

# STEP 1

## CHOOSE YOUR MEAL

Trust us to create the perfect meal for any occasion, from intimate dinner parties to a mix and match family takeout without the hassle

### Meat Dishes

**Harvest Jerk Chicken** 🍗🍗🍗 **£8.50**  
Who hasn't heard of the famous jerk chicken. A staple cuisine throughout the Caribbean made of grilled chicken coated spicy jerk marinade sauce, allspice and Scotch bonnets peppers. No need to long for the Caribbean; have a taste of it here today.

**Harvest Chicken** **£7.50**  
Try our astonishing Harvest chicken cooked with affection and attention. Grilled chicken coated with our Harvest red sauce - the best you'll ever have. Comes with Harvest sauce.

**Harvest Beef** **£8.50**  
Rich, mouth-watering and inviting. Our braised beef coated with Harvest red sauce is just an order away. Available to have it by itself or accompanied with our traditional Nigerian jollof rice. Take a taste of Africa with you. Comes with Harvest sauce.

**Harvest Assorted Meat** **£8.50**  
Traditional assorted meats contain beef, goat meat, cow leg and shaki (tripe). Comes with Harvest sauce.

**Oxtail** **£9.99**  
Gelatin-rich meat, slow-cooked as a stew with spices and traditional seasoning. The oxtail is one of the staple three dishes in Caribbean cuisine.

**Curry Chicken** 🍛 **£8.99**  
You've heard of curry goat, why don't you try our curry chicken?

**Harvest Jerk Chicken Breast** 🍗🍗🍗 **£8.99**  
This succulent jerk chicken is our boneless masterpiece. So, if you're not partial to bones, try our jerk chicken breast.

**Brown Stew Chicken** 🍗 **£8.99**  
Jamaican stew made with chicken, sweet peppers and aromatic spices. Be prepared to be hit by a wall of spice and aromatic smells.

**Curry Goat** 🍛 **£9.50**  
Longing for the tender taste of the Caribbean? Look no further than our marinated goat meat which is cooked in a Caribbean curry sauce with fresh herbs and spices until tender and falling easily off the bone with every bite.

### Fish Dishes

**Ackee & Saltfish** 🍷 **£9.99**  
Ackee & saltfish is a staple dish of Jamaica. Ackee is a savoury fruit with thick red skin native to West Africa. The fruity nutty flavour of ackee and the sharp saltiness of the saltfish proves to make a great combination.

**Harvest Fish** **£7.99**  
Our Harvest fish is a pan-fried fresh white fish coated with our Harvest red sauce, cooked to perfection you will not want to miss out. Comes with Harvest sauce.

**Brown Stew Fish - Red Brim (Headless)** 🍷 **£9.99**  
Marinated fish pan fried stewed in a sweet-savoury sauce flavoured with Jamaican herbs and spices.

**Curry Prawns** 🍛 **£9.99**  
Our curry prawns are cooked with a plethora of spices infused with garlic, thyme, ginger and curry spice.

**Grilled Tilapia** 🍷🍷 **£12.50**  
Grilled whole marinated fresh tilapia cooked in spicy sauce and vegetable medley, you don't want to miss out.

**Steamed Fish with Okra** **£13.50**  
Fresh sea bass, steamed in aromatic spices, sweet peppers and okra (ladies' fingers / ochro), a dish of the West African coast.

### Vegetarian / Vegan Dishes

**Brown Beans** 🍷 **£7.99**  
A Nigerian comfort food, our brown beans porridge is made of Scotch bonnets, onions, tomatoes and bell peppers mixed together with black-eyed peas to create a stunning dish.

**Chickpea Curry** 🍛 **£7.99**  
The classic curry with chickpeas, You have to try the chickpea curry! This dish blows away expectation and we here at Harvest cannot stop eating it.

**Moi-Moi + Harvest Sauce** 🍷 **£5.50**  
Moi-moi is a steamed bean pudding made with brown beans, onions and fresh ground red peppers, it is one of the many great dishes to come out of West Africa.

**Callaloo** **£6.99**  
Callaloo is a green leafy vegetable, akin to spinach, that is grown in the Caribbean. Accompanied with our fried plantain it produces an authentic taste of the Caribbean countryside.

# STEP 2

## CHOOSE YOUR ACCOMPANIMENT

**White Rice (Vegan/Veg)** **Small £3.00 Large £5.99**  
Plain white rice - good to accompany a number of dishes.

**Jollof Rice** **Small £5.50 Large £8.50**  
A taste of home. Try our traditional Nigerian jollof rice, cooked with bell peppers mixed with a base of Scotch bonnets and spices.

**Jasmine Coconut Rice (Vegan/Veg)** **Small £3.50 Large £7.99**  
Jasmine rice cooked in coconut milk sprinkled with desiccated coconut.

**Rice & Peas (Vegan/Veg)** **Small £5.99 Large £8.99**  
Authentic Caribbean rice & peas - a woody and fruity flavour from allspice berries, thyme and Scotch bonnet peppers. Cooked with red kidney beans.

**Harvest Fried Rice** **Small £6.99 Large £9.99**  
Stir-fried rice mixed with vegetables and prawns. Try our twist on fried rice.

**Boiled Yam (Puna Yam)** **Small £4.99 Large £7.99**



# STEP 3

## CHOOSE YOUR SIDES

Put the finishing touches to your main meal. Try something new and find a new favourite!

**Puff-Puff** **£2.99**

Deliciously seasoned dough, deep fried until golden brown. **With strawberries or a hazelnut chocolate dip.** **£3.99**

**Pie** **£3.00**

Ground beef, chicken or fillet of fish marinated with African herbs and spices, then topped with a buttery homemade pie crust and baked to perfection.

**Patty** **£3.00**

Vegetable (vegan), chicken, beef or salt fish marinated with Caribbean spices baked inside a flaky golden pastry.

**Fried Plantain (Vegan/Veg)** **£1.75**

Cut plantain seasoned with salt and deep fried. (4 portions)

**Fried Plantain (Vegan/Veg)** **£3.00**

Cut plantain seasoned with salt and deep fried. (8 portions)

**Potato Fries** **£3.00**

**Sweet Potato Fries** **£3.00**

**Yam Fries** **£3.50**

**Akara (Vegan/Veg)** **£3.00**

Made with ground peeled black-eye beans, bell peppers, onions and spices, deep fried until golden brown.

**Harvest Slaw** **£3.25**

Our own homemade slaw made with fresh carrot and white cabbage, dried cranberries, chilli and garlic mayo.

**Mac & Cheese** **£3.50**

Combination of 3 cheeses, picked especially by the chef! Delightful, cheesy and fulfilling, you'd be wanting more after you finish.

**Harvest Sweet Chicken Wings** **£7.99**

Grilled chicken wings marinated in our own special Harvest mix glazed with honey.

**Harvest Jerk Chicken Wings** **£7.99**

Grilled chicken wings coated in spicy jerk marinade sauce, allspice and Scotch bonnets peppers.

**Fish Moi-Moi** **£3.50**

Steamed bean pudding made with black-eye beans, onions, fresh peppers and mackerel fish.

**Moi-Moi (Vegan/Veg)** **£3.50**

Steamed bean pudding made with brown beans, onions and fresh ground red peppers, it is one of the many great dishes to come out of West Africa.

**Harvest Sauce** 🍷 **£2.00**

Our own take on a classic stew recipe, it mixes tomatoes, red onions, red bell peppers and Scotch bonnet peppers.

**Dumplings** **£2.00**

Dough wrapped around meat and vegetables.

**Festivals** **£2.00**

Deep-fried bread, typical of Jamaican cuisine.

**Roti** **£3.00**

Round flat bread native to the Indian subcontinent made from stone ground whole wheat flour.

- If you are unsure or have any questions on food allergy or intolerance, just ask a member of our team.
- All our meat is Halal.

# Traditional African Soup Dishes

**Seafood Vegetable Soup (Efo-riro) £13.99**  
 A cuisine of the Yoruba people of Nigeria. Efo-riro is spinach soup made from leaf vegetables and stockfish, palm oil, red onion, crayfish, bell peppers and other ingredients. A truly traditional dish, order some and be at one with the proud Yoruba people of Nigeria

with chicken £14.99  
 with beef £15.99  
 with assorted meat £15.99  
 with fish £16.99

**Assorted Meat Vegetable Soup (Efo-riro) £13.99**  
 Another version of the efo-riro with assorted meats. Traditional assorted meats contain beef, goat meat, cow leg, and shaki (tripe). A delightful combination with a range of wonderful flavours - you do not want to miss out.

with chicken £14.99  
 with beef £15.99  
 with assorted meat £15.99  
 with fish £16.99

**Seafood Okra £13.99**  
 A thick and delicious soup with variations all over West Africa. The okra soup is embedded with a plethora of flavours including ingredients from the sea that leave you yearning for more.

with chicken £14.99  
 with beef £15.99  
 with assorted meat £16.99  
 with fish £16.99

**Assorted Meat Okra Soup £13.99**  
 As our seafood version. However, for those who like more meat on their plate the assorted meat version fulfils the task.

with chicken £14.99  
 with beef £15.99  
 with assorted meat £15.99  
 with fish £16.99

**Okra with Harvest Red Sauce (Vegan/Veg) £13.99**  
 A thick and delicious vegan soup from West Africa. The okra soup is embedded with a plethora of flavours that leaves you yearning for more.

with chicken £14.99  
 with beef £15.99  
 with assorted meat £15.99  
 with fish £16.99

**Egusi £13.99**  
 Ground melon seed stew with finely chopped spinach cooked in red palm oil. From Nigeria to Ghana, egusi is a famous dish that can accompany fufu or yam. No words can describe how delightful this dish is. Order some now!

with chicken £14.99  
 with beef £15.99  
 with assorted meat £15.99  
 with fish £16.99

**Gbegiri + Ewedu £13.99**  
 Another export of the Yoruba people of Nigeria, gbegiri + ewedu are two soups which are brilliant by themselves, but together are a thing of beauty. Gbegiri soup is prepared with beans mackerel and crayfish. Ewedu is prepared with ewedu leaves.

with chicken £14.99  
 with beef £15.99  
 with assorted meat £15.99  
 with fish £16.99

**Bitterleaf Soup £13.99**  
 A product of the Igbo people of Nigeria, bitterleaf soup is comprised of seafood, Scotch bonnets and bitterleaf.

with chicken £14.99  
 with beef £15.99  
 with assorted meat £15.99  
 with fish £16.99

CHOOSE ACCOMPANIMENTS TYPICALLY SERVED WITH TRADITIONAL AFRICAN SOUPS

**Eba (Garri) £2.99**  
 Made with garri from cassava, mixed with hot water into a soft tasty textured dish.

**Pounded Yam £2.99**  
 Made with yam flour, mixed with hot water until smooth. Similar to mashed potatoes but heavier.

**Amala £2.99**  
 Amala is made from a form of dried yam. It has a doughy texture akin to Fufu and Pounded Yam. Traditionally accompanying soup dishes why don't you order Amala alongside your Traditional African Soup?

**Wheat £2.99**  
 Made from wholegrain wheat, high in protein and fibre.

**Fufu £2.99**  
 Made with Fufu flour, mixed and shaped to form a doughy finish.

# Family Packs

Our dedication to making your family lunch or dinner exceptional is our commitment to you. So go ahead and order, give yourself a break in the kitchen today!

Serves 4-6  
 Includes Harvest Slaw and Plantain and your choice of Rice

Harvest Beef	£56.99
Harvest Chicken & Beef	£58.99
Harvest Fish	£58.99
Harvest Fish, Chicken & Beef	£68.99
Harvest Chicken	£54.99
Jerk Chicken	£55.99
Curry Goat	£57.99
Curry Goat & Jerk Chicken	£59.99
Curry Chicken	£55.99
Curry Chicken & Curry Goat	£59.99
Jerk Chicken, Curry Goat & Curry Chicken	£68.99

# Drinks

Coke	£1.50	Supermalt	£1.50
Diet Coke	£1.50	Old Jamaica Cream Soda	£1.50
Fanta	£1.50	Old Jamaica Ginger Beer	£1.50
Fanta Twist	£1.50	Old Jamaica Fruit Punch	£1.50
Orange Miranda	£1.50	Ting	£1.50
Strawberry Miranda	£1.50	Nigeria Fanta	£3.00
Limca	£1.50	Schweppes Bitter Lemon	£3.00
Sprite	£1.50	Malta Guinness	£3.00

A story of sheer passion for preparing delectable, flavoursome food. Creating a warm and welcoming atmosphere for guests at their home. Those became the inspiration behind Harvest Afro Caribbean. Today, Osa and Rachel, a couple of Nigerian descent, celebrate the milestone of opening the first Afro-Caribbean fusion cuisine restaurant on High Street in the Royal Windsor and Maidenhead Borough, right across the street from Windsor Castle.

Promising guests a unique dining experience that celebrates the distinct yet vibrant culinary flavours of African and Caribbean cuisine in an atmosphere that invokes the spirit, culture and traditions from where each made-to-order menu item is derived, Harvest Afro Cuisine also avails dishes for delivery as well as catering services for private and corporate events.

# WAYS TO ORDER



ORDER STRAIGHT FROM YOUR PHONE



01753 299 459

GIVE US A CALL



CHOOSE A DELIVERY SERVICE



Great home cooked food made with love and passion  
 With the added ingredient of joy and laughter  
 Add a handful of warmth,  
 with a spoonful of affection and kindness

# We Are Harvest



Bringing you the taste of Africa and the Caribbean

**Harvest Afro Caribbean**  
 38 Thames St, Windsor, SL4 1PR  
 01753 299 459  
 info@harvestafrocaribbean.com  
 www.harvestafrocaribbean.com

**Opening Hours**  
 Monday – Saturday: 11:30am to 2.00pm, 4.00pm to 9:30pm  
 Sunday: 11:30am to 6:30pm



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