



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

CARIBBEAN OLIVES 4.95 GF

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

ISLAND TRIO AND GRILLED ROTI 10.95 G, M, S

Burnt spring onion and chilli butter, murtani, sweet jerk butter, grilled roti

MINI FESTIVALS 6.95 G

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

SMALL PLATES

JERK PEPPER AUBERGINE 9.95 GF, M, N, S

Grilled jerk aubergine, sorrel teriyaki, charred sweet peppers, pineapple and scotch bonnet kimchi, spring onion mayo, cashew and black pepper dukkah

NUT FREE OPTION - REMOVE CASHEW AND BLACK PEPPER DUKKAH

LEMON PEPPER CAULIFLOWER 9.95 GF

Roasted lemon pepper cauliflower, murtani, burnt lemon salsa verde, lemon pepper tuile

“SALTFISH” SUSHI (3PCS) 10.95 GF, S, SE

“Saltfish”, sushi rice, Trini pickled cucumber, roasted black sesame seeds, avocado and guava pepper sauce

3.50 FOR ADDITIONAL 1PCS

BAJAN FRIED “FISH” TACOS (3PCS) 10.95 G, S

Soft-shell tortillas, Bajan fried “codfish”, sweet peppers, okra, onions, cos lettuce, plantain crisps, Caribbean tartar sauce

3.50 FOR ADDITIONAL 1PCS

ADD 1.00 FOR GLUTEN FREE OPTION

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

Soft-shell tortillas, chargrilled jerk “pork” belly, sweet peppers, Caribbean slaw, pickled red onion, green salsa, crispy onions

3.50 FOR ADDITIONAL 1PCS

ADD 1.00 FOR GLUTEN FREE OPTION

BIG PLATES

“OXTAIL” CHOW MEIN 18.00 G, P, S

Jackfruit and wild mushroom “oxtail” stew, butterbeans, udon noodles, carrots, sweet peppers, spring onions, crushed spicy peanuts

NUT FREE OPTION - REMOVE CRUSHED SPICY PEANUTS

JERK “CHICKEN” SKEWERS 19.00 C, GF, M, S

Chargrilled jerk “chicken”, peppers, hispi cabbage, saffron rice, pomegranate, Caribbean green salsa

GRILLED “CODFISH” AND CALLALOO FRITTERS 19.95 GF, S

Scotch bonnet and sweet chili glazed “codfish”, Caribbean fried rice, callaloo fritters, coconut and callaloo sauce

CURRY “GOAT” 19.50 C, G

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

CARIBBEAN FRIED “CHICKEN” AND JAMAICAN GRAVY 19.00 G, M, S

Fried jerk “chicken”, garlic mashed potatoes, stew peas, confit hispi cabbage, Jamaican gravy

SIDES

SEASONAL GREENS 6.95 GF

Sauteed cassava dumplings, okra, hispi cabbage, kale, burnt spring onion and chilli butter

TROPICAL MANGO SALAD 7.95 GF

Mix leaves, mango, sweet peppers, grated carrot, shredded cabbage, pickled red onion, pomegranate, mango salsa

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, M, S

Mac and cheese, freshly toasted garlic and thyme infused breadcrumbs

“BACON” MAC AND CHEESE 8.95 G, M, S

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

GARLIC MASHED POTATOES AND JAMAICAN GRAVY 6.50 GF, S

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, S

Grilled roti, burnt spring onion and chilli butter OR sweet jerk butter

BBQ JERK PLANTAIN FRIES 8.95 GF, M, S

Fried ripe plantain, BBQ jerk sauce, pomegranate, spring onion, coconut and pimento dressing

“CHICKEN” SALT FRIES 6.50 GF**FRIES 5.95 GF**

SWEETS

CHOCOLATE PIMENTO FESTIVALS 7.95 G

Mini festivals, chocolate pimento sauce, coconut and Guinness punch reduction

BANANA CAKE 9.00 G

Banana cake, coconut caramel, caramelised bananas, whipped cream, Lotus Biscoff Crumb

GLUTEN FREE OPTION
REMOVE LOTUS BISCOFF CRUMB

CHOCOLATE PANNA COTTA 9.00 G

Chocolate panna cotta, rum-soaked vanilla sponge, chocolate soil

GLUTEN FREE OPTION
REMOVE RUM-SOAKED VANILLA SPONGE

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 jamdelish@outlook.com

SET MENU

36.00

Parties of 10 people or more must order from this menu

SMALL PLATES

JERK PEPPER AUBERGINE GF, M, N, S

Grilled jerk aubergine, sorrel teriyaki, charred sweet peppers, pineapple and scotch bonnet kimchi, spring onion mayo, cashew and black pepper dukkah

NUT FREE OPTION - REMOVE CASHEW AND BLACK PEPPER DUKKAH

LEMON PEPPER CAULIFLOWER GF

Roasted lemon pepper cauliflower, murtani, burnt lemon salsa verde, lemon pepper tuile

JERK "PORK" BELLY TACOS (3PCS) G, M, S

Soft-shell tortillas, chargrilled jerk "pork" belly, sweet peppers, Caribbean slaw, pickled red onion, green salsa, crispy onions

3.50 FOR ADDITIONAL 1PCS

ADD 1.00 FOR GLUTEN FREE OPTION

BIG PLATES

"OXTAIL" CHOW MEIN G, P, S

Jackfruit and wild mushroom "oxtail" stew, butterbeans, udon noodles, carrots, sweet peppers, spring onions, crushed spicy peanuts

NUT FREE OPTION - REMOVE CRUSHED SPICY PEANUTS

JERK "CHICKEN" SKEWERS C, GF, M, S

Chargrilled jerk "chicken", peppers, hispi cabbage, saffron rice, pomegranate, Caribbean green salsa

CURRY "GOAT" C, G

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

SWEETS

BANANA CAKE G

Banana cake, coconut caramel, caramelised bananas, whipped cream, Lotus Biscoff Crumb

GLUTEN FREE OPTION

REMOVE LOTUS BISCOFF CRUMB

CHOCOLATE PANNA COTTA G

Chocolate panna cotta, rum-soaked vanilla sponge, chocolate soil

GLUTEN FREE OPTION

REMOVE RUM-SOAKED VANILLA SPONGE

PREMIUM SAUCES

ALL 1.50

Jamaican Jerk Sauce **GF, M, S**

Jamaican Gravy **GF, S**

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 **GFP**

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. 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.

