



JAHMILA'S KITCHEN

THE HEALTHIER WAY OF EATING

Take Away Menu

Baguettes, Sandwiches

Tuna and cucumber baguette	£2.50
Chicken salad baguette	£2.50
Cheese and tomato baguette	£2.50
Roast beef salad baguette	£2.50
Breaded fish in hard dough bread with fried onions and scotch bonnet pepper	£2.50

Meal Deal

Baguette or sandwich with a drink and crisp	£3.50
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Wraps

Spicy Jerk chicken	£3.00 or £3.50 with chips
Spicy Jerk lamb wrap	£3.00 or £3.50 with chips
Steamed vegetables and plantain wrap	£3.00 or £3.50 with chips

Hand cooked Crisp / Snacks

Lightly salted	£1.00
Cheddar cheese	£1.00
Lightly salted popcorn	£1.00

Organic Cakes

Chocolate brownie	£1.50
Vanilla flapjack	£1.50
Oat and raisin cookie	£1.50
Shortbread biscuit	£1.50
Chocolate chip cookie	£1.50

Main Meals

Small meal- £3.50, medium meal- £6.00 large meal - £7

- Nigerian Jollof rice
- Plain white rice
- Rice and peas
- Homemade chips
- Roti
- Hard food

Options to choose from to go with either one of the above

- Curry mutton
- Brown stew chicken
- Steamed seabass
- Steamed vegetables
- 5 bean stew
- Chick pea curry
- Jerk chicken wings
- Jerk ribs
- Curry chicken

Special Offer

Any small meal with a drink	£4.00
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Sides

Plantain	£1.00
Coleslaw	£1.00
Salad	£1.00

Drinks

Water	60p
Orange juice	80p
Apple juice	80p
Diet coke	£1.00

Natural Juices

Sorrel	£2.00
Pineapple and orange	£2.00
Carrot and beetroot	£2.00
Spinach and apple	£2.00