



HARVEST MENU

SOUPS

Spiced Pumpkin Soup V/VG 🍲 £9.99
Hearty traditional soup with pumpkin pieces and croutons

Red Pea Soup V/VG 🍲 £7.99
Full of vegetables and spices, with a pinch of Scotch bonnet and pimento seeds
Add oxtail +£2

Nigerian Pepper Soup 🍲🍲🍲
Made with West African hot spices and garnished with mint leaves

Comes with a choice of
Meat (inc. cow foot & tripe) £12.99
Fish £15.99

'SMALL CHOPS' SHARING PLATTER (serves 3)

Option 1 £27.99
Jerk chicken wings, saltfish fritters, vegetable spring rolls, grilled corn and potato fries

Option 2 £34.99
Beef suya, chicken suya, grilled corn, puff-puff and yam fries

Option 3 £25.99
Your choice of 2 meat and 3 vegetable starters or sides

Option 4 £22.99
Your choice of 6 vegetable starters or sides

STARTERS

Gizzard & Plantain 🍲🍲 £8.99
Fried gizzard and fried plantains with a simmering mixed pepper and tomato sauce

Grilled Jerk Chicken Wings 🍲🍲🍲 £7.99
Chicken wings marinated in our own jerk sauce with allspice and Scotch bonnet

Grilled Sweet Chicken Wings £7.99
Chicken wings marinated in our Harvest honey glaze

Beef Samosas £5.99
Beef and potatoes inside wonderful flaky, deep-fried samosas

Vegetable Spring Rolls V/VG/GF £5.99
Packed with Thai basil, carrots, lettuce and green onion. Naturally gluten-free!

Suya 🍲🍲🍲
Beef or chicken smothered in a mixture of dried spiced smoky peppers, served with onions, tomatoes and cucumber

Chicken £10.99
Beef £12.99

Jamaican Pepper Prawns 🍲🍲🍲 £8.99
Seasoned prawns fried with Scotch bonnet and mixed bell peppers

Salt Fish Fritters 'Stamp & Go' £7.99
Salt fish and seasoning in a fried dumpling

MAIN MEALS

served with either rice & plantain or fries or boiled yam

Please ask staff for allergy advice.

MEAT

Harvest Beef or Chicken £18.99

For a taste of Africa, try our grilled chicken or mouth-watering braised beef cooked in our Harvest red sauce

Harvest Jerk Chicken Leg 🍴🍴🍴 £18.99

Harvest Jerk Chicken Breast 🍴🍴🍴 £19.99

A favourite throughout the Caribbean made of grilled chicken, coated in spicy jerk marinade sauce, allspice and Scotch bonnet

Curry Goat 🍴 £20.99

Tender cooked Caribbean goat curry, with fresh herbs and spices

Curry Chicken 🍴🍴 £19.99

Chicken pieces marinated in spices and cooked in rich curry sauce

Oxtail Stew £21.99

Gelatin-rich meat, slow-cooked as a stew with spices and traditional seasoning. The oxtail forms the trifecta of classical Caribbean cuisine

Brown Stew Chicken 🍴 £19.99

Jamaican stew made with tender chicken, sweet peppers & aromatic spices. Prepare yourself to be hit by a wall of aromatic smells and spices

FISH

Harvest Fish £18.99

A pan-fried, fresh white fish coated with our Harvest red sauce, cooked to perfection

Steamed Sea Bass with Okra 🍴 £23.99

A perfect island dish of fresh sea bass, steamed in aromatic spices with sweet peppers, okra (ladies' fingers/ochro) and coconut milk

Grilled Tilapia 🍴🍴🍴 £25.99

Grilled whole tilapia cooked in a spicy sauce with a vegetable medley

Brown Stew Fish with Red Brim 🍴 £19.99

Pan fried fish, stewed in a sweet and savoury sauce flavoured with Jamaican herbs and spices

Escovitch Fish 🍴 £18.99

Caribbean flavours with Spanish influence, marinated red brim fried in vinegar sauce made colourful with sweet peppers, carrots and onions. The perfect taste of the islands!

Curry Prawns 🍴🍴 £19.99

Infused with curry spices, garlic, fresh thyme, coconut milk and fresh peppers

Ackee & Saltfish 🍴🍴 £20.99

A staple dish of Jamaica, ackee is a savoury fruit with thick red skin native to West Africa. The nutty flavour of ackee and the sharp saltiness of the saltfish are a classic combination

VEGETARIAN/VEGAN

Nigerian 'Brown Beans' v/VG 🍴🍴 £17.99

A Nigerian comfort food, our brown beans porridge is made with warming tomato sauce and served with plantain (not served with rice or fries)

Moi-Moi & Harvest Sauce v/VG 🍴 £18.99

A West African dish made with black-eye beans, onions and fresh ground red peppers. The bean pudding is steamed in banana or 'moi-moi' leaf

Chickpea Curry v/VG 🍴🍴 £15.99

A classic curry infused with garlic, thyme, ginger, coconut milk, fresh peppers and curry spices

Callaloo v/VG 🍴 £16.99

A green leafy vegetable, akin to spinach, that is grown in the Caribbean, served with fresh peppers to produce an authentic taste of the Caribbean countryside

TRADITIONAL AFRICAN SOUP

all served with either pounded yam, garri, amala, fufu or wheat and a choice of beef or chicken or assorted meat or fish

Efo-riro (vegetable soup) ^{V/VG} 🍴🍴

A cuisine of the Yoruba people of Nigeria, Efo-riro is spinach soup made from leaf vegetables, palm oil, red onion and bell peppers

Comes with a choice of

Seafood £22.99

Assorted meat (beef, cow foot and tripe 'shaki') £22.99

Okra Soup 🍴🍴

A thick and delicious soup with variations all over West Africa

Comes with a choice of

Rich red sauce £15.99

Seafood £22.99

Assorted meat (beef, cow foot and tripe 'shaki') £22.99

Egusi 🍴🍴

Ground melon seed stew with finely chopped spinach, cooked in red palm oil and smoked dried prawns. From Nigeria to Ghana, Egusi is a delicious dish that can accompany fufu or yam

£23.99

Gbegeri & Ewedu 🍴🍴

Another export of the Yoruba people of Nigeria, Gbegeri & 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.

£23.99

Ogbono 🍴🍴

A Nigerian thick soup made with crayfish and ground dry ogbono seeds

£23.99

Bitter Leaf 🍴🍴

Traditional to the Igbo people of Nigeria, cooked in a red palm base with leafy greens and seafood

£23.99

SALADS

Mixed Leaf Salad with Mango ^{V/VG}

A mild blend of crisp salad leaves with mouthwatering pieces of mango

£9.99

Harvest Slaw ^{V/VG}

Our homemade slaw made with fresh carrot and white cabbage, dried cranberries, chilli and garlic mayo
Add jerk chicken breast or pepper prawns

£5.50

+£7.99

BURGERS AND WRAPS

served with fries & salad

Jerk Beef Burger 🍴

Beef burger marinated in jerk sauce, grilled to perfection, creating a classic burger with a Caribbean twist

£13.99

Jerk Vegan Burger 🍴

Our vegan soya-bean jerk burger is a sensational treat for your taste buds marinated in jerk sauce, grilled to perfection creating a tantalising vegan burger with a Caribbean twist

£13.99

Jerk Chicken Burger 🍴

Chicken fillet marinated in jerk sauce grilled to perfection, creating the perfect burger with a Caribbean twist

£13.99

Jerk Chicken Breast Wrap 🍴

Like our jerk chicken burger, full of spices and flavour

£9.99

Crispy Chicken Wrap

Crispy-coated chicken with tender meat within, accompanied by a mixture of vegetables and spices

£9.99

Black-Eye Bean Wrap (Akara Wrap)

Our black-eyed bean fritters in a wrap, with spices, peppers and vegetables

£9.99

Callaloo Roti Wrap ^{V/VG}

Callaloo accompanied by fresh peppers and spices

£9.99

RICE

Plain Rice ^{V/VG}

Plain white rice - good to accompany several of our dishes

£7.99

Jollof Rice

Traditional Nigerian rice, cooked with bell peppers and spices. A taste of home!

£8.99

Jasmine Coconut Rice ^{V/VG}

Jasmine rice cooked in coconut milk sprinkled with desiccated coconut

£8.99

Rice & Peas ^{V/VG}

An authentic Caribbean favourite, with a woody and fruity flavour from allspice berries, fresh thyme and coconut cream, cooked with red kidney beans

£8.99

Harvest Fried Rice

Stir-fried rice mixed with vegetables and prawns

£9.99

SIDES

Moi-Moi V/VG £4.50
Made with black-eye beans, onions and fresh ground red peppers, the bean pudding is steamed in banana or 'moi-moi leaf'. Comes in a choice of fish (smoked mackerel) or plain moi-moi (V/VG)

Akara V/VG £4.00
Made with ground peeled black-eye beans, red bell peppers, onions and spices – deep fried until golden brown

Fried Plantain V/VG £3.99
Cut plantain, seasoned with salt and deep fried

Mac & Cheese V £4.00
Made with a combination of 3 cheeses picked by the chef, this is delightfully cheesy!

Grilled Corn £3.50
Corn-on-cob grilled and topped with butter

Caribbean Roti Flatbread £3.00
Round flatbread native to India, made from stoneground whole wheat flour

Dumplings £2.50
Fried crispy & perfectly soft dough

Festivals £2.50
Deep-fried Jamaican bread

Pies £3.50
Ground beef, chicken or fish, marinated with African herbs and spices, topped with a homemade pie crust

Patties £3.50
Chicken, beef, salt fish or vegetable, marinated with Caribbean spices, baked in flaky pastry

Fries V/VG
Potato fries £3.99
Sweet potato £4.49
Yam £4.99
Plantain £4.99

DESSERT

Kelewele £6.99
A West African sweet and spicy fried dessert with caramelised plantain, onion, garlic and nuts, seasoned with cayenne pepper and ginger

Puff Puff £5.99
Deliciously seasoned dough, deep fried until golden brown, served with strawberry sauce

Ice Cream £5.99
A choice of vanilla, coconut, chocolate, strawberry or rum ice cream
Add wafer + 50p

CAKE

served with ice cream, cream or custard

Banana Cake £7.99
Homemade mashed bananas cooked into a sweet cake

Caribbean Rum Cake £9.99
Homemade with rum cooked into it - welcome to the islands!

Red Velvet Cake £6.99
Homemade scarlet-coloured chocolate layer cake with cream filling

Coconut Cake £7.99
Homemade with a white frosting and covered in coconut flakes with cream filling

Chocolate Cake £6.99
Homemade chocolate cake with cream filling



**ORDER
STRAIGHT
FROM
YOUR
TABLE**



KIDS MENU

**Jollof Rice with Chicken Breast Strips,
Plantain & Harvest Sauce** 7.99

Our traditional Nigerian jollof rice, cooked with bell peppers mixed with a base of spices. A taste of home for the kids!

The following are served with either regular or sweet potato fries:

Mac & Cheese 7.99
A combination of 3 cheeses, picked by the chef!

Grilled Sweet Chicken Wings 7.99
Chicken wings marinated in our Harvest honey glaze

Beef Hot Dog 7.99
Harvest beef hot dog with a toasted brioche bun

Harvest Crispy Chicken 7.99

DESSERT

Ice Cream 5.99
A choice of vanilla, coconut, chocolate, strawberry or rum ice cream

Add wafer + 50p

