



JERK

TAKEAWAY MENU

BY
PALM BAY
C A R I B B E A N

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: 020 8502 5124

Deliveries: Deliveroo, Uber Eats, GoGettetrs

Enquires: info@palmbaycaribbean.co.uk

palmbaycaribbean.co.uk

CARIBBEAN CLASSICS

Curry Goat 12.95

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

Brown Stew Chicken 11.95

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

Oxtail 12.95

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

Ackee & Saltfish 12.95

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

Curry Chicken 11.95

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

PICK YOUR TWO CARIBBEAN FAVOURITES

COMBO Platter (for one) 15.95

Choose two from:

Curry Goat • Brown Stew Chicken •
Oxtail • Chicken Curry • 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 22.50

Extra large portion of jerk chicken
(Leg & Thigh x 3), with large rice & peas **or**
chips **or** sweet potato fries, plus three sides

Jerk BBQ Wing Platter 22.50

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

WRAPS

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

Grilled Jerk Veg Wrap V 7.95

Mixed vegetables grilled in the jerk drum,
plus a sauce of your choice in a tortilla wrap

Add an Extra Filling 50p each

Fried Plantain • Coleslaw • Rice & Peas •
White Rice • Cheese

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

Grilled Jerk Veg V 8.95

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

Grilled Jerk Veg Wrap V 7.95

Mixed vegetables grilled in the jerk drum,
plus a sauce of your choice in a tortilla wrap

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

CHOOSE A SAUCE

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
Jerk Chicken	8.95	11.95
XL Jerk Chicken	10.95	13.95
Boneless Jerk Chicken	—	12.95
Jerk BBQ Wings (x5)	6.00	10.95
Jerk Chicken Salad	7.00	—
<i>Boneless Jerk Chicken served over fresh lettuce, cucumber & tomatoes</i>		

Sides: Salad ✓ Fried Plantain ✓
Fried Dumpling ✓ Coleslaw ✓

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

LAMB

Jerk Lamb Chops	7.95	14.95
<i>Lamb chops (x3)</i>		

FISH

Jerk Salmon	14.95
<i>Served with rice & peas or chips or sweet potato fries, plus one side.</i>	

Jerk King Prawns	14.95
<i>Served with rice & peas or chips or sweet potato fries, plus one side.</i>	

Jerk Surf & Turf (for one) 22.95

*Jerk King Prawns & Jerk Lamb Chops.
Served with rice & peas **or** chips **or** sweet potato fries, plus two sides*

Jerk Seafood Platter (for one) 22.95

*Fillet of Jerk Salmon & Jerk King Prawns.
Served with rice & peas **or** chips **or** sweet potato fries, plus two sides*

ON THEIR OWN

Jerk Salmon Fillet **or**
Jerk King Prawns 7.95

KIDS' MEALS

*Served with Rice & Peas **or** Chips plus a tropical juice*

Fried Chicken Strips 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*

KIDS' MINI CARIBBEAN CLASSICS

*Served with Rice & Peas **or** White Rice plus a tropical juice*

Curry Goat 5.95

Curry Chicken 5.95

Brown Stew Chicken 5.95

EXTRA SIDES

Mac & Cheese ✓ 3.20

Rice & Peas ✓ 3.50 ← ASK FOR GRAVY

Fried Dumplings (2) ✓ 2.50

Sweet Potato Fries ✓ 3.00

Grilled Veg ✓ 3.95

Fried Plantain ✓ 3.00

White Rice ✓ 3.00

Coleslaw ✓ 2.50

Salad ✓ 2.50

Chips ✓ 2.50

Jamaican Patty 2.50

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

TAKEAWAY LUNCHTIME SPECIAL BOX DEAL

Monday – Friday / 12pm – 3pm

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

Regular Meal 7.00

Large Meal 9.00

Extra Large 10.00

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

Combo Meal 10.00

**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

V Vegan **V** Vegetarian

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.



TAKEAWAY COCKTAILS

Palm Bay's Rum Punch 5.95*

Double Wray Rum Punch 8.95

Pineapple Punch 4.95 (Non-alcoholic)

Guinness Punch 5.95

Frozen Strawberry Daiquiri 7.95

Ting Wray 7.95

Palm Bay's Gin 'N' Ting 7.95

Dark & Stormy 7.95

***2x RUM PUNCH FOR £10
ALL DAY, EVERY DAY**

SOFT DRINKS

Ting 1.40

Ginger Beer 1.40

Grape Soda 1.40

Pineapple Soda 1.40

Coke 1.40

Diet Coke 1.40

Sprite 1.40

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