

# 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	4
Fries/ Sweet Potato	3.5/4
Alena Pepper Sauce (Hot)	1
Trini Mango Chutney (Sweet)	1

## WINGS & SHARERS

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

#### FOOD ALLERGIES & INTOLERANCES

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

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