



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 and Lentil Beans (Wed)

Callaloo (Fri & Sat)

(\$2.00 each additional side with the purchase of a plate or mini meal)

REGULAR PLATES

***Jerk Chicken (Mild)

***Curried Chicken

***Jerk Wings (Mild)

Curried Goat

Lamb Stew

Stewed Beef

Stewed Oxtails

Fried or Grilled Catfish

Grilled Tilapia

***Stewed Red Snapper

Fried Catfish with fries

Smoked Turkey Legs

Stew Chicken (Trinidad Style) (Thurs)

Hawaiian Wings (Tue & Fri)

MINI MEALS

***Jerk Chicken (Mild) ***Jerk Wings (Mild)

***Curried Chicken Smoked Turkey Legs

Curried Goat Lamb Stew

Stewed Beef Stewed Oxtails

***Stewed Red Snapper

Stew Chicken (Trinidad Style) (Thurs)

Hawaiian Wings (Tue & Fri)

(No Catfish or Tilapia for Mini Meals)

KIDS MEALS

***Jerk Chicken (Mild)

***Curry Chicken Jerk Wings (Mild)

***Stewed Red Snapper

Stew Beef Smoked Turkey Legs

Stew Chicken (Trinidad Style) (Thurs)

Hawaiian Wings (Tue & Fri)

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

LITE PLATTERS

Jerk Chicken Salad (Organic spring mix, tomato, cucumber, olive with Jerk chicken)

Vegetarian Choice (any three sides)

Garden Salad (spring mix, cherry tomatoes, black olives, cucumbers) **Small and Large**

LARGE SIDE ORDERS

***Jerk Chicken or Curry Chicken

Tilapia (Fried or Grilled)

Catfish (Fried or Grilled)

Red Snapper

LARGE SIDE ORDERS

Macaroni and Cheese

French Fries

Any Rice

Any Vegetable

Jamaican Beef Patty

Jamaican Chicken Patty

BEVERAGES

Can Soda

Bottled Soda

Bottled Water

Apple Juice

V8 Juice

Sorrell

Ginger Beer

Trinidad Solo

Jamaican Ting

Lemonade

Ice Tea (sweet or unsweetened)

DESSERTS

Pound Cake

Peach Cobbler

Vanilla Ice Cream

Cinnamon Ice Cream

Effective 4/1/2022 ASK US ABOUT CATERING
YOUR EVENT, MEETING OR PARTY

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

SMOOTHIES SML LRG

Pineapple Mango

Pineapple Strawberry

Mango Strawberry

(Add Spinach or Kale .50 extra)

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

FRESH JUICE SML LRG

Fresh Juiced Apples

Fresh Juiced Oranges

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 five items listed

All of our smoothies and juices are made

fresh on request and contain no added

water, or sugar!!