



2701 N. Martin Luther King Ave,
Oklahoma City, OK 73111

(405) 424-0456 Fax (405) 424-3934

caricanflavors.com



Dine In or Take Out Vegetarians Welcomed
Tues – Fri 11am – 6:30 pm Sat 12 – 6:30pm
Closed on Sunday and Monday

*****Heart Healthy*****

All entrees served with a choice of two sides (Spinach Rice, Rice and Beans, Blackeye Peas, Cabbage, Green Beans, Sweet Potatoes, Broccoli, Plantains, Salad or Baked Macaroni & Cheese , (Steamed Okra & Lentils - **Wednesday**), Callaloo (**Fri & Sat**) **(\$2.00 each additional side with the purchase of a plate or mini meal)**

REGULAR PLATES

***Jerk Chicken (Mild) 10.54
***Curried Chicken 10.54
***Jerk Wings (Mild) 11
Curried Goat 13.15
Lamb Stew 13.10
Stewed Beef 11
Stewed Oxtails 13.50
Fried or Grilled Catfish 11.25
Grilled Tilapia 10.13
***Stewed Red Snapper 13.40
Fried Catfish with fries 6.90
Smoked Turkey Legs 10.65
Hawaiian Wings (Tue & Fri) 11.20
Stew Chicken (Trinidad Style) (Thurs) 10.54

MINI MEALS

***Jerk Chicken (Mild) 9
***Curried Chicken 9
***Jerk Wings (Mild) 9.21
Curried Goat 9.76
Lamb Stew 9.67
Stewed Beef 9.34
Stewed Oxtails 10
***Stewed Red Snapper 9.45
Smoked Turkey Legs 9.10
Hawaiian Wings (Tue & Fri) 9.34

(No Catfish or Tilapia for Mini Meals)

KIDS MEALS \$6.85

***Jerk Chicken (Mild)
***Curry Chicken
***Jerk Wings (Mild)
***Stewed Red Snapper

Smoke Turkey

Children under 12 yrs old (a choice of 2 sides)

LITE PLATTERS

Jerk Chicken Salad (Organic spring mix, tomato, cucumber, olive with Jerk chicken) 7.30
Vegetarian Choice (any three sides) 8.15
Garden Salad (spring mix, cherry tomatoes, black olives, cucumbers) Sm 3.75 Lrg 4.85

LARGE SIDE ORDERS

***Jerk Chicken or Curry Chicken 8.75
Stew Beef 8 sm 10.75 lrg
Lamb Stew 8.55 sm 11.75 lrg
Curried Goat 9 sm 11.97 lrg
Oxtails 10 sm 14 lrg
Tilapia (Fried or Grilled) 4.50 each
Catfish (Fried or Grilled) 5.00 each

LARGE SIDE ORDERS

Red Snapper 4.25 each
Macaroni and Cheese 4.50
French Fries 2.50
Any Rice 3.50
Any Vegetable 3.40
Jamaican Beef Patty 3
Jamaican Chicken Patty 3

BEVERAGES

Can Soda .85
Bottled Soda 1.45
Bottled Water 1.00
Apple Juice 1.60
V8 Juice 1.60
Sorrrell 2.35 (No Refills)
Ginger Beer 2.35 (No Refills)
Trinidad Solo 2.35
Jamaican Ting 2.35
Lemonade 1.80
Ice Tea 1.75 (sweet or unsweetened)
(1 FREE REFILL - LEMONADE or ICE TEA)

DESSERTS

Pound Cake 3.25
Peach Cobbler 3.45
Vanilla Ice Cream 2.80
Cinnamon Ice Cream 2.95

Prices Effective 4/1/2018 ASK US ABOUT
CATERING YOUR EVENT, MEETING OR PARTY

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

SMOOTHIES \$3.50

Pineapple Mango
Pineapple Strawberry
Mango Strawberry
Fresh Juiced Apples
Fresh Juiced Oranges

(Add Spinach or Kale .50 extra)

Watermelon Juice.....Watermelon only (no added water or sugar) Seasonal 2.75

All our smoothies are made on request and contains no added water, or sugar !!

FRESH JUICE \$5.50

Pressure Guard.....Apple, Celery, Lemon, Ginger, Bell Pepper, Carrots, Cilantro

Smooth Circulation.....Apple, Cucumber, Celery, Parsley, Ginger, Carrots

Anemia Punch.....Apple, Beets, Spinach, Kale, Ginger, Carrots

Digestive Balance.....Apple, Carrots, Cucumber, Lemon, Ginger

Body Cleanse Detox.....Apple, Celery, Cucumber, Bell Pepper, Lemon, Ginger, Cilantro, Parsley

Allergy Kick.....Apple, Lemon, Ginger, Radish, Celery, Cucumber, Parsley, Cilantro

Beautiful Skin.....Apple, Carrots, Sweet Potato, Cucumber, Celery, Lemon, Ginger.

Flu Fighter.....Apple, Orange, Pineapple, Lemon and Ginger, (Garlic optional)

Make your own juice – any seven items listed

All of our juices are made fresh on request and contains no added water, or sugar !!