

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 Beef	£8.85
Harvest Chicken For a taste of Africa, try our grilled chicken or mouth-watering braised beef cooked in our Harvest red sauce	£7.85
Harvest Jerk Chicken Leg 🍴🍴🍴	£8.85
Harvest Jerk Chicken Breast 🍴🍴🍴 A favourite throughout the Caribbean made of grilled chicken, coated in spicy jerk marinade sauce, allspice and Scotch bonnet	£9.19
Harvest Assorted Meat Traditional assorted meats contain beef, cow leg and shaki (tripe). Comes with Harvest sauce	£8.85
Curry Mutton 🍴 Tender cooked Caribbean mutton curry, with fresh herbs and spices	£9.95
Caribbean Curry Chicken 🍴🍴 Chicken pieces marinated in spices and cooked in rich curry sauce	£9.15
Oxtail Stew Gelatin-rich meat, slow-cooked as a stew with spices and traditional seasoning. The oxtail forms the trifecta of classical Caribbean cuisine	£10.29
Brown Stew Chicken 🍴 Jamaican stew made with tender chicken, sweet peppers & aromatic spices. Prepare yourself to be hit by a wall of aromatic smells and spices	£9.15
Harvest Fish A pan-fried, fresh white fish coated with our Harvest red sauce, cooked to perfection	£8.15
Steamed Sea Bass with Okra 🍴 A perfect island dish of fresh sea bass, steamed in aromatic spices with sweet peppers, okra (ladies' fingers/ochro) and coconut milk	£14.99
Grilled Tilapia 🍴🍴🍴 Grilled whole tilapia cooked in a spicy sauce with a vegetable medley	£14.50
Brown Stew Fish with Red Brim 🍴 Pan fried fish, stewed in a sweet and savoury sauce flavoured with Jamaican herbs and spices	£10.15
Escovitch Fish 🍴 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!	£10.15
Curry Prawns 🍴🍴 Infused with curry spices, garlic, fresh thyme, coconut milk and fresh peppers	£10.15
Ackee & Saltfish 🍴🍴 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	£10.15

Vegetarian / Vegan Dishes

Nigerian 'Brown Beans' V/VG 🍴 A Nigerian comfort food, our brown beans porridge is made with warming tomato sauce	£8.99
Moi-Moi & Harvest Sauce V/VG 🍴 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	£7.15
Chickpea Curry V/VG 🍴🍴 A classic curry infused with garlic, thyme, ginger, coconut milk, fresh peppers and curry spices	£8.25
Callaloo V/VG 🍴 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	£7.25

STEP 2

CHOOSE YOUR ACCOMPANIMENT

Plain Rice V/VG Plain white rice - good to accompany a number of dishes	Small £3.50 Large £6.50
Jollof Rice Traditional Nigerian rice, cooked with bell peppers and spices. A taste of home!	Small £6.50 Large £8.99
Jasmine Coconut Rice V/VG Jasmine rice cooked in coconut milk sprinkled with desiccated coconut	Small £3.99 Large £8.19
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	Small £6.50 Large £9.09
Harvest Fried Rice Stir-fried rice mixed with vegetables and prawns	Small £7.99 Large £10.15
Boiled Yam (Puna Yam) V/VG	Small £5.50 Large £8.15



STEP 3

CHOOSE YOUR SIDES

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

Moi-Moi 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	£3.50
Akara V/VG Made with ground peeled black-eye beans, red bell peppers, onions and spices - deep fried until golden brown	£3.50
Fried Plantain - 4 portions V/VG Fried Plantain - 8 portions V/VG Cut plantain, seasoned with salt and deep fried	£2.00 £3.25
Mac & Cheese V Combination of 3 cheeses, picked especially by the chef! Delightful, cheesy and fulfilling, you'd be wanting more after you finish.	£3.99
Caribbean Roti Flatbread Round flatbread native to India, made from stoneground whole wheat flour	£3.15
Dumplings Fried crispy & perfectly soft dough	£2.15
Festivals Deep-fried Jamaican bread	£3.15
Pies Ground beef, chicken or fish, marinated with African herbs and spices, topped with a homemade pie crust	£3.10
Patties Chicken, beef, salt fish or vegetable, marinated with Caribbean spices, baked in flaky pastry	£3.25
Grilled Jerk Chicken Wings 🍴🍴🍴 Chicken wings marinated in our own jerk sauce with allspice and Scotch bonnet	£7.99
Grilled Sweet Chicken Wings Chicken wings marinated in our Harvest honey glaze	£7.99
Puff-Puff <i>Add strawberry or hazelnut chocolate dip</i> Deliciously seasoned dough, deep fried until golden brown	£3.10 + £1.00
Potato Fries Sweet Potato Fries Yam Fries	£3.25 £3.50 £3.75
Harvest Sauce 🍴 Our own take on a classic stew recipe, it mixes tomatoes, red onions, red bell peppers and Scotch bonnet peppers	£2.50
Harvest Slaw Our own homemade slaw made with fresh carrot and white cabbage, dried cranberries, chilli and garlic mayo	£3.50

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 Efo-riro (vegetable soup) 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
A cuisine of the Yoruba people of Nigeria, Efo-riro is spinach soup made from leaf vegetables, palm oil, red onion and bell peppers	
Assorted Meat Efo-riro (vegetable soup) 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
A cuisine of the Yoruba people of Nigeria, Efo-riro is spinach soup made from leaf vegetables, palm oil, red onion and bell peppers	
Seafood Okra Soup 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
A thick and delicious soup with variations all over West Africa	
Assorted Meat Okra Soup 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
A thick and delicious soup with variations all over West Africa	
Okra Soup with Harvest Red Sauce V/VG 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
A thick and delicious soup with variations all over West Africa	
Egusi 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
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	
Gbegeri & Ewedu 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
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. Gbegeri soup is prepared with beans, mackerel and crayfish. Ewedu is prepared with ewedu leaves	
Ogbono 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
A Nigerian thick soup made with crayfish and ground dry ogbono seeds	
Bitter Leaf 🍴🍴	£14.99
With chicken	£15.99
With beef or assorted meat	£16.99
With fish	£17.99
Traditional to the Igbo people of Nigeria, cooked in a red palm base with leafy greens and seafood	
🍴🍴 Choose accompaniments typically served with traditional African soups	
Eba (Garri)	£4.05
Made with garri from cassava, mixed with hot water into a soft tasty textured dish	
Pounded Yam	£4.05
Made with yam flour, mixed with hot water until smooth. Similar to mashed potatoes but heavier	
Amala	£4.05
Amala is made from a form of dried yam. It has a doughy texture akin to Fufu and Pounded Yam.	
Wheat	£4.05
Made from wholegrain wheat, high in protein and fibre	
Fufu	£4.05
Made with plantain 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, plantain and your choice of rice

Harvest Chicken	£55.24
Harvest Jerk Chicken	£56.29
Harvest Beef	£57.25
Harvest Fish	£59.25
Harvest Chicken and Beef	£59.25
Harvest Fish, Chicken and Beef	£69.25
Curry Mutton	£58.25
Curry Mutton and Harvest Jerk Chicken	£60.25
Caribbean Curry Chicken	£56.25
Caribbean Curry Chicken and Curry Mutton	£ 60.25
Harvest Jerk Chicken, Curry Mutton & Caribbean Curry Chicken	£ 68.99

Drinks

Coke	£2.00	Supermalt	£2.15
Diet Coke	£2.00	Old Jamaica Cream Soda	£2.00
Fanta	£2.00	Old Jamaica Ginger Beer	£2.00
Fanta Twist	£2.00	Old Jamaica Fruit Punch	£2.00
Orange Miranda	£2.00	Ting	£3.50
Strawberry Miranda	£2.00	Nigerian Fanta	£3.50
Limca	£2.00	Schweppes Bitter Lemon	£3.50
Sprite	£2.00	Malta Guinness	£3.50



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



07862 495007

GIVE US A CALL



Uber Eats



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

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www.harvestafrocaribbean.com

Opening Hours

Monday 6.30pm – 9.30pm

Wednesday to Friday 12.30am – 3.00pm, 5.00pm – 9.30pm

Saturday 12.30pm – 9.30pm

Sunday 12.30pm – 7.00pm



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