

From the Land



Costillitas - 6.95 (GF)

Back ribs marinated in fresh orange juice, lime juice, garlic and oregano; then slow cooked until they melt in the mouth.



Popcorn Chicken - 6.50

Bite size chicken coated in our TROPIX unique spice blend and deep-fried until crisp.



Patatas Bravas - 6 (VG)

Served with homemade spicy vegan mayo.



Chorizo with garlic crostini - 5.95

Fried spicy chorizo slices, served with home made garlic crostini.



Buttermilk Chicken fries - 6.50

A highly addictive dish of chicken strips, coated in breadcrumbs and cooked until tender. Served with Mama's Secret Sauce shhhh



Tropix Wings - 6.95 (GF)

Marinated in our special Mexican style sauce before being oven-baked until tender.



Quesadillas - 8.95

Pan fried chicken breast Quesadillas, served with soft cheddar cheese, roasted garlic, mix peppers, tomato, courgette and fresh coriander.



Baked Camembert Cheese - 6.95 (V)

Oven baked Camembert served with Italian Grissini breadsticks.



Padron Peppers - 6 (VG)

Roasted pordon peppers with sea salt and paprika



Beetroot Salad - 6.95 (vg)

Served with Tropea onion, chutney tomatoes, mango, dill and lime mayonnaise.

From the Sea



Buttermilk fried Baby Squid - 7.50

Buttermilk fried calamari, served with chopped jalapeños, tartar sauce, fresh lime slices



Grilled Octopus 13.95

Grilled octopus with baby potatoes and hand chopped salsa verde. Served as a whole or in carpaccio slices.



Garlic and Chilli King Prawns 8.95 (GF)

King prawns pan-fried with garlic and lip-smackingly hot Amazon scotch bonnet peppers seasoned with spices from Madagascar - definitely a treat for the spice-lovers out there!

Birria - 8.95

Slow cooked Lamb Tacos, served with shredded lettuce salad, guacamole & spicy sauce.

Ribeye Beef - 9.95

marinated with soya sauce & coriander & ginger. Served with shredded lettuce salad, guacamole & spicy sauce.

Sides

Nachos - 5.95

Mac & Cheese - 5.95

Roasted Sweetcorn Salad - 5.95

Fries - 3.50

Sweet potato fries - 3.95

Pan fried Broccoli + garlic & chilli - 4.50

Sautéed Spinach + garlic & chilli - 4.50

Roasted Baby Potatoes - 3.50

Dips – 1.50

Siracha

Aioli

Guac

Salsa

Tartar

In a Bun

Jalapeno cheese beef burger - 11.50

100% beef burger served in a brioche bun with sliced jalapenos and moth watering Monterey jack cheese served with salad and skinny fries.



Spicy Chicken Burger - 10.50

Spicy chicken burger with salad, guacamole and fresh tomatoes; served with fries



Mama's Taco Selection



Birria - 8.95

Slow cooked Lamb Tacos, served with shredded lettuce salad, guacamole & spicy sauce.



Prawns - 8.95 (vg)

Chilli and Garlic Prawns. Served with shredded lettuce salad, guacamole & spicy sauce



Vegan - 6.95 (vg)

Crushed chickpeas, with guacamole and pico de gallo salad

Chicken Fajita- 8.95

Slow cooked chicken fajitas with spicy avocado, refried beans, salad and crème fraiche

Signature Dishes



Angus Ribeye Steak – 24.95

Ribeye beef steak served with garlic & sour cream , spicy sautéed broccoli , sautéed roasted peppers and red onion purée



Tropical Vegan Curry – 12.50 (Vg)

Slow cook chickpeas curry. Served with roasted cauliflower crème & Couscous. With a side of warm salad and grilled avocado.



The Salmon – 19.50

Pan fried & roasted salmon; marinated with fresh chilly sauce, orange juice and garlic. Served with cauliflowers, yuzu dressing , spinach and sautéed baby gem.



Brazilian Lamb Cutlets – 19.50

Lamb cutlets marinated in garlic and mint, chargrilled served with salad, roasted baby potatoes and homemade mint dressing.



Salt - Crusted Wild Sea Bass - 29.50

Sea Bass booked fresh in Sea Salt, cut fresh and served to your plate. Served with a side of spinach & sautéed tender stem broccoli.

Sharing Platters

Bucket of Wings
30 bbq wings – 19.50

Tacos Selection
Chose up to 6 different tacos to share – 20.00

Desserts

Orgasm pancakes
You'll never need a man again

Forrest Fruit Pancakes (V) 7.95

Served with Fresh cream

Chocolate and Banana Pancakes (V) 7.95

Covered in coconut flakes

Fruits Salad (Vg) 5.95

Made daily with exotic fruits of the season.



IMPORTANT INFORMATION: All our food is prepared in a kitchen where nuts, gluten and other known allergens maybe present.

Please note we take caution to prevent cross-contamination, however, any product may contain traces as our entire menu is produced in the same kitchen.

Our dish descriptions do not include all of the ingredients used to make the dish. Therefore, if you have a food allergy please speak to a Management before placing an ordering. Full allergen information is available. Management can advise of all ingredients used.