

THE RETXED SPACE

Food & Beverage MENU 2023-2024



Disclaimer
Some ingredients mentioned
may not be available

CUSTOMIZE YOUR MEALS

Create YOUR own meal in sizeable portions from the various items with every order; prices vary.



Traditional Cheesy Macaroni Pie
(This is NOT Mac & Cheese)

A mixture of macaroni, eggs, grated carrots, evaporated milk, black peppers, chopped or grated onions, layers of grated cheddar cheese, herbs, spices, seasonings and topped with chopped palmetto peppers and optional olives, then baked until golden brown.

Sheppie Cheesy Macaroni Pie

A mixture of macaroni, eggs, grated carrots, evaporated milk, black peppers, chopped or grated onions, **layers of seasoned minced ground beef**, and grated cheddar cheese, together with additional herbs, spices, seasonings, topped with grated cheddar cheese, chopped palmetto peppers and optional olives, then baked until golden brown.

Creamy Veggie Casserole

A mixture of sliced potatoes, carrots, beets, whipped eggs, evaporated milk, salt, black pepper, cheddar & cream cheese, cinnamon, with, chopped or grated onions, herbs, spices, seasonings and topped with chopped palmetto peppers and optional olives, then baked until golden brown.

Sheppie Pie

A mixture of softly cooked English potatoes, eggs, grated carrots, evaporated milk, black peppers, chopped or grated onions, **layers of seasoned minced ground beef**, grated cheddar cheese, herbs, spices, seasonings and topped with chopped palmetto peppers, grated cheddar cheese and optional olives, then baked until golden brown.

Shepherd's Pie

A mixture of softly cooked English potatoes, eggs, grated carrots, evaporated milk, black peppers, chopped or grated onions, layers of seasoned **shredded lamb**, grated cheddar cheese, herbs, spices, seasonings and topped with chopped palmetto peppers, grated cheddar cheese and optional olives, then baked until golden brown.

**BAKED
PIES**

TT\$45 /portion

Veggie Rice

A mixture of brown rice, carrots, corn, green peas, string-beans, sprinkled with black pepper and optional salt, tossed in coconut and sesame oils, sprinkled with, chilli flakes, herbs, spices and other seasonings.

Trini Fried Rice

A mixture of steamed brown rice, chopped carrots, chopped sweet peppers, chopped celery, chopped chives, tossed in soy sauce, sprinkled with optional salt, black pepper, tossed in coconut oil, drizzled in sesame oil with herbs, spices and other seasonings.

Saffron Rice

A mixture of boiled brown rice together with turmeric powder, seasoned with salt and sprinkled with dried celery flakes.

Veggie Saffron Rice

A mixture of boiled brown rice together with turmeric powder, sautéed carrots, corn, green peas, string-beans, pimento peppers, sprinkled with black pepper and optional salt to taste, sautéed in coconut and sesame oils, sprinkled with, herbs, spices and other seasonings.

Carrot Rice

A mixture of steamed brown rice, sautéed carrots (grated) in coconut and sesame oils, with black pepper and an optional dash of salt, sprinkled with dried parsley, prickled / chilli pepper flakes and a choice of other dried seasonings for flavour.

Plain White Rice

A mixture of steamed brown rice and a sprinkling of optional salt.

Regular Pelau

A mixture of steamed brown rice, fresh or frozen pigeon peas, cubed chicken breast or chicken parts (chopped small) or cubed beef or a mixture of both chicken and beef, pumpkin, optional carrots, onions, garlic, chive, celery, tomatoes, margarine or butter, tomato ketchup, optional coconut powder or pure coconut milk, herbs, spices and other seasonings.

Traditional Pelau

A mixture of steamed brown rice, black-eye peas/beans, cubed chicken breast or chicken parts (chopped small) or cubed beef or a mixture of both chicken and beef, pumpkin, optional carrots, onions, garlic, chive, celery, tomatoes, margarine or butter, tomato ketchup, optional coconut powder or pure coconut milk, herbs, spices and other seasonings.

Veggie Pelau

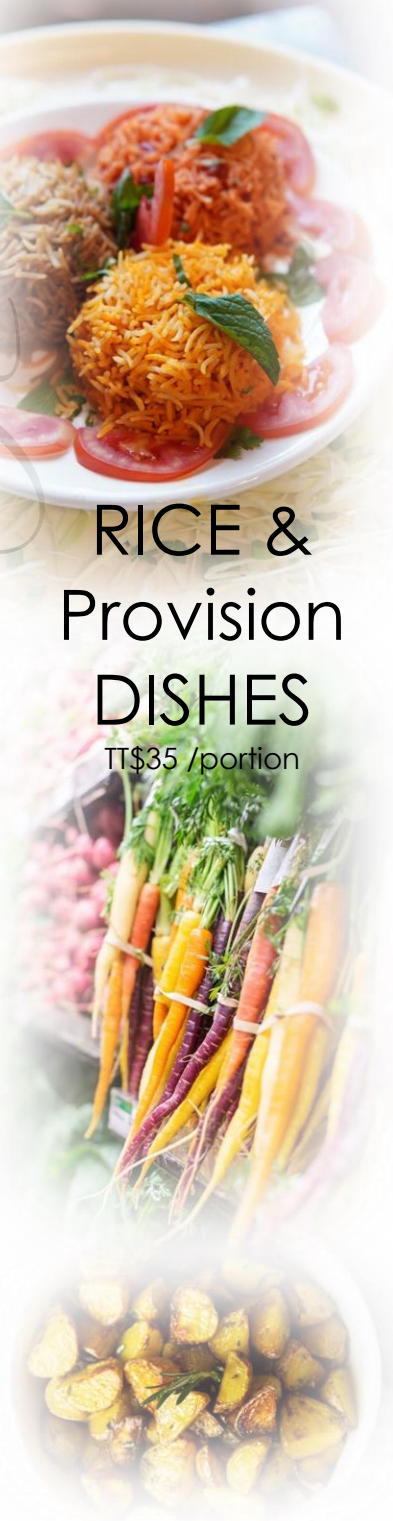
A mixture of steamed brown rice, black-eye peas/beans, cubed carrots, string beans, pumpkin, onions, garlic, chive, celery, tomatoes, margarine or butter, tomato ketchup, optional coconut powder or pure coconut milk, herbs, spices and other seasonings.

Medley of Ground Provisions

Steamed ground provisions (carrots, beets, potatoes, sweet potatoes, dasheen, cassava), drizzled with olive oil, dried parsley and sprinkled with black pepper and salt.

RICE & Provision DISHES

TT\$35 /portion





Pink Beans

A mixture of pink beans, pumpkin, onions, garlic, chive, celery, tomatoes, margarine or butter, tomato ketchup, coconut powder or pure coconut milk, herbs, spices and other seasonings.

Red Beans

A mixture of red beans, pumpkin, onions, garlic, chive, celery, tomatoes, margarine or butter, tomato ketchup, coconut powder or pure coconut milk, herbs, spices and other seasonings.

Lentil Peas

A mixture of lentil peas, pumpkin, onions, garlic, chive, celery, tomatoes, margarine or butter, tomato ketchup, optional coconut powder or pure coconut milk, herbs, spices and other seasonings.

Callaloo Soup

A mixture of dasheen bush, ochre, onions, garlic, hot-pepper, pimento pepper, tomatoes, chive, celery, margarine or butter, coconut oil, coconut powder or pure coconut milk, herbs, spices and other seasonings, a dash of Angostura Bitters and a sprinkling of salt and sugar to taste.



PEAS, BEANS & VEGGIE SOUPS

TT\$45 /portion

Trini Baked Chicken

Chicken-parts or whole-chicken seasoned with salt, black-pepper, garlic, chive, celery, chadon beni (bandania) cilantro, tomatoes, parsley, oregano, and basil with a drizzling of Worcestershire sauce, and soy sauce, tomato ketchup, mustard. (Cooking Wines added upon request)

Honey Glazed Oven-Barbeque Chicken

Chicken parts seasoned with salt, black-pepper, garlic, chive, celery, chadon beni (bandania) cilantro, tomatoes, parsley, oregano, and basil marinated in Worcestershire sauce, soy sauce, tomato ketchup, honey-mustard, and based with real honey mixed with barbeque sauce.

Brown Stew Chicken

Chicken-parts seasoned with salt, black-pepper, parsley, oregano, basil, marinated in Worcestershire sauce, soy sauce, tomato ketchup, mustard, barbecue sauce, and browned in burnt-sugar, garlic, margarine /butter.

Brown Stew Chicken Breast

Chopped /cubed-chicken breast seasoned with salt, black pepper, parsley, oregano, basil, marinated in Worcestershire sauce, soy sauce, tomato ketchup, mustard, barbecue sauce, and browned in burnt-sugar, garlic, margarine /butter.

Golden Stew Chicken Breast

Chopped /cubed-chicken breast seasoned with salt, black pepper, parsley, oregano, basil, marinated in Worcestershire sauce, soy sauce, tomato ketchup, mustard, barbecue sauce, and browned in garlic, margarine /butter.

Stew Pork

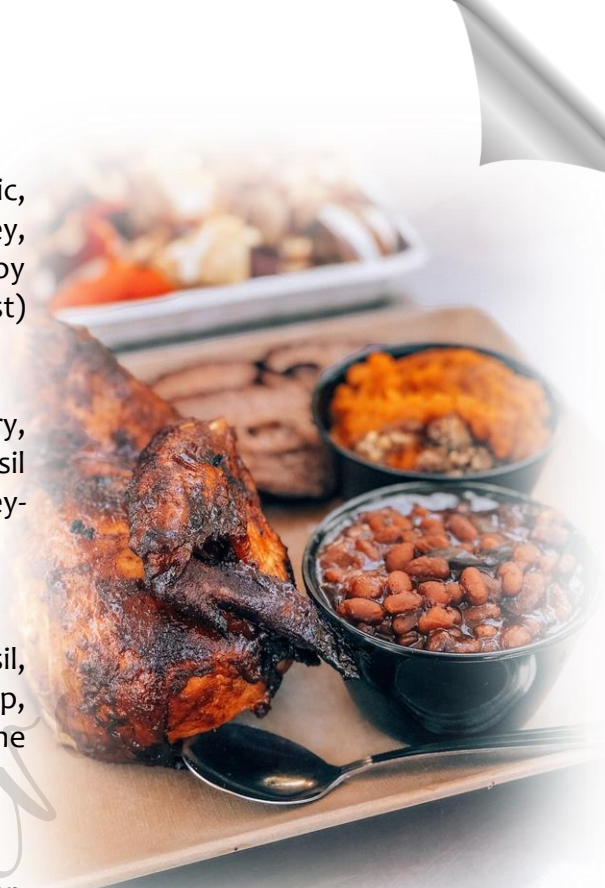
Chopped lean pork seasoned with salt, black pepper, onion rings, chopped tomatoes, parsley, oregano, basil, drizzled with Worcestershire sauce, and soy sauce, tomato ketchup, mustard, barbecue sauce, browned in burnt sugar, garlic and margarine /butter.

Trini Baked Pork

Pork ribs or leg or shoulder marinated in salt, black pepper, garlic, onions, herbs, spices and other seasonings, and baked in moderate temperature with onion rings according to request (rare, medium-rare or well-done). (Cooking Wines added upon request)

Brown Stew Baked Lamb Chops

Lamb-chops seasoned with salt, black-pepper, onion rings, garlic, chive, celery, chadon beni (bandania) cilantro, tomatoes, parsley, oregano, and basil, marinated in Worcestershire sauce, soy sauce, tomato ketchup, and honey-mustard, baked in moderate temperature according to request (rare, medium-rare or well-done). (Cooking Wines added upon request)



MEATS

TT\$50 /portion





TRINI-ITALIAN DISHES

TT\$40 /portion

Spaghetti (Regular)

A mixture of steamed spaghetti and coconut oil, with a sprinkling of salt and black-pepper, chopped celery, drizzled with olive oil, parsley, oregano, basil and parmesan cheese.

Chicken Alfredo

A mixture of cooked fettucine noodles, cubed or shredded chicken breast, cheddar cheese, cream cheese, olive oil, with a sprinkling of salt, black-pepper, grated onions, garnished with chopped celery, served with slices of garlic bread.

Meat Loaf

A mixture of ground minced beef (NOT PORK or a mixture of other meats), marinated in salt, black pepper, lots of garlic, herbs, spices and other seasonings, cooked with lots of chopped onions, tomatoes, tomato ketchup, pimento and chilli flakes, covered in tomato paste and baked if needed. A small addition of grated carrots or cooked red beans for taste and texture if eaten within 24 hours.

Tomato Grub

Sautéed tomato chunks, pimento peppers, onion-rings, chopped garlic, chive, celery, and seasoned with salt, black-pepper, herbs, and spices with tomato ketchup, tomato paste and sprinkled with chilli pepper flakes.



RET XED
INC

MENU

SALADS

TT\$35 /portion

Green Salad

Tossed tomato chunks, unpeeled cucumber slices, onion-rings, chopped lettuce, sliced sweet-peppers, grated carrots, with salt, black-pepper, all-purpose seasonings, sprinkled with vinegar and olive oil. (Not always with all ingredients mentioned)

Christmas Green Salad Medley

Tossed tomato chunks, unpeeled cucumber slices /chunks, onion-rings, chopped lettuce, chopped apples, chopped grapes, chopped pears, chopped pineapple, drizzling of dried fruits (raisins, currants, pineapple chunks) and sprinkled with brown-sugar, salt, black-pepper, all-purpose seasonings, vinegar and olive oil.

Potato Salad Medley

Hard-boiled English potato chunks, mixed with green peas and cubed carrots, corn string beans (optional), mayonnaise, brown sugar, salt, black-pepper, finely-diced sweet-peppers

Real Potato Salad

Hard-boiled English potato chunks, mixed with mayonnaise, brown sugar, salt, black-pepper, and an optional sprinkling of finely-diced sweet peppers.

Pasta Salad

A mixture of penne pasta or shell pasta or twirl pasta or elbow pasta, with green peas, carrot chunks, mayonnaise, brown sugar, salt and black-pepper.



Cheese & Cheese Spread (Cold)

With options: tomato, onions, lettuce, cucumber, olives (green & black), pickles

& Optional Condiments: Tomato Paste, Tomato Ketchup, Honey Mustard, Mustard, Barbeque Sauce, Hot Sauce, Mayonnaise, Fresh Butter and Margarine

Eggs

(Boiled | Scrambled | Fried | Sheppie-Styled Omelettes)

With options: tomato, onions, lettuce, cucumber, olives (green & black), pickles

& Optional Condiments: Salt, Black-Pepper, Chilli-Pepper Flakes, Tomato Paste, Tomato Ketchup, Honey Mustard, Mustard, Barbeque Sauce, Hot Sauce, Mayonnaise, Fresh Butter and Margarine

Packaged /Canned Ham (Sliced) (Baked or Fried)

With options: tomato, onions, lettuce, cucumber, olives (green & black), pickles

& Optional Condiments: Tomato Paste, Tomato Ketchup, Honey Mustard, Mustard, Barbeque Sauce, Hot Sauce, Mayonnaise, Fresh Butter and Margarine

Bacon (Fried / Fried Dry) (Pork or Turkey)

With options: tomato, onions, lettuce, cucumber, olives (green & black), pickles

& Optional Condiments: Tomato Paste, Tomato Ketchup, Honey Mustard, Mustard, Barbeque Sauce, Hot Sauce, Mayonnaise, Fresh Butter and Margarine

Sausages (Fried / Fried Dry) (Chicken, Pork, Turkey)

With options: tomato, onions, lettuce, cucumber, olives (green & black), pickles

& Optional Condiments: Tomato Paste, Tomato Ketchup, Honey Mustard, Mustard, Barbeque Sauce, Hot Sauce, Mayonnaise, Fresh Butter and Margarine

Sheppie Combo

(Cheese, Eggs, Ham, Bacon, Sausage)

With options: tomato, onions, lettuce, cucumber, olives (green & black), pickles

& Optional Condiments: Tomato Paste, Tomato Ketchup, Honey Mustard, Mustard, Barbeque Sauce, Hot Sauce, Mayonnaise, Fresh Butter and Margarine

Tuna or Sardines (Cold)

With options: onions, pimento-peppers, lettuce, cucumber, & Optional Condiments: Mustard, Hot Sauce, & Mayonnaise.

Peanut Butter & Jam /Jelly (Cold)

SANDWICHES

(Cold & Hot)

From TT\$50 /sandwich
(Depends on ingredients)



Sheppie Pizza Slices (TT\$40 (4 slices))

With pita bread, cheese, barbeque sauce, ketchup, and tomato paste & Optional toppings: pimento-peppers, tomatoes, onions, olives, sausages, ground beef, mushrooms, chilli-pepper flakes & green peppers

All Sandwiches (Cold & Hot) are made with white, whole-grain, wheat, or specialty breads

Specialty Breads are based upon requests and MUST be ordered at least one week prior.

BEVERAGES

Mauby

(Concentrate and Homemade)

(TT\$20 /glass)

Mauby & Milk

(TT\$25 /glass)

Lemonade

(Homemade)

(TT\$20 /glass)

Orange Juice

(Concentrated and Homemade)

(TT\$20 /glass)

Grapefruit Juice

(Concentrated and Homemade)

(TT\$20 /glass)

Citrus Medley

(Homemade)

(TT\$30 /glass)

Bentley

(Carbonated and Homemade)

(TT\$25 /glass)

Sorrel

(Concentrated and Homemade)

(TT\$20 /glass)

Ginger beer

(Carbonated and Homemade)

(TT\$35 /glass)

Peardrax, Cydrax

(TT\$20 /can /sm. bottle)

Soft drinks

(All flavours)

(TT\$15 /glass)

Soft drink & Milk

(TT\$20 /glass)

Shandy Carib, Ginseng Up

(All Flavours)

(TT\$25 /glass)

Alcohol & Alcoholic Beverages (Cocktails)

(Upon request)

(From as low as TT\$35 /glass)

Punch De Crème

(Homemade)

(TT\$120 /bottle)

Instant Coffee

(House Availability)

(TT\$20 /cup)

Tea

(House Availability)

(TT\$15 /cup)

Water

(ONLY Filtered at Room & Cold Temperatures)

(FREE)

Milk

(Powdered, Boxed, Condensed, Carnation)

(TT\$20 /glass /beverage)





Designed prepared and produced by



Copyright © 2023. All Rights Reserved
RetXed House
19 Eighth Street East, Montague Avenue,
TRINITY. TACARIGUA 340826
Republic of Trinidad and Tobago W.I.