



84 Stroud Green Rd, London N4 3EN

T: 020 7263 9690 | E: info@lulusrestaurant.co.uk
www.lulusrestaurant.co.uk



Lulu's
Caribbean Cuisine

Starters

STICKY BABY BAKED LAMB RIBS £5.95

Slow cooked, smoked sweet Demerara homemade BBQ hand cut sweet potato crisps, smoked cayenne

JERK CHICKEN £5.95

Traditional slow cooked over 100% spiced lump charcoal coupled with pimento & pepper jerk chutney

PAN FRIED FISH ESCOVITCH £6.95

Crispy fillet of fish, all spice, tomato & coconut broth, escovitch vegetables

SWEET BRAISED PEPPERED SHRIMP £6.95

Hint of scotch bonnet, braised greens, sweet sauce with warm green plantain crisps

SALTFISH FISH FRITTERS £4.95

Salted cod cake with spring onions, peppers, thyme served with tamarind jam

PHOLOURIE £4.95

Trini & Guyanese finger food, crisp round balls of seasoned split & gram flour, with trio of tamarind chutney, coconut & apple & mango kutchella

SWEET POTATO CHEESE BAKE £5.95

Hot pot of Jamaican sweet potato, roasted aubergine, tomato stew, topped with cheese & pimento infused béchamel, oven baked

CHANNA & BARA £4.95

Trini street food, lightly spiced chick peas, cucumber relish, tamarind jus in paper wrapped double bara sandwich

LULU'S SOUP £5.95

House special, pumpkin, green banana, yam, sweet potato, dumplings & cristophene choice of fish, lamb, oxtail or vegetable

CRAB & CALLALLOO SOUP £6.95

Cornish Crab claw, dasheen leaf, okra, corn dumpling, coconut broth

The Jerk Pit

Served with rice & peas, pan fried plantains, coleslaw, mini baked coco bread

HALF JERK OR BBQ CHICKEN £12.95

Slow cooked juicy tender chicken choice of sweet BBQ or jerk

KING PRAWN GRILLED (HALF POUND) £16.95

Lime sweet chilli, or warm jerk butter

JERK RED FISH £15.95

Oven baked jerk marinated grilled fillet of red fish, homemade jerk spice, warm butter sauce

STICKY BABY BAKED LAMB RIBS £15.95

Slow cooked, smoked, sweet Demerara, homemade BBQ rack of ribs

Mains

Served with Rice & Peas, Pan fried plantain, sweet potato & salad with our Peruvian fire dressing

CURRIED CHICKEN ON THE BONE £13.95

Hand ground masala, saffron, cumin, coconut & a touch of our own kitchen's secret (Trini recipe)

STEWED CHICKEN ON THE BONE £13.95

Rich caramelised brown stew gravy, carrot, sweet shallot, all spice

CURRIED GOAT ON THE BONE £14.95

Slow cooked, chunks of tender curried goat, typical spicy rich favourite

BROWN STEW OXTAIL & BEANS £15.95

Succulent slow cooked Oxtail on the bone, caramelised onion jus & white beans, a country favourite, delicious, meaty & satisfying

BROWN STEW LAMB SHOULDER £14.95

Skillet cooked Lamb shoulder, Lamb Jus, pimento & roasted Aubergine with a rich caramelised finish.

CURRIED SHRIMP £14.95

Sautéed king prawn, sweet Trinidadian red curry, hint of tamarind & warm Potato

AKEE & SALTED FISH £14.95

Jamaica's National dish of salted Cod & the Akee fruit, sautéed with spiced savoury Escovitch

STEWED RED FISH £13.95

Fillet of Red fish, stew tomato, cilantro, coconut & scotch bonnet

VEGETABLE CURRY £10.95

Warm, gently spiced curry, with masala, saffron & chef's vegetables of the day

Island Favourites

COU COU & STEWED FISH £14.95

Fillet of red fish cooked in a rich buttery red herb stew, okra & coconut polenta

CURRIED CRAB & DUMPLINGS £16.95

Locally sourced cornish crab, old Tobagonian coconut curry, cornmeal dumplings & steamed basmati rice

SNAPPER £15.95

Twin fillet of snapper stuffed with baby spinach & sweet potato, served with rice & peas, plantains & salad

Dhal Pouri Roti

Traditional Trinidadian thin leafed bread stuffed with hand milled split peas with sides of pumpkin, channa, vegetables, tamarind & coconut chutney, wrapped & filled with your choice of:

CURRIED GOAT £12.95

CURRIED CHICKEN £12.95

STEWED FISH £13.95

CURRIED SHRIMP £13.95

VEGETABLE £10.95

POTATO & CHANNA £10.95

Side Orders

FRIED PLANTAIN £2.95

SWEET POTATOES BOILED & FRIED £3.95

COLESLAW £2.95

MIXED SALAD £4.95

Mixed Leaf, Carrot, Beet, Tomatoes, Plantain Chips & Shredded Ceviche Dressing

STEWED PUMPKIN £2.95

MACARONI PIE £3.95

RICE & PEAS £2.95

STEAMED BASMATI RICE £2.45

DHAL POURI ROTI £2.45

DHAL SOUP £3.45

Dessert

CORN MEAL PUDDING £3.95

A sweet oven baked pudding, sweet coconut, cinnamon sauce, ice cream

CHOCOLATE RUM CAKE £4.95

Rich chocolate rum cake, strawberries, Ice cream

MALIBU COCONUT CAKE £4.95

Warm chocolate sponge Malibu infused crème anglais

JAMAICAN RIVIERA £4.95

Two scoops of Rum & Raisin, rum cake, whipped cream, maraschino

HOMEMADE ICE CREAM (Selection of 2 scoops) £3.95

Rum & Raisin, Peanut, Coconut, Vanilla

SORBETS ICE CREAM (Selection of 2 scoops) £2.95

Mango, Pineapple & Watermelon, Mojito