



TRINI PASTELLES

### Our Menu

#### **Pasture Raised Beef Pastelle**

Fresh ground beef, green seasoning, olives, raisins, capers. Wrapped in a corn flour fold and steamed in banana leaves.

#### **Pasture Raised Pork Pastelle**

Fresh ground pork, green seasoning, olives, raisins, capers. Wrapped in a corn flour fold and steamed in banana leaves.

#### **Free Ranged Chicken Pastelle**

Fresh ground chicken, green seasoning, olives, raisins, capers. Wrapped in a corn flour fold and steamed in banana leaves.

#### **Soy Pastelle (vegan)**

A healthy mixture of soy chunks, lentils, grated organic sweet potato, olives raisins, and capers and steamed in banana leaves.

#### **Pasture Raised Lamb Pastelle**

Fresh ground lamb, green seasoning, olives, raisins, capers. Wrapped in a corn flour fold and steamed in banana leaves.

#### **Wild Caught Fish Pastelle**

Wild caught Salmon or Tuna fish, fresh green seasoning, olives, raisins, capers. Wrapped in a corn flour and steamed in banana leaves.

#### **Pineapple and Mango Chow!**

Caribbean version of Salsa! Hand cut fresh pineapple, Brazilian mango and green apple, fresh island herbs, garlic, scotch bonnet pepper, garlic and salt, marinated in fresh lime juice.