS *CARROT & BEET

Catering For

Private Events Luncheon, Dinner, Business Meeting, Corporate Functions
Family Events And More! No Jobs 2 Small Or 2 Big @14parishkitchen



14 PARISH
KITCHEN
SERVE THE
JAMAICAN
LINE OF
BEVERAGES



LUNCH & DINNER

all meal are served with your choice of (plantains when available) white rice, rice & peas raw additional - \$1 optional food boil salad or vegetables steam vegetables charge
lunch specials comes with a can soda or wata your choice add this to the lunch special arear

11am-4pm mon-sat	Lunch Specials	Small	Large
	JERK PORK	\$8.75	\$11.00 \$14.50
	JERK RIBS (Fri & Sat)	\$8.75	\$11.00 \$13.50
	JERK CHICKEN	\$8.75	\$9.50 \$12.50
	BAKE CHICKEN (Thurs)	\$8.25	\$9.50 \$13.75
	BBQ JERK CHICKEN	\$8.50	\$9.50 \$13.75
	BARBI-FRY CHICKEN	\$8.50	\$9.50 \$13.75
	FRIED CHICKEN	\$8.00	\$9.00 \$11.75
	STEW CHICKEN	\$8.00	\$9.00 \$11.75
	CURRY CHICKEN	\$8.00	\$9.00 \$11.75
	ESCOVITCH FRIED CHICKEN	\$8.50	\$9.50 \$13.75
	STEW PORK	\$8.00	\$10.00 \$12.00
	COW FOOT	\$8.50	\$10.00 \$12.50
	CURRY GOAT	\$10.00	\$12.50 \$14.00
	OXTAILS	\$11.00	\$13.75 \$18.50
	STEW BEEF	\$8.50	\$10.50 \$13.00
	STEW PEAS (Wed & Fridays)	\$9.00	\$10.50 \$14.00
	PEPPER STEAK	\$8.50	\$10.50 \$13.50

SIDES:

BAKED MAC & CHEESE	\$4.50
MACARONI SALAD	\$3.50
CALLALOO	\$5.00
POTATO SALAD	\$3.50

SEAFOOD

RED SNAPPER, Escovitch
Brown Stew, Curry
Steam Or Jerk
SALMON: Jerk, Baked
SHRIMP: Garlic, Jerk, Curry, BBQ
Coconut Curry

FISH & BAMMY-----FISH SOUP
FISH & FESTIVAL-----MANISH WATA
ROAST FISH-----STEAM FISH
JERK FISH-----ESCOVITCH
FRY FISH-----SHRIMP

(fish price by size!!!!)

SALAD

Jerk Shrimp Salad	\$12.00
Jerk Chicken Salad	\$9.00
Garden Salad	\$5.00

WE
DELIVER

ONE LOVE AND RESPECT!