



TAKE OUT MENU

Sun 9AM-6PM
 Mon 9AM-7PM
 Tues-Wed Closed
 Thurs - Sat 9AM-7PM

Served 9a.m. - 12p.m.

Breakfast

Breakfast Plates served with two eggs cooked any style, refried beans and choice of 2 Johnny Cakes or Fry Jacks.

OXTAILS PLATE	\$12.00
Chunky beef on tails smothered in a brown gravy until tender.	
STEWED BEEF PLATE	\$9.50
Beef chunks simmered in a delicious red gravy until tender.	
STEW CHICKEN PLATE	\$9.50
Tender pieces of chicken cooked to perfection in a special sauce.	
LIVER & ONIONS PLATE	\$8.00
Tender piece of beef liver cooked to perfection with onions.	
BACON OR SAUSAGE PLATE	\$8.00
FISH BALL PLATE	\$9.00
These tasty treats are deep fried to a golden brown.	
JOHNNY CAKE	\$5.75
Choice of Cheese or Beans.	
JOHNNY CAKE (2 PIECES)	\$4.60
Choice of Cheese or Beans.	
FRY JACK & BEANS	\$3.45
TOMATO & EGGS	\$6.90
Tomatoes and onion sautéed then mixed with scrambled eggs. Served with refried beans.	
TOMATO EGGS & BEANS	\$6.90
Tomatoes and onion sautéed then mixed with scrambled eggs.	
BEANS & EGGS	\$6.90
FRY JACK (SIDE)	\$1.15
SLICE CHEESE	\$1.15
HOMEMADE FLOUR TORTILLA	\$1.15
MILO	\$12.00
COFFEE & TEA	\$1.15

Served 12p.m. - 7p.m.

Specials

Breakfast Plates served with two eggs cooked any style, refried beans and choice of 2 Johnny Cakes or Fry Jacks.

GARNACHES (SATURDAY)	\$2.50
Fried corn tortilla topped with refried beans, cheese, shredded cabbage with onion sauce. Choice of chicken or vegetarian.	
COW FOOT SOUP W/ RICE (SATURDAY)	\$13.80
Cow foot, honeycomb tripe and whole okra, simmered down in a vegetable medley. Served with white rice and plantains.	
BOIL-UP (SATURDAY)	\$17.25
A stew of red snapper, pigtail, potatoes, plantains, cassava, and other vegetables.	
CREOLE BREAD (SATURDAY)	\$3.45
BUN (CINNAMON & RAISIN) (SATURDAY)	\$3.45
PIGTAIL W/ SPLIT PEAS (MON + THURSDAY)	\$14.00
Pig-tail delicately cooked and simmered in coconut milk and split pea with white rice and flour dumplings. Add an additional meat for an extra charge.	

Small Dishes

Apps & Snacks

TAMALES	\$5.50
A traditional Belizean tamales with whole chicken leg/thigh wrapped in banana leaves.	
PANADES	\$1.15
Masa (ground corn), fried and served with spicy onion sauce. Choice of fish or beans.	
MEAT PIE	\$3.25
Homemade crust filled with spicy ground beef and vegetables baked to perfection.	
DUCUNU	\$2.30
A rich and sweet tamales type dish that's made with corn and coconut milk.	

FOR CATERING ESTIMATES, PLEASE VISIT THE WEBSITE FOR MORE INFO.

www.JOANANDSISTERS.com

Served 12p.m. - 7p.m.

Dinner

Served with plantains, potato salad and a choice of rice & beans or white rice and stew beans.

CHICKEN DINNER (WHITE) \$15.50
Stewed white meat chicken with sautéed onion and bell pepper simmered in a gravy.

CHICKEN DINNER (DARK) \$14.50
Stewed dark meat chicken with sautéed onion and bell pepper simmered in a gravy.

STEWED BEEF DINNER \$15.50
Chunky beef smothered in a special brown gravy until tender.

OXTAILS DINNER \$17.25
Beef Oxtails smothered in a special brown gravy until tender.

SHORT RIB DINNER \$21.00
Tender melt-in-your-mouth Beef Short Ribs simmered in a special sauce.

WHOLE FISH DINNER \$21.00
Choice of seasoned fried or steamed (with sautéed onion and tomatoes) Red Snapper.

VEGGIE DINNER \$8.00
Plantains, potato salad and a choice of rice & beans or white rice and stew beans.

FISH BALLS DINNER (2 BALLS) \$15.00
Ground red snapper fillet balls fried to a golden crisp simmered in a tomato sauce with onions and bell peppers.

Carribbean Style

Dessert

MILK CAKE \$3.75
Homemade cake topped with milk caramel and served by the slice.

BREAD PUDDING \$3.75
Sweet, elegant flavor with a custard-like texture toward the bottom, and a crisper texture toward the top.

POWDER BUN \$2.85
A lightly sweetened combination of spicy nutmeg, cinnamon, fluffy and crumbly treat with a sugary crust.

STRAWBERRY JAM ROLL \$2.00
Flaky, toasted pastry crust with a strawberry jam center.

COCONUT CRUST \$3.00
Sweet, fresh coconut in a coconut milk crust.

WHOLE CAKE \$28.75
Homemade cake slathered with rich caramel icing (optional).

BLACK CAKE (SEASONAL) \$40.00
A moist and flavorful rum cake made with the traditional medley of dried fruits and spices. Fruit optional.

COCONUT TART \$ 2.30
Homemade pie dough filled with shredded coconut and spices then baked.

RICE PUDDING \$ 3.75
Bold, sweet pudding with a custard-like texture made with authentic rice, spices, and milk.

SWEET POTATO POUND (PONE) \$ 4.00
Grated sweet potato, raisins, milk, cinnamon, and ginger baked to a golden brown perfection. Texture is similar to bread pudding.

LEMON PIE (SLICE) \$ 3.50
Melt-in-the-mouth pie slice with a lime and milk, silky smooth custard filling with a meringue top.

FUDGE \$ 1.75
Melt-in-your-mouth creamy, sweet caramel fudge.

WHOLE LEMON PIE \$ 17.25
Melt-in-the-mouth pie slice with a lime and milk, silky smooth custard filling with a meringue top.

HOLIDAY CAKE (SEASONAL) \$ 40.00
A moist and flavorful cake made with rum. Fruit optional.

Carribbean Style

Beverages

SODAS \$1.75
(Coke, Diet Coke, Sprite, and Orange)

JAMAICAN KOLA CHAMPAGNE \$2.85
(Non-Alcoholic)

SOUR SOP JUICE (SMALL) \$ 3.45

APPLE JUICE \$ 1.25

JAMAICAN GINGER BEER \$2.85
(Non-Alcoholic)

JAMAICAN PINEAPPLE SODA \$2.85

SOUR SOP JUICE (LARGE) \$ 5.75



STEWED CHICKEN



MEAT PIES



OX TAILS

Add-On's

Sides

STEWED CHICKEN	\$8.50	RICE & BEANS	\$3.45
OXTAILS	\$10.00	WHITE RICE	\$3.45
BEEF	\$8.50	STEWED BEANS	\$3.45
PIGTAIL	\$3.00	POTATO SALAD	\$3.50
FISH	\$12.00	PLANTAINS (4 PIECES)	\$2.75
ONION SAUCE	\$0.25	PEPPER SAUCE (BTL)	\$6.90