

DESSERTS

HOMEMADE APPLE CRUMBLE £7.00

SERVED WITH CUSTARD OR VANILLA ICE CREAM

WARM CHOCOLATE BROWNIE £8.00

SERVED WITH VANILLA ICE CREAM & CHOCOLATE SAUCE

CHEESECAKE OF THE DAY £8.00

SELECTION OF ICE CREAMS £6.00

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DRINKS MENU

COCKTAILS

MELLOW DRAMATIC £9.50

STRAWBERRIES, RUM, COCONUT RUM, VANILLA VODKA, GRENADINE AND LEMONADE

REECE'S DREAM £8.00

ABSOLUT VANILLA VODKA, CRÈME DE VIOLETTE, GRENADINE AND ORANGE JUICE

RUM BAY PUNCH £8.00

RUM, COCONUT RUM, PINEAPPLE JUICE, ORANGE JUICE AND GRENADINE

SUNSET BEACH £9.00

RUM, COCONUT RUM, PEACH SCHNAPPS, GRENADINE, CRANBERRY JUICE AND ORANGE JUICE

PASSION FRUIT MARTINI £8.00

PASSOA, VODKA, PASSION FRUIT PUREE, SUGAR SYRUP AND APPLE & MANGO JUICE

MANGO SPICE £8.00

ABSOLUT MANGO VODKA, COCONUT RUM APPLE AND MANGO JUICE, SUGAR SYRUP AND CHILLI

BLUE ISLAND SPLASH £8.00

BLUE CURACAO, COCONUT RUM, VODKA AND LEMONADE

FEE'S PINK FIZZ £9.00

PINK GIN, STRAWBERRIES, LEMONADE AND PROSECCO

TINA TOYAH £8.00

VODKA, AMARETTO, CHAMBORD, BANANA LIQUEUR, GRENADINE, CRANBERRY JUICE AND SOURS

CARIBBEAN ICE TEA £8.00

RUM, VODKA, GIN, TRIPLE SEC, AND PINEAPPLE JUICE

TRE'S TROPIC'S £9.00

BLUE CURACAO, VODKA, RUM GRENADINE, PINEAPPLE JUICE AND ORANGE JUICE

SEA BREEZE £8.00

RUM, BLUE CURACAO, APPLE AND MANGO JUICE

LOVE ISLAND £9.00

MIDORI, COCONUT RUM, VODKA AND PINEAPPLE JUICE

MELLOW MOJITO £8.00

(STRAWBERRY OR WATERMELON FLAVOUR)

RUM, MINT, FRESH LIME, BROWN SUGAR AND LEMONADE

EXTRAS

GUINNESS PUNCH £4.00

SKY JUICE SLUSH £4.00

ADD SHOT OF HOUSE ALCOHOL FOR AN EXTRA £4

CUCUMBER CRUSH £4.00

CUCUMBER, APPLE JUICE, COCONUT WATER, LEMON JUICE AND SUGAR SYRUP

BOTTLED BEER/CIDER £4.00

WINE (WHITE, RED, ROSE)

175ML £6 250ML £9 BOTTLE £18

(125ML IS ALSO AVAILABLE UPON REQUEST)

SUNRISE BEACH £4.00

CRANBERRY JUICE, ORANGE JUICE, GRENADINE AND LEMONADE

SOFT DRINKS £3.00

PEPSI, DIET PEPSI, LEMONADE, REDBULL ORANGE SUNKIST, VIMTO, CRANBERRY JUICE, PINEAPPLE JUICE, ORANGE JUICE AND APPLE JUICE

HOT DRINKS £2.50

TEA, COFFEE, HOT CHOCOLATE OR HERBAL TEAS

FOOD & DRINKS

MENU

0121 688 7000



MELLOW'S
BAR & RESTAURANT

SOME OF OUR FOODS CONTAIN ALLERGENS. PLEASE SPEAK TO A MEMBER OF STAFF FOR MORE INFORMATION

MAIN MENU

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JERK SALMON FILLET £14.00 SERVED WITH WILTED SPINACH AND A CHOICE OF ONE SIDE	CURRY GOAT £14.00 SERVED WITH COLESLAW AND A CHOICE OF ONE SIDE
TRADITIONAL JERK CHICKEN £11.00 SLOW COOKED ON A JERK PAN SERVED WITH PINEAPPLE SALSA AND A CHOICE OF ONE SIDE	FRIED CHICKEN £11.00 SERVED WITH A CHOICE OF ONE SIDE AND A CHOICE OF JERK SAUCE OR OUR TANGY BBQ SAUCE
PRAWNS (JERK OR CURRY) £13.00 SERVED WITH A CHOICE OF ONE SIDE	SEABASS FILLET £13.00 SERVED WITH A CHOICE OF ONE SIDE

CHOOSE **ONE** OF THE FOLLOWING SIDES:

RICE & PEAS • PLAIN RICE • FRIES

SWEET POTATO FRIES

CAJUN SAUTÉED POTATOES • MAC & CHEESE

MELLOW'S XL MEALS

ALL SERVED WITH A SALAD GARNISH, CHILLI OR JERK PRAWNS, PLANTAIN AND A CHOICE OF **TWO** SIDES.

JERK CHICKEN £16.00 LEG & THIGH OR BREAST	CHOOSE TWO OF THE FOLLOWING SIDES:
JERK SALMON FILLET £18.00	RICE & PEAS • PLAIN RICE • FRIES
SEA BASS FILLET £18.00	SWEET POTATO FRIES
FRIED CHICKEN £16.00	CAJUN SAUTÉED POTATOES
JERK LAMB £19.00	MAC & CHEESE

WHY NOT MAKE IT A DOUBLE XL FOR **£5** EXTRA (TWO MEATS/FISH)

PASTA

ALL PASTA IS TOSSED WITH MIXED PEPPERS, SWEET CORN, RED ONIONS AND CHERRY TOMATOES TOPPED WITH MELTED CHEESE, GARNISHED WITH WILD ROCKET

JERK CHICKEN £10.00	JERK SALMON £12.00
JERK PRAWNS £12.00	CALALOO PASTA (V) £9.00

(ADD PRAWNS FOR **£4.00**)

KID'S MENU

FRIED CHICKEN & CHIPS £5.00
CHICKEN & SWEETCORN PASTA £6.00
SALMON PASTA £7.00
FISH GOUJONS AND CHIPS £5.00

BURGERS & MORE

ALL SERVED WITH A SIDE OF FRIES

MELLOW'S ULTIMATE BURGER £15.00 DOUBLE JERK CHICKEN BREAST ON A BED OF CRISPY LETTUCE, TOMATO, JERK MAYO, AVOCADO TOPPED WITH CHEESE ON A BRIOCHE BUN
JERK CHICKEN BURGER WITH CHEESE £10.00
JERK SALMON BURGER WITH CHEESE £12.50
SEABASS BURGER £13.00

SPECIALS

SEA BASS SPECIAL £16.00 SPINACH, CAJUN SAUTÉED POTATOES, GARNISHED WITH WILD ROCKET AND BALSAMIC GLAZE	JERK DUCK £13.00 SERVED WITH A PLANTAIN SALAD, BALSAMIC GLAZE, JERK SAUCE
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VEGAN MENU

ALL SERVED WITH A CHOICE OF ONE SIDE.

BUTTER BEAN CURRY £11.00 WITH SPINACH
CHICK PEA CURRY £12.00 WITH SWEET POTATO AND SPINACH
ACKEE & CALALOO £10.00

CHOOSE **ONE** OF THE FOLLOWING SIDES:

RICE & PEAS • PLAIN RICE • FRIES

SWEET POTATO FRIES

CAJUN SAUTÉED POTATOES

MAC & CHEESE

LOBSTER

FULL LOBSTER THERMIDOR £35.00 SERVED WITH CHILLI PRAWNS & A CHOICE OF CAJUN SAUTÉED POTATOES OR SWEET POTATO FRIES, (PRE ORDER ONLY)
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SURF & TURF - JERK LAMB & LOBSTER TAIL £25.00 SERVED WITH CHILLI PRAWNS AND A CHOICE OF CAJUN SAUTÉED POTATOES OR SWEET POTATO FRIES
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SIDES

FRIES £2.50	SWEET POTATO FRIES £3.50	CAJUN SAUTÉED POTATOES £5.00
RICE & PEAS £5.00	PLAIN RICE £5.00	MAC & CHEESE £4.50
SPINACH £4.00	PLANTAIN £2.50	DUMPLING £2.00
AVOCADO £2.50	COLESLAW £2.00	MIX LEAF SALAD £5.00
CHILLI OR JERK PRAWNS £6.00		