



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

*****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) 11.15
- ***Curried Chicken 11.15
- Stew Chicken (Trinidad Style) (Thurs) 11.15
- ***Jerk Wings (Mild) 11.50
- Curried Goat 14.35
- Lamb Stew 13.60
- Stewed Beef 11.50
- Stewed Oxtails 13.80
- Fried or Grilled Catfish 11.25
- Grilled Tilapia 10.65
- ***Stewed Red Snapper 13.75
- Fried Catfish with fries 6.95
- Smoked Turkey Legs 11.00
- Hawaiian Wings (Tue & Fri) 11.80

MINI MEALS

- ***Jerk Chicken (Mild) 9.80
- ***Curried Chicken 9.80
- ***Jerk Wings (Mild) 10.00
- Curried Goat 11.00
- Lamb Stew 10.40
- Stewed Beef 10.00
- Stewed Oxtails 10.80
- ***Stewed Red Snapper 10.00
- Smoked Turkey Legs 9.65
- Hawaiian Wings (Tue & Fri) 10.25

(No Catfish or Tilapia for Mini Meals)

KIDS MEALS \$7.00

- ***Jerk Chicken (Mild)
- ***Curry Chicken
- ***Jerk Wings (Mild)
- ***Stewed Red Snapper
- Stew Beef
- 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) 7.36
- Vegetarian Choice (any three sides) 8.24
- Garden Salad (spring mix, cherry tomatoes, black olives, cucumbers) Sm 3.75 Lrg 4.85

LARGE SIDE ORDERS

- ***Jerk Chicken or Curry Chicken 9.00
- Stew Beef 8.25 sm 11.00 lrg
- Lamb Stew 9.25 sm 11.96 lrg
- Curried Goat 11.00 sm 14.50 lrg
- Oxtails 12 sm 16 lrg
- Tilapia (Fried or Grilled) 4.50 each
- Catfish (Fried or Grilled) 5.00 each

LARGE SIDE ORDERS

- Red Snapper 4.50 each
- Macaroni and Cheese 4.60
- French Fries 2.55
- Any Rice 3.68
- Any Vegetable 3.90
- Jamaican Beef Patty 3
- Jamaican Chicken Patty 3

BEVERAGES

- Can Soda .85
- Bottled Soda 1.55
- Bottled Water 1.00
- Apple Juice 1.70
- V8 Juice 1.70
- Sorrell 2.50 (No Refills)
- Ginger Beer 2.50 (No Refills)
- Trinidad Solo 2.44
- Jamaican Ting 2.44
- Lemonade 1.84
- Ice Tea 1.80 (sweet or unsweetened)
- (1 FREE REFILL - LEMONADE or ICE TEA)

DESSERTS

- Pound Cake 3.35
- Peach Cobbler 3.45
- Vanilla Ice Cream 2.85
- Cinnamon Ice Cream 3.15

Prices Effective 1/2/2020 ASK US ABOUT
CATERING YOUR EVENT, MEETING OR PARTY

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

SMOOTHIES \$3.68

- 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 contain no added water, or sugar!!

FRESH JUICE \$5.75

- 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 contain no added water, or sugar!!