

TAKEAWAY LUNCHTIME SPECIAL BOX DEAL

Monday – Friday | 12pm – 3pm

Jerk Chicken • Curry Goat • Curry Chicken •
Brown Stew Chicken • Oxtail

Regular Meal **6.50**

Large Meal **8.50**

Extra Large **9.50**

One main, served with Rice & Peas **or** Chips,
plus one side

Combo Meal **9.50**

Two mains, served with Rice & Peas **or** Chips,
plus one side

Sides Salad V, Fried Plantain

V, Fried Dumpling V, Coleslaw V

STUDENT LUNCHTIME BOX DEAL **5.00**

TAKEAWAY COCKTAILS

Palm Bay's Rum Punch **5.95***

Pineapple Punch **3.50**

Guinness Punch **4.50**

Frozen Strawberry Daiquiri **8.50***

Frozen Mango & Passion Fruit
Daiquiri **8.50***

Ting Wray **8.50***

Flex On The Beach **8.50***

Palm Bay's Gin 'N' Ting **8.50***

Dark & Stormy **8.50***

***2 for £10**

SOFT DRINKS

Ting **1.80**

Ginger Beer **1.80**

Grape Soda **1.80**

Pineapple Soda **1.80**

Coke **1.80**

Diet Coke **1.80**

Sprite **1.80**

Supermalt **1.80**

Coconut Water **1.80**

Orange Juice **1.60**

Apple Juice **1.60**

Pineapple Juice **1.60**

Pineapple & Coconut Juice **1.60**

Tropical Juice **1.60**

Fruit Punch **2.25**

Mineral Water *Small* **1.40** *Large* **2.00**

HOT DRINKS

Tea **1.20**

Herbal / Infusion Teas **1.20**

Coffee Black / White / Latte /

Cappuccino / Moccachino /

Espresso **2.40**

Espresso **2.00**

Hot Chocolate **2.70**

All of our produce at Palm Bay Caribbean is
Halal, including our patties and all meat dishes.

If you have any dietary requirements or allergies please
talk to a member of our staff. Although we do not use
nuts in any of our meals there may be traces of
nuts throughout our produce.

Our kitchen team work carefully to avoid
cross-contamination between vegetarian
and non-vegetarian produce.



JERK

TAKEAWAY MENU

BY
PALM BAY
CARIBBEAN

Opening Hours

Mon: Closed

Tue – Thu: 12pm – 9pm

Fri – Sat: 12pm – 10pm

Sun: 1pm – 7pm

Address

25 The Broadway

Loughton

Essex IG10 3SP

Ample parking at rear of restaurant

Contact

Reservations / Collections / Deliveries*: 020 8502 5124

Enquires: info@palmbaycaribbean.co.uk

palmbaycaribbean.co.uk

*Local deliveries available from 5pm – 9pm (outside these hours varies upon request)
Minimum spend £25. Cash on delivery.

CARIBBEAN CLASSICS

Curry Goat 11.95

Boneless curry goat with potatoes & mixed peppers, served with rice & peas, plus one side

Brown Stew Chicken 10.95

Boneless chicken thighs with mixed peppers & carrots, served with rice & peas, plus one side

Oxtail 11.95

Braised oxtail with butterbeans & mixed peppers, served with rice & peas, plus one side

Ackee & Saltfish 11.50

Ackee & Saltfish served with rice & peas, plus one side

Curry Chicken 10.95

Boneless chicken thighs with mixed peppers & potatoes, served with rice & peas and one side

PICK YOUR TWO CARIBBEAN FAVOURITES

Combo Platter (for one) 14.95

Choose two from:

Curry Goat • Brown Stew Chicken • Oxtail • Chicken Curry • Regular Jerk Chicken

Served with rice & peas **or** chips **or** sweet potato fries, plus two sides from below

Sides: Salad **V** Fried Plantain **V**
Fried Dumpling **V** Coleslaw **V**

SHARING PLATTERS

For two people

Jerk Chicken Platter 20.95

Extra large portion of Jerk chicken (Leg & Thigh x3), with large rice & peas **or** chips **or** sweet potato fries, plus three sides

Jerk BBQ Wing Platter 20.95

10 wings with large rice & peas **or** chips **or** sweet potato fries, plus three sides

Sharing Platter Sides

Salad **V** Fried Plantain **V** Coleslaw **V**
Fried Dumplings (2) **V**

V Vegan **V** Vegetarian

BURGERS & WRAPS

Jerk Chicken Burger 6.95

Jerk breast fillet, salad & jerk mayo in a toasted bun

Fried Chicken Burger 6.95

Fried chicken strips, salad & jerk mayo in a toasted bun

Jerk Chicken Wrap 7.95

Jerk chicken breast, salad, plus a sauce of your choice in a tortilla wrap

Fried Chicken Wrap 7.95

Fried chicken strips, salad, plus a sauce of your choice in a tortilla wrap

Add an Extra Filling 50p each

Fried Plantain, Coleslaw, Rice & Peas, White Rice

Veggie Wrap **V** 6.50

Choose any three from below & add your sauce

Salad **V** Fried Plantain **V** Coleslaw **V**
Rice & Peas **V** White Rice **V**

MEAT FREE OPTIONS

Vegetarian Curry **V** 8.95

Sweet potato, butternut squash, courgette, spinach & veg curry, served with rice & peas, plus one side

Grilled Jerk Veg **V** 8.95

Mixed vegetables grilled in the jerk drum, served with rice & peas, plus one side

Veggie Wrap **V** 6.50

Choose any three from below & add your sauce

Salad **V** Fried Plantain **V** Coleslaw **V**
Rice & Peas **V** White Rice **V**

CHOOSE SIDES

Salad **V**

Fried Dumpling **V**

Fried Plantain **V**

Coleslaw **V**

SAUCES

- Jerk BBQ,
- Peri Peri,
- Hot Pepper,
- Mayo,
- Jerk Mayo,
- Sweet Chilli,
- Ketchup

Extra Sauce 30p

JERK CHICKEN STREET FOOD SPECIALS

	on its own	add rice & peas or chips or sweet potato fries, plus one side
Regular Jerk Chicken Leg & Thigh	3.70	8.95
Large Jerk Chicken Leg & Thigh (x2)	7.00	10.95
XL Jerk Chicken Leg & Thigh (x3)	10.00	12.95
Boneless Jerk Chicken	—	12.50
Jerk BBQ Wings (5)	5.50	9.95
Jerk Chicken Salad	6.50	—
Boneless Jerk Chicken served over fresh lettuce, cucumber & tomatoes		

OUR CHICKEN IS MARINATED FOR 24 HOURS & JERKED ON OUR TRADITIONAL JERK PIT BBQ

FISH Jerk Salmon 13.95

Served with rice & peas **or** chips **or** sweet potato fries, plus one side.

Jerk King Prawns (3) 14.95

Served with rice & peas **or** chips **or** sweet potato fries, plus one side.

Jerk Seafood Platter (for one) 22.95

Fillet of Jerk Salmon & three Jerk King Prawns.

Served with rice & peas **or** chips **or** sweet potato fries, plus two sides

ON THEIR OWN
Jerk Salmon Fillet
or 3 Jerk King
Prawns 7.95

KIDS' MEALS

Served with Rice & Peas **or** Chips plus a bottle of water **or** glass of juice

Fried Chicken Strips (3) 5.95

Jerk BBQ Wings* (3) 5.95

Mini Jerk Wrap* 5.95

Mini Jerk Chicken* 5.95

*Please note, the jerk marinade has mild spice

MINI CARIBBEAN CLASSICS

Served with Rice & Peas **or** White Rice plus a bottle of water **or** glass of juice

Curry Goat 5.95

Curry Chicken 5.95

Brown Stew Chicken 5.95

Vegetarian Curry **V** 5.95

EXTRAS

Mac & Cheese **V** 3.20

Rice & Peas **V** 3.50

Fried Dumplings (2) **V** 2.50

Saltfish Fritters (2) 2.50

Sweet Potato Fries **V** 3.00

Fried Plantain **V** 3.00

White Rice **V** 3.00

Coleslaw **V** 2.50

Salad **V** 2.50

Chips **V** 2.50

Jamaican Patty 2.50

Chicken • Beef • Beef & Cheese • Lamb • Salt Fish • Vegetable **V**