

## MAINS

CREATE YOUR OWN FUSION BY PICKING AND MIXING OUR MAINS AND SIDES TO MAKE YOUR PERFECT MEAL!



### JERK CHICKEN 9.95 🌶️

Our six-stage Jamaican Jerk Chicken starts with a secret marinade that includes pimento, scotch bonnet and thyme. It's then flame-grilled the traditional way over coal, basted twice, flung in the oven to cook through, to be returned to the grill to crisp up with one more layer of jerk basting sauce. It's finished with chicken pan gravy, mango and coriander.

### CURRY GOAT 11.55 🌶️🌶️

This Indo-Jamaican, one-pot wonder will knock your socks off! We've left the classic flavours there and finished with mint-cucumber yoghurt, pomegranate and coriander. It's all in the long marinade; deeper flavours are reached through the slow cooking of meat on the bone. This is goat on the bone, big bones.

### LAMB CHOPS 15.55 🌶️

Marinated in ginger, chilli, garlic, cumin and black pepper, served with mango and coriander salsa, avocado hummus.  
Grilled how you'd like! We recommend medium-rare.

### PEPPER STEAK WITH SPINNERS 12.55 🌶️🌶️

Cooked-down, spicy steak stew with potatoes, peppers, carrots and spinners (boiled dumplings) flavoured with bay, thyme and paprika. Finished with a mango salsa and spring onions. Traditional Jamaican dish.

### ACKEE AND SALTFISH 12.55 🌶️

Salted Cod sautéed with ackee, onions, tomatoes, garlic, black pepper and pimento finished with thyme and dill.

### FRIED HAKE WITH ESCOVITCH 15.55 🌶️

Silver Hake steaks seasoned with garlic and black pepper on a bed of spicy tomato sauce and hot, spicy, sour pickled vegetables; escovitch.

### JERK HALLOUMI (V) 9.50 🌶️

Marinated in jerk bbq sauce, ginger, chilli, garlic and grilled. Accompanied by mango and coriander salsa and avocado hummus.

### CURRY VEG (VE) 9.55 🌶️

Sweet potato, peppers, onion, spinach, carrot, cabbage, tomato, coconut cream and coriander fried in our chilli and ginger spice paste. Finished with coconut milk, dill and lime. Health food on steds.

### FETA, OLIVE & AVOCADO HUMMUS SALAD (V) 9.55

Cucumber, red onion, dill and coriander – this works well with all other mains, cutting through the rich dishes like a machete-wielding jungle warrior; this could be you.

## SIDES

COCONUT RICE & MIXED PEAS (VE) 4.00

FRIED DUMPLINGS (V) 3.80

FRIED PLANTAIN (VE) 4.00

GARLIC AND GINGER STEAMED VEG (VE) 4.00

SKIN-ON CHIPS (VE) 3.80

SWEET POTATO WEDGES (VE) 4.00

SLAW 3 WAYS: CLASSIC, RED CABBAGE

& SUPER VEG (V) 3.90

HALLOUMI (3PCS) 4.95

## GRAVY

ALL 2.00

CHICKEN PAN GRAVY

CURRY GOAT, COCONUT GRAVY

PEPPERED STEAK GRAVY

HOT JERK PIMENTO SAUCE

## CHICKEN WINGS

These 6 wings have been marinated for 24hrs in our special Pull Up seasoning. Placed on the grill for Jerking, giving a succulent yet crispy dish; with the perfect balance of heat and flavour.

SMALL 5 PCS 6.50 - LARGE 10 PCS 11.55

## BIG PLATES

Served on a plate or in a box.

ADD PLANTAIN, DUMPLING OR STEAMED VEG FOR 1.50

### THE HENCH BOX 16.55

Choose any 2 mains:

Curry Goat / Jerk Chicken / Peppered Steak  
/ Ackee and Saltfish or Curry Veg  
- with plantain, dumpling, slaw, coconut rice 'n' peas.

### THE VEGAN BOX 15.55

Curry veg, sweet potato wedges, mango and coriander salsa, avocado mash, salad slaw and coconut 'n' peas.

### THE HENCH VEG BOX 16.55

Curry veg, halloumi, sweet potato wedges, plantain, dumpling, slaw and coconut rice 'n' peas.

### THE HEALTH BOX 16.95

Jerk Chicken, Halloumi, Steam veg, sweet potato wedges, slaw, coconut rice 'n' peas.

### FISH BOX 18.00

Fried Hake, Ackee and Saltfish, plantain, dumpling, slaw and coconut rice 'n' peas.

### CHICKEN AND CHOP BOX 18.50

Choose your spice level!

Jerk Chicken, 2 Lamb Chops, plantain, dumpling, slaw and coconut rice 'n' peas.

SEE THE BACK FOR OUR SUNDAY MAINS →

CARIBBEAN FOOD IS A FUSION OF  
AFRICAN, AMERINDIAN, EUROPEAN, EAST INDIAN  
AND ARAB CUISINES.

OUR MAINS AND SIDES ARE DESIGNED FOR SHARING.  
CREATE YOUR OWN FUSION BY PICKING AND MIXING  
OUR MAINS AND SIDES.

MATCH YOUR OWN FOR THE PERFECT MEAL, OR DO  
YOUR OWN THING AND GET A BIG PLATE!

## EARLY BIRD

(Served until 4pm)

Served on a plate or in a box.

ADD PLANTAIN, DUMPLING OR STEAMED VEG FOR 1.50

### JERK CHICKEN BOX 8.95

Jerk Chicken, slaw 3 ways and coconut rice 'n' peas.

### CURRY GOAT BOX 8.95

Goat, slaw 3 ways and coconut rice 'n' peas.

### VEG CURRY BOX 8.95 (VE)

Curry Veg, slaw 3 ways and coconut rice 'n' peas.

(For Vegan please request Vegan slaw.)

### ACKEE AND SALTFISH BOX 8.95

Ackee and Salted Cod, slaw 3 ways and coconut rice 'n' peas.

### PEPPER STEAK BOX 8.95

Peppered Steak Stew, slaw 3 ways and coconut rice 'n' peas.

FOOD ALLERGIES AND INTOLERANCES: Please speak to our staff before you  
order your food and drinks, to know more about our ingredients.

## SUNDAY MAINS

(all other mains still served)

### REGGAE ROAST 16.00

+ 6.00 TO SWAP JERK CHICKEN FOR 3 LAMB CHOPS

Lemon and thyme roast Jerk Chicken, carrot, plantain,  
rice 'n' peas, mac 'n' cheese and spicy gravy.

This is our Anglo-Caribbean take on a roast.

### RASTA ROAST 15.55

(V) (GLUTEN FREE) (VEGAN)

ADD MAC 'N' CHEESE FOR 2.00

Roast Pumpkin with a pepper, spring onions and olive mix  
(and feta cheese for part-time rastas)

with roast carrot, sweet potato wedges, fried plantain,  
rice 'n' peas, and wholesome veg gravy.

FOR DESSERTS  
SEE OUR SPECIALS BOARD  
OR ASK ONE OF OUR FRIENDLY STAFF  
TO FIND OUT WHAT TASTY TREATS  
WE HAVE IN FRESH!

LEAVE US A REVIEW ON TRIPADVISOR!

PULLUP WITH US ONLINE:   @PULLUPSAGAS  
@PULLUPBARCAFE

Pull Up

FOOD MENU