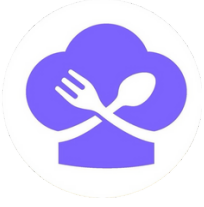


HOME DELIVERY



# MENU

ORDER ON  
MONDAY, COOK ON  
THURSDAY & DELIVER  
ON FRIDAY

(MINIMUM ORDER 4  
MEALS)

£0-3.50 DELIVERY FEE

COOK TO WARM OR FREEZE

## SOUP

	Small	Large
Chicken	4.50	6.50
Vegetable	3.00	5.00

## MAINS

### CHICKEN

	Small	Large
Jerk Chicken		5.50
Stew Chicken		5.50
Chicken Casserole	3.50	5.50

### MEAT

Curry Goat		7.80
Beef Stew		7.80

### FISH

Red Bream Fish fillet (with Vegetable & gravy)		7.80
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Saltfish	5.00	6.50
Ackee & Saltfish	6.00	8.00
Fish Pie	5.00	7.50

### **SIDES**

Rice & Peas	3.50	5.50
Plain Rice	2.50	3.50

### **GROUND FOOD**

Yam		
Green Banana		6.50
2 Boiled Dumplings		

### **VEGETARIAN**

Sweet Potato, Chickpea & Spinach Curry	3.50	5.50
Steam Vegetables (Cabbage, Carrots, Broccoli & Onion)	3.00	5.50
Mash Potato	3.50	5.50

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## SET MEALS

**Served with White Rice, Rice & Peas, Ground Food or Mash Potato**

Jerk Chicken	9.50
Stew Chicken	9.50
Chicken Casserole	9.50
Curry Mutton	10.50
Beef Stew	10.50
Red Bream Fillet (with Vegetable & Gravy)	10.50
Saltfish	8.00
Ackee & Saltfish	12.00
Sweet Potato, Chickpea & Spinach Curry	7.00

**ALL FOOD WILL BE DELIVERED COLD AND SUPPLIED WITH REHEATING INSTRUCTIONS.**

Contact  
Phone : 07985 724191  
Email: [Info@yateskitchen.co.uk](mailto:Info@yateskitchen.co.uk)  
to place your order

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