

GLISTENING WATERS PRESENTS

*Authentic dishes from the jewels of the Caribbean giving an electric mix
from traditional to modern to inspire those taste buds*

STARTERS

*Goat Cheese And Red Pepper Tart £7.50 (v)
with sundried tomato dressing
over black olive salad*

*Plantain Rounds £8.25
fried into rings filled with Ackee & Saltfish*

*Tigers Prawns £8.25
Butterfly & tossed in scotch bonnet peppers
& garlic, served with sweet chilli sauce*

*Sesame Jerk Mo Bay £6.65
Tender pieces of chicken on top of an Avocado
salad drizzled with Sesame oil*

*Duck Pancake Roll Salad with Lychees £7.90
Combination of capsicum strips, watercress with a hint of ginger
tossed gently through the salad*

*Spiced Red Pea Soup £7.26
A thick creamy soup with chunks of yam*

*Mackerel & Green Banana Tower £8.25
Avocados mixed with boiled green bananas
topped with mackerel and a apple sauce
Rich in omega - 3 oils*

*Customers with food allergies should consult the
manager before ordering
All dishes are freshly prepared with an average waiting
time of 20 minutes
(Note: minimums spend - one main course per person.
A 12.5% service charge will apply.)*

MAINS

Lobster & King Prawn San Souchi £65.00

*Centre cut Lobster refilled with a charming creamy champagne sauce
united with papaya and kiwi
Served with a glass of champagne cocktail*

Curried Mutton £ 15.95

*An authentic dish of boneless meat highly seasoned,
simmered in its marinade for that full fiery flavour
served with Rice & Peas or Basmati rice*

Bassa Bassa Jerk Chicken Sizzler £12.95

*The combination of flavours in this dish
really complements each other with Tamarind sauces
& spicy peppers served over a sizzler bed of stir fried vegetables*

Stuffed Butternut Squash (v) 12.30

*Half A Squash filled with Quorn, cannellini beans, peppers,
With a kick of rich tomato sauce served with Rice & Peas*

Jewel of Beef Tower 21.75

*Saucy Three layered beef tower with Ackee & Callallo
Best with either Rice 'n' Peas or thyme Sweet Potato*

Tiger Prawns in Coconut Rundown £15.95

*Coconut Rundown sauce is a traditional tantalising
Caribbean dish, with
stir fry veg spinach noodles and white rice*

Banana Leaf Mahi Mahi Fillets £17.90

*A classic treats of Caribbean flavours, Pan Fried with a Vinaigrette Onion
dressing
Served with fried Sweet Potatoes*

Coral Garden Fish £15.50

*Tilapia fillets steamed with Okra & Yam
in it own jus*

Sea Bass Fillets £17.90

*Pan fried with, garlic & thyme
Served with sweet potato mash topped with Callaloo*

Burumundi & King Prawns 21.50

*Fish fillets and prawns on a bed of mixed vegetables
with sweet chilli sauce*

Red Snapper Sizzler £15.50

*Pan fried with a onion vinaigrette
With a banana leaf cover*



PROVISIONS

Sweet Potatoes, Yam & Green Banana £5.50
Root vegetables (hard food)

Fried Yellow Plantain £3.50
From Banana Family

Fried Dumplings £2.50
type of dough bread ideal for soaking up that sauce

Baked Thyme Sweet Potatoes £3.50
Skin on with a hint of Rosemary

Creamed Sweet Potatoes & Okra £3.75
Red skinned White flesh used

Sauté Callaloo £3.00
Part of the spinach family

RICE

Rice & Peas £4.00

Coconut Basmati White Rice £3.00

Okra & Callaloo Fried Rice £4.50

SALADS

Ital three bean with Olive and Lime dressing £5.75

Jerk Chicken with Mango dressing £9.95

Prawn & Papaya with Lime dressing £12.95

Tomato & Avocado Green Salad £5.75

Coleslaw £2.50

DESSERTS

Fruits of the Forest cake £5.50
Served with Rum Cream or Ice Cream

Ginger Steamed Cake £5.50
Served with Rum & Raisin

Tropical Fruit Crumble £5.50
Served with custard or ice cream

Pineapple Sorbet £5.50
Drizzled with Passion fruit

Chocolate Sponge £5.50
Steamed sponge served with chocolate custard

Worlds finest Jamaican 'Blue Mountain Coffee'

Blue Mountain Coffee served in a Cafetiere £3.90
Serves 2 - £6.90
Serves 4-5 £13.80

On a perfect note something to complete the night

*Wray & Nephew Blue Mountain
Coffee Liqueur £4.50*
Served in a warm glass

Other

Coffee (instant - decaff) £2.25
Cappuccino £2.25
Espresso £2.25

Tea £1.75
Green Tea £1.75

Herbal Teas

Peppermint Tea £1.85
Ginger Tea £1.85
Lemon & Ginger £1.90
Sorrell £1.90
Cerassie/Corilla £1.90