

Island Soul Caribbean Restaurant & Catering

Dinner Menu

We love catering and private parties! Contact us at: islandsoulrestaurant.net or call (206) 329-1202

Available Anytime

No Substitutions please!

Gratuity of 18% will be added to parties 6 or more, and we reserve the right to refuse separate checks. Maximum credit cards per table 2.
Gluten free dishes are noted (*), and (**) are available gluten free. You could take home a free half dozen coconut corn muffins, ask your server!

Starters

*Yam Fries 6.00 Hand-peeled and cut yams fried to perfection! Served with our own Jerk Mayo dipping sauce.	Coconut Prawns 9.50 Hand-peeled jumbo prawns, rolled in shredded coconut and Island Seasonings then fried to perfection.	*Little Islands 8.50 Golden-fried "Little Pans" made from corn masa, green onions and seasonings, loaded with savory vegan Cuban Black Beans, topped with feta, tomato and avocado.
*Sweet Plantains 8.50 Sliced ripe plantain, fried simply and drizzled with a sweet mango sauce.	**Calypso Wings 8.50 Sweet sticky fried chicken wings, tossed in a sweet mango sauce.	**Rib Tips 9.00 BBQ or Jerk pork rib tips (sweet or spicy), loved with our secret wet rub then slow smoked.
*Tostones 8.50 Sliced green plantains fried twice to a crisp and topped with roasted red onion, garlic & tomato.	Jamaican Patties 8.50 Two baked cocktail size turn overs filled with fiery spices. Select beef or chicken.	**1 lb. Chicken Chopped 9.50 BBQ or Jerk (sweet or spicy), loved with our secret wet rub then slow smoked bone-in skin on, moist & juicy.
	Seafood Fritters 8.50 Light airy batter patties filled with chopped red snapper and prawns.	Rasta Munchies Platter 20.00 Select 4 different appetizers to sample!
*Salads begin with an Organic Spring Mix with Romaine hearts, topped with red onion, diced tomato and parmesan cheese. Dressing is a balsamic vinaigrette with extra virgin olive oil and spices; blended in house from scratch, served on the side.		
Small House 5.00		Soup of the day.... (ask your server)
Large House 7.50		Cup 5.00
with Sliced Jerk Chicken Breast (boneless & skinless) 10.99		Bowl 7.00
with sautéed Jumbo Prawns, garlic & wine 12.50		

Main Meals are served with Rice & Peas (red beans & rice cooked in coconut milk, peppers, onions & spices) or Basmati Rice.

Caribbean Jerk

A method starting with a rub, our sauce is multifaceted containing paper from onions, garlic habanero peppers. Other Island spices are blended into sauce. All meats are marinated in dry Jerk rub and slowly smoked and a spicy flavor builds!

Chicken (bone-in) or Tofu 13.75 Pork Spare Ribs 14.75

*Island Soul BBQ

Our sauce is a molasses base, sweet with pineapples and spices. Meats are marinated in Jerk rub and slow smoked.

Chicken (bone-in) 13.75 or Pork Spare Ribs 14.75

Seafood Selections

****Whole Tilapia** 14.75

Select fried with or without Escovitch sauce, Curried or Steamed in coconut milk.

****Red Snapper Whole or Filet** m/p ~ 16.75

Seasoned and dusted in flour then fried and topped with authentic Escovitch sauce is peppers, onions, citrus, garlic slow simmered with other Island Spices.

****Southern Fried Catfish** 16.75

Seasoned and rolled in corn meal & flour in-house mixture.

*Jamaican Rundown

(Island Soul Signature Sauce)

Steamed peppers, onions, garlic with Island Spices in Coconut Milk.

***Vegetables with Tofu** 13.75

***Prawns** 16.75

***Snapper, Filet Prawns and Mussels** 18.75
(former Island Vatapa)

Jamaican Drinks & Soda's

Ginger Beer (non-alcoholic, brewed in house) 3.00

Sorrel (brewed in house) 3.00

Fruit Punch 3.00

Coke, Diet Coke, Sprite, Rootbeer 2.00

Coffee 2.00

Southern Style Sweet Tea 2.00

Hot Tea 2.00

*Island Soul Curry

Our curry powder is ground in-house, golden in color and mildly spicy with a hint of West Indian Flavor, popular in the Caribbean Islands.

Chicken (boneless & skinless) 13.75

Goat (free range; small sharp bones!) 16.75

Vegetables with Tofu 13.75

Soulful Classics & Popular House Favorites

***Island Soul's Famous Oxtail Stew** 18.75

A heaping serving, braised and simmered slowly with onions, Island Spices, garlic, peppers and lima beans. So tender and succulent!

Bayou Gumbo 19.50

Built from a succulent roux and the traditions of Louisiana using "The Trinity" (peppers, onions and garlic), generous portion of goodness has Jumbo Prawns, Dungeness Crab, Beef Hot Links, Smoked Chicken, it will warm your soul.

***Tamal Azteca** 14.75

Vegetarian lasagna; layered roasted vegetables, corn tortillas, spices, feta, ricotta, cheddar and parmesan cheeses, topped with a smoky sweet tomato sauce base spiced up with Island Spices.

Bowls of Soul (Caribbean Trio-Sampler) 18.75

Braised Oxtail Stew, Curried Goat & Jerk Chicken

Sides and Such

***Rice & Peas** 3.50

***Basmati Rice** 3.00

***Collard Greens** (no meat products) 5.00

***Soul Slaw** 3.50

***Seasonal Vegetable Medley Sauté** 5.00

***Cuban Black Beans** (no meat products) 5.00

***Smashed Yams** 5.00

Macaroni & Cheese 5.00

Coconut Corn Muffin 1.50

Prices & availability subject to change without notice.
We cook our food fresh daily, using the local ingredients when available.
Our goal is to sell out of everything, everyday.