

MY HERITAGE @ Red Lion Holt Heath call to Book on 01905620600

Starter £4.95

All starters are served with Bara bread and salads.

Salt Fish and Ackee tender salted cod and delicate ackee cooked with tomatoes & onions with spice.

Jerk Chicken succulent chicken marinated in afro Caribbean spice

Ackee and callaloo (veg) cooked with onions, spice peppers and tomato

Akara (Beans Cake vegan) fritters blended white beans cooked with peppers onion & garlic.

Mains

The Victoria Burger £10.95

Tasty juicy Mutton burger topped with spicy melted cheese grilled tomato and fried onion with fries.

Tainos Burger £10.95

Chicken Breast Marinated with Jerk seasoning topped with Fried Onions, Tomato, Mango and pine apple sauce and fries.

Lagos Island Curry £14.95

Marinated Hake fillet cooked in tomato, onions, garlic, bell peppers and Spinach served with a choice of rice

Mama's famous Goat Curry £12.95

On the bone slow cooked goat meat cooked in Afro Caribbean spice, onions, garlic, carrot and potato. Served with your choice of rice

Butter Chicken Curry £10.95

Marinated succulent chicken breast Cooked with Root vegetable, chickpea, butter, onions and Garlic. Served with a choice of rice

Wazobia Chicken Curry £10.95

A succulent tender chicken pieces cooked in Afro spice, tomato, onions, garlic and peppers with a choice of rice

Jungle Curry £9.99

Root vegetables (carrot, potatoes, butternut Squash onions, garlic and spice) with a choice of rice

Jambalaya £14.95

The classic Cajun dish with boneless chicken legs and thighs and spicy pork andouille sausage. diced onions, bell peppers, celery, and green onions, cooked together in a big black pot with long grain rice, seasoned with a secret blend of spices!

Shrimp, prawns & Okra Gumbo £14.95

an aromatic soup-stew characteristic of the Creole cuisine of Louisiana, combining African, American Indian, and European elements

Sides

Jollof rice £2.50

White rice £2.00

Coconut rice £2.50

Rice and peas £2.50

Garlic bread £2.50

Bara bread £2.50

Dumplings £3.00

Dirty Chips (jerk seasoning, creamy cheese sauce) £3.50