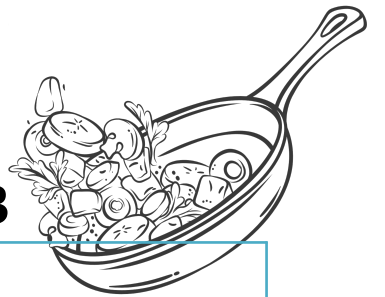


the Barista Café

George Town Hospital -Daily Lunch Menu

Soup \$4.50/\$5.50 | Mains - Weighted \$0.85/oz or Set Portions \$9 (Regular) \$12 (Large) | Extra: Protein \$5 | Sides \$3



Monday 19th January
Carib Italian Fusion

Oatmeal porridge - \$3.25
Breakfast Special: Ackee & Saltfish, callaloo and Fritter- \$8
Sides: Bacon, cabbage, x2 fritters, boiled banana and boiled dumplings **\$3.00**
Egg omelet or x2 Boiled Eggs **\$4.00**

Chicken Noodle Soup
Mains: Jerk Chicken Alfredo, Beef Ragu, Roasted Vegetable Lasagna
Sides: Penne Pasta, Rice and Beans, Plantain, Seasonal sauteed vegetables

Tuesday 20th January
Crossroads Kitchen

Cream of wheat porridge - \$3.25
Breakfast Special: Scrambled or boiled eggs, turkey sausage or bacon and pancake - \$8
Sides: Turkey sausage or bacon or potato, pancake - \$3.00
Scrambled Eggs or x2 Boiled Eggs \$4.00

Hamburger soup (Ground beef)
Mains: Chicken Parmesan, Beef Pepper Pot
Vegan: Lentil & Garbanzo Stew
Sides: Pumpkin Rice, Scallion Mash Potato, Plantain, Spiced Braised Greens



Wednesday 21st January
Eastern-Carib Spice Harvest

Cornmeal - \$3.25
Breakfast Special: Scrambled or 2x boiled eggs, livers and boiled banana or dumplings - \$8
Sides: Bacon or boiled banana and dumplings or livers or Steamed callaloo - \$3.00
Scrambled Eggs or x2 Boiled Eggs \$4.00

Chicken Noodle Soup
Mains: Glazed Chicken Thighs, Grilled Pork Chops
Vegan: Coconut Lentil & Pumpkin
Sides: Coconut Rice, Rice and Beans, plantain, Steamed Cho Cho and Carrots

Thursday 22nd January
Indi-Caribbean Heritage

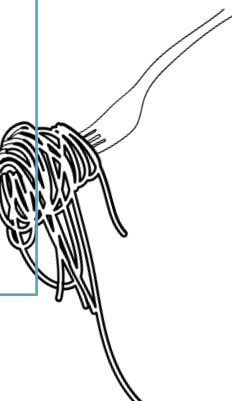
Cream of wheat porridge (Unsweetened) - \$3.25
Breakfast Special: Ackee & Saltfish, callaloo and Fritter- \$8
Sides: Bacon, callaloo, fritters, banana and dumplings \$3.00
Scrambled Eggs or x2 Boiled Eggs \$4.00

Chicken & Corn Soup
Mains: West Indian Chicken Curry, Beef Rogan Josh
Vegan: Chana & Spinach Tikka Masala
Sides: Jasmine Rice, Steamed Cassava, Cumin Braised Cabbage & Carrots, plantain

Friday 23rd January
BBQ & Comfort

Cream of wheat porridge - \$3.25
Breakfast Special: Scrambled or boiled eggs, turkey sausage or bacon and pancake - \$8
Sides: Turkey sausage or bacon or potato, pancake - \$3.00
Scrambled Eggs or x2 Boiled Eggs \$4.00

Roasted Pumpkin Soup
Mains: Piri Piri Chicken, Tomato-Onion Beef Stew
Vegan: BBQ Lentil and Mushroom Bake
Sides: Yellow Rice, plantain, Mac & Cheese, Coleslaw, corn



*Allergens: All Rice and Rice & Beans served are DF, GF, V | All vegetables are DF, GF unless butter is mentioned| Fried Chicken/Fish contains Gluten| Cream sauces contain Dairy & Gluten except for Vegan ones | Soups with dumplings & noodles contain Gluten.

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