

West Indian Bake Company



TRINIDAD BAKES

Licky Chicky Jerk Bake

One might call it a Caribbean burger; but it's a BAKE

Home-made Caribbean light bread filled with chopped grilled saucy jerk chicken, plantain, dressed rocket salad & our very own mango chutney

MAKE IT A WET BAKE + 1

Drowned in sauce

9.5

Salt Fishy Buljol Bake

Salt fish mixed freshly cut sweet veg, dressed with lime, coriander & roast garlic infused olive oil topped with our signature avacado salsa & Alena pepper sauce.

9.5

Curryman Lamb Bake

Freshly made bake filled with tender pieces of our slow cooked curried lamb, Trini salsa verde & finished with mixed leaf salad.

11

ADD ONS

FRIES + 2.50

SWEET POTATO FRIES + 3

PLANTAIN BITES +4

ADD LAMB +5

Trini Doubles (v) (Vg)

The most popular street food from Trinidad & Tobago. Pillow soft bara -fried flatbread filled with our delicious channa recipe (chickpeas) topped with our homemade condiments.

Doubles with channa, Sweet Mango chutney, Trini Salsa Verde & Grated Cucumber

6.5

SAUCES & SIDES

Licky Chicky Jerk Cutters	6
Mac & Cheese Pie	5
Just A Bake	2
Plantain Bites / S Potato Fries	4
Fries	3.5
Alena Pepper Sauce (Hot)	1
Trini Mango Chutney (Sweet)	1
Esco - Salsa (In-Beteen)	1

WINGS & SHARERS

Guava BBQ Jerk Wings	6
Alena Pepper Wings	6
West Ting Platter	15
Doubles (2 Trini Tacos)	
Jerk Chicken Bites & Plantain Bites	
Island Special Platter	23
Saltfish n'Bake bites,	
Mac n'cheese bites, Plantain bites	
& Jerk chicken cutters	

FOOD ALLERGIES & INTOLERANCES

PLEASE SPEAK TO A MEMBER OF STAFF ABOUT THE INGREDIENTS IN OUR DISHES BEFORE PLACING YOUR ORDER

WWW.WESTINDIANBAKE.CO.UK - @WESTINDIANBAKECO

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