

APPETIZERS

LOOSEN UP HAVE A WING 5 WINGS £9.50
Deep fried wings coated in homemade glaze jerk sauce with egg stir fry noodles.
 Peanut Butter Wings (n)
 BBQ Jerk Wings
 Spiced Mango Wings
 Smokey Hot Wings

HUMBLE MACARONI + CHEESE BITES £8.50
Made with our homemade Jerk cheese sauce coated in panko breadcrumbs, fried shallots with sweet potato waffles.

Chicken Mac
 Salmon Mac
 Jerk cheese Mac (v)

STICKY MO BAY BUNS (N) £8
Two steamed Chinese bao buns filled with Asian slaw, sticky BBQ jerk sauce, toasted sesame seeds and honey roasted nuts.

Jerk Chicken
 Jerk Salmon
 Fried Plantain Avocado and Feta Cheese (v) (vgo)

Choose your Jerk Glaze: Mango/BBQ/Sweet Chilli

SPRING ROLL (V) £5
Curried chickpeas plantain and feta cheese spring roll served with egg fried noodles

SIDES

RICE + PEAS £2.50
STICKY COCONUT RICE £2.50
PLANTAIN £2
ASIAN SLAW £2

SAUCES

MANGO JERK GLAZE £1
BBQ GLAZE £1
JERK SPICED SAUCE £1.20
JERK PEANUT BUTTER SAUCE £1.20
SWEET CHILLI SAUCE £1

SWEETS

CHOCOLATE AND GINGER TORTE W/ BERRIES AND CREME FRAICHE £7
COCONUT PANNA COTTA W/ RUM + TROPICAL FRUIT SALSA £7



at 1000 Trades

MAINS

SINGAPORE TO KINGSTON BBQ PORK £11.50
Crispy tender pork bites covered in BBQ Jerk glaze served with sugar cane rice OR egg fried noodles.

CHICK THAT OUT SPRING ROLL (V) £11.50
Curried chickpeas plantain and feta cheese spring roll served with egg fried noodles

THAT'S A NOTTS OF CHICKEN QUARTER £12.50
 HALF £15
Flame grilled Jerk chicken with sticky BBQ glaze, pickled red onions, Asian slaw + rice and peas.

JERK GRILL BOX £17
24hr marinated 8oz Jerk rump steak, fried baby crab claw, sweet chilli mayo + fries with drizzled parsley dressing.

INFUSED CURRY BOWL £13
 SALMON, PORK OR CHICKEN +£2
 Blu Mountain Jungle Curry (v) (vgo) (gf)
West Indian spices cooked in coconut milk mixed with boiled plantain, green banana, chickpeas and spinach served alongside sugar cane coconut rice.

MISSISSIPPI FRIED CHICKEN AND CRAYFISH CURRY (N) £15
Southern fried chicken jerk chicken with crayfish, coconut sauce + sticky sugar cane rice OR rice and peas.

WATERLOO MUTTON £16
Malaysian style mutton curry slow cooked with lemongrass, chillies and authentic spices, mint yoghurt, toasted desiccated coconut, served with rice OR steamed bao bun.

ALLERGEN INFORMATION

Please order from the bar and notify us of any allergy requirements. Please be aware that because of the size of our kitchen we cannot guarantee no trace allergens. We will always do our best to take care of any requests.
 (v) vegetarian (vgo) vegan option (gf) gluten free (n) contains nuts

SERVICE TIMES

Mon 5-9 | Tue-Thu 5-9:30 | Fri 5-10 | Sat 12-10