

We provide catering...we promise to serve you Great Food with Great Taste

Please send an e-mail to: sunrisecatering@ymail.com | Tel: 302.221.2219

Large trays serve—32—40pp | Half trays serve—15—20pp



Entrees	Large	Half
Chicken (jerk/stew/curry)	95.00	50.00
Chicken (boneless)	160.00	85.00
Shrimp	200.00	100.00
Goat (curry)	220.00	120.00
Oxtail	280.00	150.00
Veggie Meat (Soy or wheat based)	130.00	70.00
Snapper, King, Salmon (Market Price)		

Sides		
Rice & Peas	65.00	35.00
Mac & Cheese (Veggie)	100.00	60.00
Mac & Cheese	75.00	40.00
Cabbage	65.00	35.00
Callaloo	75.00	40.00
Greens	75.00	40.00
Chickpeas (chana) & Potato	60.00	35.00
Lentil Peas	60.00	35.00
Plantains	80.00	40.00

Roti: Dahlpouri (1 doz)—60.00 | Paratha aka Buss Up (doz)—60.00

Drinks (gallon): Lemonade 20.00 | Sorrell/Passion 40.00 | Ginger Beer 30.00

We Ting/Trini Dictionary

Aloo Pie (ah-loo)	fried flour pastry filled w/seasoned mashed potatoes	Mauby (more-b)	the bark of certain species of the mauby tree—native to the northern Caribbean & south Florida sweetened w/sugar—w/a bitter aftertaste—known for reducing high blood pressure
Bake & Saltfish	Bake: fried round dough bread Salt fish: dried cod fish sautéed w/ thyme, onions, tomatoes, cilantro and other seasonings	Roti	Dahlpuri: Indian-inspired flatbread stuffed w/ seasoned ground split peas Paratha aka Buss-up-shut: a layered, tender and buttery flatbread which is beaten to pieces, while still on the griddle after it is cooked to resemble a torn shirt.
Callaloo (Ka-la-loo)	Fresh spinach, okra, onions, pimento peppers, green onions and thyme, all cooked in fresh coconut milk	Pholourie (po-lorry)	Deep fried spicy split pea balls made w/ flour, flavored w/onions, garlic, cumin
Doubles	snack-sized fried flour/two flatbreads known as bara, filled w/curried chickpea (or channa, as it is known in Trini)	Sorrel	a tangy, spice-infused beverage often served at Christmas and New Year's in parts of the Caribbean—made from the Roselle (sadbarriffa) hibiscus plant