



JAM DELISH

MODERN CARIBBEAN VEGAN CUISINE

OUR JOURNEY SO FAR

Jam Delish is an independent family-owned Caribbean vegan restaurant and cocktail bar in Angel, Islington. Founded in 2020 by siblings Jordan and Chyna, their idea was one that came purely from their desire to bring their grandparents authentic, traditional Caribbean recipes from their family home to the London food scene, with a fresh and modern take, inspired by their own upbringing in a vegan household. Fusing their love for plant-based food with their Caribbean roots, they identified a niche gap in the market for authentic, Modern Caribbean Vegan Cuisine. With five-star reviews across the board from both customers and food critics alike, the siblings have now opened their first ever flagship restaurant and cocktail bar in the heart of Angel, Islington.



NIBBLES

MINI FESTIVALS £6.95 G

Mini festivals, pineapple, mango and scotch bonnet sauce, toasted coconut and fresh spring onion

ISLAND TRIO AND GRILLED ROTI £10.95 G, M, SE

Burnt spring onion and chilli butter, roasted red pepper hummus, sweet jerk butter, grilled roti

CARIBBEAN OLIVES £4.95 GF

Olives, ginger, garlic, thyme, scotch bonnet, lime zest oil

SMALL PLATES

BBQ JERK PLANTAIN £9.95 GF, M, PN

Roasted whole BBQ jerk plantain, peanuts, pomegranate, chilli basil coconut yoghurt

“SALTFISH” TOSTONES (3PCS) £10.95 GF, M, S

“Saltfish”, peppers, twice fried green plantain, samphire, scotch bonnet mayonnaise

BUTTERMILK OYSTER MUSHROOMS AND TROPICAL SALAD £11.95 G, M, S, SE

Deep fried oyster mushrooms, spicy plantain ketchup, green avocado puree, mix leaves, cucumber, carrot, red bell pepper, red onion

CARIBBEAN PEPPER “PRAWNS” £11.95 GF, S

Chargrilled marinated “prawns”, guava pepper sauce, fried bammy, pico de gallo

JERK “PORK” BELLY TACOS (3PCS) £10.95 G, S

Soft-shell tortillas, chargrilled jerk “pork” belly, pickled red onion, charred sweetcorn salsa, green avocado puree

BIG PLATES

CALLALOO AND "CODFISH" £19.95 GF, S

Callaloo, "codfish", spinach rice, chargrilled okra, cassava herb dumplings

JERK "CHICKEN" SKEWERS £19 GF, M, S

Chargrilled jerk "chicken", peppers, hispi cabbage, cauliflower quinoa, pomegranate, Caribbean green salsa

CURRY "GOAT" £19.50 C, G

Curry "goat", rice and peas, Jamaican sweet potato, Caribbean fried cabbage, fried plantain

CURRY "PRAWNS" £19.95 C, GF, S

Curry "prawns", peppers, carrots, coconut, rice and peas, chargrilled tenderstem broccoli, fried plantain

FRIED "CHICKEN" AND JAMAICAN GRAVY £19 G, M, S

Fried "chicken", ackee and green lentils, miso butter glazed sweet potato, Jamaican gravy

SIDES

TROPICAL MANGO SALAD £7.95 GF

Mix leaves, mango, cucumber, carrot, red bell pepper, red onion, mango dressing

CARIBBEAN SLAW £6.50 GF, M

Red cabbage, savoy cabbage, carrot, Dijon mustard, mayo, apple cider vinegar, maple syrup, lime

MAC AND CHEESE £7.95 G

Mac and cheese, freshly toasted garlic and thyme infused breadcrumbs

“BACON” MAC AND CHEESE £8.95 G, S

Mac and cheese, crispy “bacon”, freshly toasted garlic and thyme infused breadcrumbs

RICE AND PEAS £5.95 GF

Basmati rice, red kidney beans, coconut milk, scallion, thyme, garlic, allspice berries, scotch bonnet

GRILLED ROTI £4.95 G, M

Grilled roti, burnt spring onion and chilli butter

PLANTAIN FRIES £7.95 GF

Fried ripe plantain

“CHICKEN” SALT FRIES £6.50 GF

FRIES £5.95 GF

SWEETS

STICKY GINGER CAKE £9.00 G, N

Sticky ginger cake, coconut caramel, plantain custard, pistachios and raspberries

GUINNESS PUNCH AND CHOCOLATE MOUSSE £9.00 GF

Chocolate mousse, chocolate soil, Guinness punch sauce

CHEESECAKE OF THE WEEK £9.50

ASK WAITER FOR ALLERGIES

CAKEAGE FEE £7.00

Price per person

BESPOKE CAKES

Available upon request with 48 hours notice.
Please enquire via email at jandelish@outlook.com

PREMIUM SAUCES

ALL £1.50

Jamaican Jerk Sauce **GF**

Jamaican Gravy **GF, M, S**

Plantain Ketchup **GF, SE**

Pineapple, Mango and Scotch Bonnet Sauce **GF**

Spring Onion and Garlic Aioli **GF, M**

Mango Chilli Mayo **GF**

Scotch Bonnet Salsa **GF**

Mango Salsa **GF**

SAUCES

ALL £1.00

BBQ Sauce **GF**

Mayo **GF**

Ketchup **GF**

SET MENU

£36

Parties of 10 people or more must order from this menu

SMALL PLATES

BBQ JERK PLANTAIN GF, M, PN

Roasted whole BBQ jerk plantain, peanuts, pomegranate, chilli basil coconut yoghurt

“SALTFISH” TOSTONES (3PCS) GF, M, S

“Saltfish”, peppers, twice fried green plantain, samphire, scotch bonnet mayonnaise

BIG PLATES

JERK “CHICKEN” SKEWERS GF, M, S

Chargrilled jerk “chicken”, peppers, hispi cabbage, cauliflower quinoa, pomegranate, Caribbean green salsa

CURRY “GOAT” C, G

Curry “goat”, rice and peas, Jamaican sweet potato, Caribbean fried cabbage, fried plantain

SWEETS

STICKY GINGER CAKE G, N

Sticky ginger cake, coconut caramel, plantain custard, pistachios and raspberries

GUINNESS PUNCH AND CHOCOLATE MOUSSE GF

Chocolate mousse, chocolate soil, Guinness punch sauce

Our ingredients are sourced from New Covent Garden Market where possible. All our dishes are plant-based. Not all ingredients are listed on the menu. Speak to our team if you have any allergies or intolerances. Allergen information is available in our restaurant and on our website at jamdelish.co.uk/menu. Please ask a member of staff to view the allergen menu, and let our team know if you have any allergens or intolerances when ordering. Whilst we take all reasonable precautions to prevent cross contamination, as our food is prepared and freshly cooked to order, there may be a risk that traces of all allergens can be found in any dish. We do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. As a result, we cannot 100% guarantee that there will be no cross-contamination. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.

