

Umana Yana Lunch Menu

Afro-Caribbean &
Asian Caribbean
Cuisine

UMANA YANA LUNCH PLATE:

\$10 African Jollof Rice Plate

spiced tomato-based rice (vegan, gf)
with side tropical salad

\$10 Herbed Quinoa Plate

with bell peppers & onions (vegan, gf)
with side tropical salad

\$10 Coconut Shine Rice Plate

rich coconut herb rice (vegan, gf)
with side tropical salad

\$8 Tropical Salad Plate

arugula, beets, mango, cucumber
with tropical ginger dressing
(vegan, gf)

ADD IN:

1/2 & 1/2 combos
available

\$5 Pineapple Jerk Chicken (gf)
in fresh pineapple & umana jerk marinade
cannot be 1/2 portion

\$5 Georgetown-Style Chicken
cooked in fresh herbs & seasoning (gf)
cannot be 1/2 portion

\$6 Senegalese Style Roasted Lamb
cooked in coriander & thyme marinade (gf)

\$4 Salted Cod & Sweet Potatoes
with bell peppers, fresh herbs, & onion (gf)

\$3 Coconut Curried Chickpeas
stewed in coconut milk & indian spices (vegan, gf)

\$4 Sweet & Spicy Jackfruit
sauteed with a hint of spice (vegan, gf)

\$3 Turmeric Cabbage & Potatoes
with bell peppers, garlic & onion (vegan, gf)

\$3 Cumin Eggplant
sauteed with herbs & cumin seeds (vegan, gf)

\$2 Spiced Sauteed Greens
with bell pepper, onion, & garlic (vegan, gf)

**\$8 Soup of
the Week**

UMANA MINI:

on rice or salad

\$8 Pineapple Jerk Chicken (gf)

\$8 Georgetown-Style Chicken (gf)

\$9 Senegalese Style Roasted Lamb (gf)

\$7 Salted Cod & Sweet Potatoes (gf)

\$7 Coconut Curried Chickpeas (vegan, gf)

\$7 Sweet & Spicy Jackfruit (vegan, gf)

\$6 Cabbage & Potatoes (vegan, gf)

\$6 Cumin Eggplant (vegan, gf)

\$6 Spiced Sauteed Greens (vegan, gf)

cannot be combined

ALSO:

\$2 Sweet Yellow Plantain Side

\$5 Sweet Yellow Plantain Box

\$4 Tropical Salad

(vegan, gf)

price
includes
tax