

DRINKS

2-4-£15 COCKTAILS TUESDAY – SATURDAY 2PM - 8PM

COCKTAILS

RUMBAY PUNCH 10.50

Bacardi, Coconut Rum, Orange Juice, Pineapple Juice and Grenadine.

MELLOW DRAMATIC 10.50

Bacardi, Coconut Rum, Vanilla Vodka, Strawberry Puree, Grenadine, topped with Lemonade.

TROPICAL MELODY RAIN 10.50

Bacardi, Coconut Rum, Blue Curacao, Orange Juice, Pineapple Juice, and Grenadine

MOJITO 10.00

Bacardi, Fresh Mint, Lime Juice, Simple Syrup, topped with Soda a choice of: Classic, Passion Fruit or Strawberry

PORNSTAR MARTINI 10.50

Absolut Vanilla, Passoa, Passion Fruit Puree, Lime Juice and Vanilla Syrup

COSMOPOLITAN 10.50

Vodka, Cointreau, Cranberry Juice and Fresh Lime Juice

LONG ISLAND ICED TEA 10.50

Vodka, Gin, Tequilla, Rum, Cointreau, Lime Juice, Coke and Lime Juice Slices

ESPRESSO MARTINI 10.50

Vanilla Vodka, Coffee, Kahlua and Vanilla Syrup

FROZEN PIÑA COLADA 10.50

White Rum, Coconut Cream and Pineapple

DARK & STORMY 10.50

Dark Rum, Ginger Beer and Lime Juice

FROZEN STRAWBERRY

DAQUIRI 10.50

Fresh Strawberries, White Sugar, White Rum, Strawberry Liqueur and Lime Juice

MANGO SPICE 10.50

Abosolut Mango, Coconut Rum, Apple & Mango Juice, Sugar, Syrup and Chilli

LOVE ISLAND 10.50

Midori, Coconut Rum, Vodka, and Pineapple Juice

GIN-TASTIC PINK FIZZ 10.50

Pink Gin, Strawberries, Lemonade and Prosecco

MOCKTAILS

SUNRISE BEACH 4.50

Grenadine, Orange Juice, Lemonade, and Cranberry Juice

FRUIT PUNCH 4.50

Grenadine, Orange Juice, and Pineapple Juice

REECE'S DREAM 4.50

Apple Juice, Lemon Juice, Lychee Syrup and Grenadine

CUCUMBER CRUSH 4.50

Muddled Cucumber, Apple Juice, Elderflower Syrup and Lemon Juice.

HOMEMADE LEMONADES

MANGO AND LYCHEE 4.50

Mango Puree, Lychee Syrup, Lemon Juice, Topped with Soda

PASSION FRUIT 4.50

Passion Fruit Puree, Lemon Juice, Sugar Syrup, Topped with Soda

PINEAPPLE AND COCONUT 4.50

Pineapple Juice, Lemon Juice, Coconut Syrup, Topped with Soda

STRAWBERRY AND ELDERFLOWER 4.50

Strawberry Puree, Elderflower Cordial, Lemon Juice, Topped with Soda

SPIRITS/OTHERS

RUM

BACARDI 5.50
CAPTAINS SPICED 7.00
CAPTAINS BLACK 7.00
KRAKEN 6.00
APPLETON 6.00
HAVANNA 6.00
WRAY & NEPHEW 6.00
COCONUT RUM 5.50

GIN

GORDONS LONDON DRY 6.00
GORDONS PINK 6.00
HENDRICKS 6.5 7.00
WHITNEY NEILS RASBERRY 7.00
SLINGSBYS RHUBARD 7.00

TEQUILA

SIERRA SILVER TEQUILA 7.00

WHISKEY

JAMESONS 5.00
BUFFALO TRACE 6.00
BOWMORE SINGLE 6.00
JACK DANIELS 5.00
MAKERS MARK 5.50
MONKEY SHOULDER 5.50

LIQUERS

SALTED CARAMEL 6.00
CAMPARI 7.00
CHAMBORD 5.50
COINTREAU 6.00
HERRINGS CHERRY 5.00
DISARANO 7.00
MIDORI 5.00
PASSOA 5.00
TRIPLE SEC 5.00
BLUE CARACOA 5.00
ARCHERS 5.00
CONGAC
MARTEL VS 5.50
COURVOSIER 5.50
HENNESSEY 6.00

WINE

PROSECCO BOTTLE 29.00
PRESSECO GLASS 7.00
WHITE
SAUVIGNON BOTTLE 23.00
SAUVIGNON GLASS 6.50
PINOT BOTTLE 20.00
PINOT GLASS 6.00

ROSE

ZINFANDEL BOTTLE 21.00
ZINFANDEL GLASS 6.00
RED
SHIRAZ 70CL 21.00
SHIRAZ GLASS 6.00
MERLOT BOTTLE 21.00
MERLOT GLASS 7.00

BEER & CIDER

PERONI 4.50
DESPERADO 4.50
SAN MIGUEL 4.50
GUINNESS 4.50
RED STRIPE 4.50
REKORDELIG STRAWBERRY & LIME 4.50
SOFT DRINKS
GINGER BEER (CAN) 3.50
TONIC (SMALL BOTTLE) 3.00
SLIM LINE TONIC 3.00
J20 3.50
GINGER ALE 3.00
STILL WATER 3.00
SPARKLING WATER 3.00
RED BULL 4.00

MELLOWS MIXES

GUINNESS PUNCH 4.50
SKY JUICE 4.00
JUICES
ORANGE JUICE 3.50
PINEAPPLE JUICE 3.50
APPLE JUICE 3.50
APPLE & MANGO JUICE 3.50
POST MIX
PEPSI 3.50
DIET PEPSI 3.50
CRANBERRY 3.50
LEMONADE 3.50
SUNKIST ORANGE 3.50
HOT DRINKS
GREEN TEA 3.00
MINT TEA 3.00
ENGLISH BREAKFAST TEA 2.50
HOT CHOCOLATE 3.50
AMERICANO 3.00
FLAT WHITE 3.00
CAPPUCCINO 3.00
LATTE 3.00



STARTERS

CHICKEN WINGS 9.99

Choice of Sweet chilli, BBQ, Jerk Flavour with toasted Sesame seed

FRIED DUMPLING FILLED WITH ACKEE 9.50

Served with side garnish

BUFFALO CAULIFLOWER WINGS 8.50

Served with a creamy lemon parsley dip

TEMPURA BATTERED PRAWNS 8.50

Served with a sweet chilli dip

MAIN MENU

CURRY GOAT 22.99

Served With Coleslaw and a Choice of one side

JERK CHICKEN 19.99

Slow Cooked on a Jerk Pan Served With Pineapple Salsa and a choice of one side

FRIED CHICKEN 19.99

Served with a choice of one side and a choice of Jerk Sauce or our Tangy BBQ Sauce

SEA BASS FILLET 19.99

Served with a choice of one side

JERK PRAWNS 21.99

Served with a choice of one side

SWEET CHILLI PRAWNS 21.99

Served with a choice of one side

JERK LAMB 21.99

Served with a choice of one side

JERK SALMON 21.99

Served with Wilted Spinach and a choice of one side

OXTAIL 23.99

Served with a choice of one side

CURRY PRAWNS 21.99

Served with a choice of one side

XL MEALS

All Served with a salad garnish, sweet chili or jerk Prawns, Plantain and a choice of two sides

CURRY GOAT 31.99

JERK CHICKEN 29.99

FRIED CHICKEN 29.99

SEA BASS FILLET (TWO FILLETS) 31.99

JERK SALMON 31.99

JERK LAMB 31.99

OXTAIL 32.99

WINGS 30.99

Why Not make it a **DOUBLE XL** for **£8 EXTRA** (Two Meats/Fish)

BURGERS

MELLOW'S ULTIMATE BURGER 20.99

Jerk Chicken Breast on a bed of Crispy Lettuce, Tomato Jerk Mayo, Avocado Topped with Cheese on a Brioche Bun.

FRIED CHICKEN BURGER 19.99

JERK CHICKEN BURGER 19.99

JERK SALMON BURGER 19.99

MELLOW'S SPECIALS

SEA BASS SPECIAL 24.99

Spinach, Dauphinoise Potatoes, Garnished with Pea Shoots, Basil Pesto Sauce & Balsamic Glaze

SURF & TURF 42.99

(PRE ORDER ONLY)

Jerk Lamb & Half a Lobsters on a sizzling skillet (pre order only) served with Chilli Prawns and a choice of Cajun Potatoes or Sweet Potato Fries

JERK DUCK 23.99

Served with a Plantain Salad Balsamic Glaze, Jerk Sauce

FULL LOBSTER THERMIDOR 47.99

(PRE ORDER ONLY)

Served with Chilli Prawns and a choice of Cajun Sauteed Potatoes or Sweet Potato Fries

SIDES

MAC & CHEESE 6.50

SPINACH 6.00

PLANTAIN 5.00

DUMPLING 2.00

AVOCADO 5.00

COLESLAW 4.00

RICE & PEAS 6.00

PLAIN RICE 5.50

DAUPHINOISE POTATOES 7.00

SWEET POTATO FRIES 7.00

FRIES 6.00

CAJUN POTATOES 6.50

MIX LEAF SALAD 6.00

PASTA DISHES

Why not add Prawns to Any Pasta For **£7 EXTRA**

All Pasta Is Tossed With Mixed Peppers, Sweetcorn Red Onions and Cherry Tomatoes Topped with Melted Cheese Garnished with Salad

JERK CHICKEN PASTA 18.99

With or without Jerk Sauce

CURRY PRAWN PASTA 19.99

JERK PRAWN PASTA 19.99

SWEET CHILLI PRAWN PASTA 19.99

JERK SALMON PASTA 19.99

CALLALOO PASTA (V) 18.99

VEGAN DISHES

JERK JACKFRUIT 19.99

Served with a choice of one side

CHICKPEA & SPINACH 19.99

Served with a choice of one side

BUTTERBEAN & SPINACH CURRY 19.99

Served with a choice of one side

ACKEE & CALLALOO 22.99

Served with a choice of one side

VEGAN XL 29.99

Any vegan main with two sides, Plantain & Dumpling

PATTIES

CHICKEN 4.00

MUTTON 4.00

CHEESY BEEF 4.00

SALTFISH & ACKEE 4.00

CHILDRENS

POPCORN CHICKEN 11.99

Served with a choice of Plain Rice, Rice & Peas or Fries

FRIED CHICKEN 11.99

Served with a choice of Plain Rice, Rice & Peas or Fries

SALMON PASTA 11.99

CHICKEN & SWEETCORN PASTA 11.99

VEGETABLE PASTA 11.99

10 years & under only (Children's Meal Includes Small Sky Juice, Apple Juice or Orange Juice and Vanilla Ice Cream, with White, Chocolate or Straw-

DESSERTS

APPLE CRUMBLE 7.50

Delicious, Sweet Apple Compote topped with Golden Buttery Crumble. Served with either Custard or Vanilla Ice Cream. (Vegan Ice Cream also available)

CHOCOLATE BROWNIE 8.00

Rich and Fudgy Classic Brownie. Served with either Custard or Vanilla Ice Cream. (Vegan Ice Cream also available)

RUM FRUIT CAKE 8.50

Deep Flavoured Traditional Jamaican Fruit Cake Marinated in the World Famous Wray Nephew Rum. Served with either Custard or Vanilla Ice Cream. (Vegan Ice Cream also available)

COOKIE DOUGH 8.00

Warm Freshly Baked Cookie Dough Topped with Oreos & Chocolate Sauce.

STRAWBERRY CHEESECAKE 7.00

A Buttery Biscuit Base Creamy Vanilla & Strawberry Filling Topped with Whipped Cream.

A SELECTION OF ICE CREAMS 6.00

DID YOU KNOW MELLOWS OFFERS OUTSIDE CATERING?

CONTACT US FOR MORE INFORMATION

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📍 MELLOWS_CATERING

📍 MELLOWS BAR AND RESTAURANT 📍 MELLOWSCATERING

Our food is prepared in an environment where nuts and shellfish are present. For allergen enquires please ask a member of our team. Prices are inclusive of VAT

