

Mama's Sweet Tooth Menu

Breakfast

Ackee & S altfish
 Callaloo & S altfish
 Fried Dumplins
 Fried B ammy
 Hardough Bread
 Fried Plantain
 Bacon
 Eggs
 Hashbrown
 Omelets: Vegetable, Chicken, Steak
 French Toast
 Whole Wheat Toast
 Various breads
 Vegetable Salad
 Fruits
 Fruit Salad
 Waffles
 Fries
 Sausage
 Corned Beef & Cabbage
 Porridges: Banana, Cornmeal, Rice
 Oatmeal
 Cream of Wheat
 Frittters: Banana, S altfish
 Muffins

Beverages

Hot:

Tea: Mint, Lemon Grass, Ginger, Orange
 Hot Chocolate
 Milo
 Horlicks
 Jamaican Hot Chocolate

Cold:

Fruit Punch
 Fresh Lemonade
 Jamaican Ginger Beer
 Carrot Juice
 Ole Fashion Oats Drink
 Jamaican Rum Punch
 Sorrel
 Tambrin Drink
 Red Strip Drink
 Jamaican Egg Punch
 Homemade Egg Nog

Dinner

Lamb
 Oxtail
 Curry Goat
 Turkey or Beef Meatloaf
 Fish: Baked, sauteed, steamed
 Chicken: Steamed Curry, Baked Roasted
 Salmon cooked in wine
 Steak
 Roast Beef
 Cauliflower Rice
 Rice and Peas
 Steamed Rice
 Fried Rice
 Macaroni and Cheese
 Mashed Potato (Irish/Sweet)
 Potato Salad
 Baked Potato
 Escobiche Fish
 Pasta Dishes
 Salad
 Quinoa
 Bulgur
 Steamed Peas
 Beef Steamed
 Turn Cornmeal

Vegetables

Medley
 Steamed
 Roasted
 Stirfried

SOUPS

Pumpkin
 Red Peas
 Vegetable Chicken
 Split Peas
 Black Bean

Deserts

Egg Custard
 Bread Pudding
 Potato Pudding
 Cornmeal Pudding
 Lemon Cake
 German Chocolate Cake
 Appleton Rum Cake
 Coconut cake
 Cheese Cake
 Pinacolada Cheese Cake
 Chocolate Chip Cheese cake
 Chocolate Caramel Delight
 Flan
 Lemon Bars
 Fruit Cake
 Spicy Jamaican Bun
 Rice pudding
 Ginger Bun
 Cobbler: Peach, Apple, Cherry
 Caramel Rum Cake
 Cookies
 Log Rolls

Breads

Banana
 Hardough
 Banana Nut
 Wheat
 Pumpkin
 Cranberry

Hot Cereal

Banana Porridge
 Plantain Porridge
 Rice Porridge
 Cornmeal Porridge
 Oatmeal
 Cream of Wheat

Special diet plans also available