



**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** **\$13.00**
Chunky beef on tails smothered in a brown gravy until tender.
- STEWED BEEF PLATE** **\$10.00**
Beef chunks simmered in a delicious red gravy until tender.
- STEW CHICKEN PLATE** **\$10.00**
Tender pieces of chicken cooked to perfection in a special sauce.
- WHOLE FISH PLATE** **\$13.00**
Choice of seasoned fried or steamed (with sautéed onion and tomatoes) Red Snapper.
- FISH BALL PLATE** **\$10.00**
These tasty treats are deep fried to a golden brown.
- LIVER & ONION** **\$9.00**
Sautéed beef liver and onions.
- BACON PLATE** **\$8.50**
- SAUSAGE PLATE** **\$8.00**
- JOHNNY CAKE (2 PIECES)** **\$5.15**
Choice of Cheese or Beans.
- FRY JACK & BEANS** **\$4.60**
- TOMATO, EGGS & ONIONS** **\$4.75**
Tomatoes and onion sautéed then mixed with scrambled eggs. Served with refried beans.
- TOMATO, EGGS, ONIONS & BEANS** **\$6.00**
Tomatoes and onion sautéed then mixed with scrambled eggs.
- BEANS & EGGS** **\$5.50**
- 3 EGGS (SIDE)** **\$2.50**
- FRY JACK (SIDE)** **\$1.45**
- JOHNNY CAKE (SIDE)** **\$.85**
- SLICE CHEESE** **\$1.15**
- MILO** **\$2.00**
- COFFEE & TEA** **\$1.50**

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

Specials

- CONCH FRITTERS (WHILE IN SEASON)** **\$4.50**
Ground conch mixed with bell peppers, onions, and habanero pepper, seasoned in a batter and deep fried to a golden brown.
- COW FOOT SOUP W/ RICE (SATURDAY)** **\$15.50**
Cow foot, honeycomb tripe and whole okra, simmered down in a vegetable medley. Served with white rice and plantains.
- BOIL-UP (SATURDAY)** **\$18.00**
A stew of red snapper, pigtail, potatoes, plantains, cassava, and other vegetables.
- CREOLE BREAD (SATURDAY)** **\$3.75**
- BUN (CINNAMON & RAISIN) (SATURDAY)** **\$3.75**
- PIGTAIL W/ SPLIT PEAS (MON + THURSDAY)** **\$16.00**
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** **\$6.50**
A traditional Belizean tamales with whole chicken leg/thigh wrapped in banana leaves.
- PANADES** **\$1.25**
Masa (ground corn), fried and served with spicy onion sauce. Choice of fish or beans.
- MEAT PIE** **\$3.75**
Homemade crust filled with spicy ground beef and vegetables baked to perfection.
- DUCUNU** **\$2.75**
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) \$18.00
Stewed white meat chicken with sautéed onion and bell pepper simmered in a gravy.

CHICKEN DINNER (DARK) \$17.50
Stewed dark meat chicken with sautéed onion and bell pepper simmered in a gravy.

STEWED BEEF DINNER \$17.50
Chunky beef smothered in a special brown gravy until tender.

OXTAILS DINNER \$21.50
Beef Oxtails smothered in a special brown gravy until tender.

SHORT RIB DINNER \$22.50
Tender melt-in-your-mouth Beef Short Ribs simmered in a special sauce.

WHOLE FISH DINNER \$22.50
Choice of seasoned fried or steamed (with sautéed onion and tomatoes) Red Snapper.

VEGGIE DINNER \$8.50
Plantains, potato salad and a choice of rice & beans or white rice and stew beans.

FISH BALLS DINNER (3 BALLS) \$17.50
Ground red snapper fillet balls fried to a golden crisp simmered in a tomato sauce with onions and bell peppers.

Carribean Style

Dessert

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

BREAD PUDDING \$3.85
Sweet, elegant flavor with a custard-like texture toward the bottom, and a crisper texture toward the top.

POWDER BUN \$3.50
A lightly sweetened combination of spicy nutmeg, cinnamon, fluffy and crumbly treat with a sugary crust.

STRAWBERRY JAM ROLL \$2.30
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) \$40.25
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) \$ 3.75
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 with a lime and milk, silky smooth custard filling with a meringue top.

HOLIDAY CAKE (SEASONAL) \$ 40.25
A moist and flavorful cake made with rum. Fruit optional.

Carribean Style

Beverages

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

APPLE JUICE \$ 1.25

SOUR SOP JUICE (SMALL) \$ 3.45

SOUR SOP JUICE (LARGE) \$ 5.75

JAMAICAN KOLA CHAMPAGNE \$2.85
(Non-Alcoholic)

JAMAICAN GINGER BEER \$2.85
(Non-Alcoholic)

JAMAICAN PINEAPPLE SODA \$2.85



STEWED CHICKEN



MEAT PIES



OX TAILS

Add-On's

Sides

STEWED CHICKEN	\$8.50	RICE & BEANS	\$3.45
OXTAILS	\$12.00	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