



# 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.

<b>OXTAILS PLATE</b>	<b>\$13.50</b>
Chunky beef on tails smothered in a brown gravy until tender.	
<b>STEWED BEEF PLATE</b>	<b>\$10.50</b>
Beef chunks simmered in a delicious red gravy until tender.	
<b>STEW CHICKEN PLATE</b>	<b>\$10.50</b>
Tender pieces of chicken cooked to perfection in a special sauce.	
<b>WHOLE FISH PLATE</b>	<b>\$13.50</b>
Choice of seasoned fried or steamed (with sautéed onion and tomatoes) Red Snapper.	
<b>FISH BALL PLATE</b>	<b>\$10.75</b>
These tasty treats are deep fried to a golden brown.	
<b>LIVER &amp; ONIONS</b>	<b>\$9.50</b>
Sautéed beef liver and onions.	
<b>BACON PLATE</b>	<b>\$8.50</b>
<b>SAUSAGE PLATE</b>	<b>\$8.50</b>
<b>JOHNNY CAKE (2 PIECES)</b>	<b>\$5.15</b>
Choice of Cheese or Beans.	
<b>FRY JACK &amp; BEANS</b>	<b>\$6.50</b>
<b>TOMATO, EGGS &amp; ONIONS</b>	<b>\$4.75</b>
Tomatoes and onion sautéed then mixed with scrambled eggs. Served with refried beans.	
<b>TOMATO, EGGS, ONIONS &amp; BEANS</b>	<b>\$6.50</b>
Tomatoes and onion sautéed then mixed with scrambled eggs.	
<b>BEANS &amp; EGGS</b>	<b>\$5.50</b>
<b>3 EGGS (SIDE)</b>	<b>\$2.50</b>
<b>FRY JACK (SIDE)</b>	<b>\$1.45</b>
<b>JOHNNY CAKE (SIDE)</b>	<b>\$.85</b>
<b>SLICE CHEESE</b>	<b>\$1.15</b>
<b>MILO</b>	<b>\$2.00</b>
<b>COFFEE &amp; TEA</b>	<b>\$1.50</b>

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

## Specials

<b>CONCH FRITTERS (WHILE IN SEASON)</b>	<b>\$4.50</b>
Ground conch mixed with bell peppers, onions, and habanero pepper, seasoned in a batter and deep fried to a golden brown.	
<b>COW FOOT SOUP W/ RICE (SATURDAY)</b>	<b>\$15.50</b>
Cow foot, honeycomb tripe and whole okra, simmered down in a vegetable medley. Served with white rice and plantains.	
<b>BOIL-UP (SATURDAY)</b>	<b>\$18.00</b>
A stew of red snapper, pigtail, potatoes, plantains, cassava, and other vegetables.	
<b>CREOLE BREAD (SATURDAY)</b>	<b>\$3.75</b>
<b>BUN (CINNAMON &amp; RAISIN) (SATURDAY)</b>	<b>\$3.75</b>
<b>PIGTAIL W/ SPLIT PEAS (MON + THURSDAY)</b>	<b>\$16.00</b>
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

<b>TAMALES</b>	<b>\$6.75</b>
A traditional Belizean tamales with whole chicken leg/thigh wrapped in banana leaves.	
<b>PANADES</b>	<b>\$1.25</b>
Masa (ground corn), fried and served with spicy onion sauce. Choice of fish or beans.	
<b>MEAT PIE</b>	<b>\$3.85</b>
Homemade crust filled with spicy ground beef and vegetables baked to perfection.	
<b>DUCUNU</b>	<b>\$3.00</b>
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](http://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

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