



# JAM DELISH

MODERN CARIBBEAN VEGAN CUISINE

# OUR JOURNEY SO FAR

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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.



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## NIBBLES

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### **CARIBBEAN OLIVES 4.95 GF**

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

### **ISLAND TRIO AND GRILLED ROTI 10.95 G, M, S, SE**

Burnt spring onion and chilli butter, scotch bonnet and butter bean hummus, sweet jerk butter, grilled roti

### **MINI FESTIVALS 6.95 G**

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

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## SMALL PLATES

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### **GUYANESE PHOLOURIE 9.95 G**

Yellow split pea fritters, murtani, tamarind burnt apple, sour mango and scotch bonnet sauce

### **TRINIDADIAN DOUBLES 10.95 G**

Plantain chickpea curry, Trini pickled cucumber, pepper sauce, tamarind, Caribbean green salsa

### **JERK PEPPER "STEAK" 11.95 GF, M, S, SE**

Chargrilled portobello jerk pepper "steak", scotch bonnet and butter bean hummus, homemade plantain crisps

### **BAJAN FRIED "FISH" AND OKRA PANCAKE 11.95 G, S**

Fried celeriac "fish", okra and spinach pancake, cos lettuce, wakame escovitch, crispy seaweed, brown stew sauce

### **TRINIDADIAN PELAU ARANCINI 9.95 G, M, S**

Marinated wild mushrooms, pigeon peas, whipped pimento feta, sorrel reduction, green seasoning emulsion

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## BIG PLATES

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### **JERK "CHICKEN" SKEWERS 19.00** C, GF, M, S

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

### **GUYANESE PEPPERPOT 19.50** G, M, S

Wild mushroom and jackfruit pepper pot, garlic hard dough bread, cavolo nero, fried ripe plantain

### **GRILLED "CODFISH" AND JAMAICAN**

#### **GUNGO PEA STEW 19.95** GF, M, S

Chargrilled "codfish", Jamaican gungo pea stew, butternut squash, potatoes, carrots, spinach, wakame, sautéed callaloo, coconut and pimento rice

### **CARIBBEAN FRIED "CHICKEN" AND**

#### **JAMAICAN GRAVY 19.95** G, M, S

Fried jerk oyster mushroom "chicken", garlic mashed potatoes, stew peas, confit hispi cabbage, Jamaican gravy

### **CURRY "GOAT" 19.50** C, G

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

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## SIDES

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### **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

**COCONUT AND PIMENTO RICE 5.95 GF****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

**ISLAND FRIES 6.50 C GF M S**

Scotch bonnet chilli seasoning, smoked paprika, pimento

**FRIES 5.95 GF**

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**SWEETS**

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**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**

**COCONUT AND PIMENTO PANNA COTTA 9.00 GF**

Coconut and pimento panna cotta, sorrel poached pear, coconut shortbread, lemon pepper meringue

**CHEESECAKE OF THE WEEK 9.50**

Ask waiter for allergies

**CAKEAGE FEE 7.00**

Price per person

**BESPOKE CAKES**

Available upon request with 7 days notice.

Please enquire via email at [jandelish@outlook.com](mailto:jandelish@outlook.com)

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# SET MENU

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**36.00**

Parties of 10 people or more must order from this menu

## SMALL PLATES

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### **GUYANESE PHOLOURIE G**

Yellow split pea fritters, murtani, tamarind burnt apple, sour mango and scotch bonnet sauce

### **TRINIDADIAN DOUBLES G**

Plantain chickpea curry, Trini pickled cucumber, pepper sauce, tamarind, Caribbean green salsa

### **JERK PEPPER "STEAK" GF, M, S, SE**

Chargrilled portobello jerk pepper "steak", scotch bonnet and butter bean hummus, homemade plantain crisps

## BIG PLATES

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### **GUYANESE PEPPERPOT G, M, S**

Wild mushroom and jackfruit pepper pot, garlic hard dough bread, cavolo nero, fried ripe plantain

### **CURRY "GOAT" C, G**

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

## SWEETS

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### **BANANA CAKE G**

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

**GLUTEN FREE OPTION**

**REMOVE LOTUS BISCOFF CRUMB**

### **COCONUT AND PIMENTO PANNA COTTA GF**

Coconut and pimento panna cotta, sorrel poached pear, coconut shortbread, lemon pepper meringue

## **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 **GF**

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](http://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.

