



Tuesday through Thursday and Sunday 5PM - 10PM | Friday 5PM - Midnight | Saturday Noon to Midnight  
 1400 Meridian Pl. NW. WDC. 20010 | info@trinivybez.com | www.trinivybez.com | Instagram: trinivybezfood

**AUTHENTIC TRADITIONAL TRINIDADIAN CUISINE**

To support our back of the house staff with a living wage, a minimum of 18% service fee will be automatically added to all checks of & over a party of 2. This is not a tip. We welcome tips as they support our service staff only.

**STARTERS**

- Pholourie** 🌿 \$7  
Fried seasoned dough balls served with various sauces (max 2). 8 pieces per order.
- Doubles** 🌿 \$8  
A Trinidadian street food staple. Doubles consists of two fried bara dough with curried chickpeas and various sauces. Includes pepper sauce. Optional protein upgrade.
- Macaroni Pie** \$10  
Baked Trini version of macaroni and cheese. Contains milk.
- Trini Chinese Style Wings** 🍷 \$15  
Wings seasoned with various spices native to the Chinese culture of Trinidad.
- Callaloo and Coo Coo** 🌿 \$17  
Stewed callaloo and dasheen leaves, okra, seasonings, and spices served alongside cornmeal polenta slices.

**SOUPS, SALADS, & SANDWICHES**

- Mango Salad** 🌿 🍷 \$17  
Fresh cubed mango, chopped lettuce, zaboca (avocado), lime, red onion, and cilantro, tossed with a vinaigrette dressing. Add chicken breast \$5 and Shrimp \$7.
- Sancoche'** \$20  
Slow cooked hearty soup of various meats (contains beef and pork), provisions, herbs, and vegetables.
- Bake and "Shark"** \$23  
We layer fresh fish of the day with various sauces (tamarind, pepper, garlic, and chadon beni), onion, tomatoes, and lettuce in a fry bake. Served with side salads - mango and potato.

**SIDES AND ADD ONS**

- Veggie Side** 🌿 \$4  
Stewed Spinach or Cabbage, Pumpkin, Dhal, Mango Salad, or Potato Salad.
- Peas and Rice** 🌿 🍷 \$5  
Parboiled white rice browned and stewed with spices, seasonings, and coconut milk.
- Plantains** 🌿 🍷 \$5  
10 pieces fried.
- Roti Skin** 🌿 \$7  
Bussupshut or Dhalpuri roti skin.
- Protein Add On Side/Substitute**  
Tofu (\$3), Chicken breast (\$5), Shrimp (\$7), Goat (\$10), Oxtail (\$15)
- Sauces**  
Tamarind, Pepper, Chadon Beni (culantro), Mango, and Garlic. Max 2. \$1 additional each add on.

**KID'S MENU**

- Singles** 🌿 \$6  
Single bara served with all condiments and sauces (similar to doubles). No pepper included unless requested.
- Roti and Aloo** 🌿 \$10  
Small serving of bussupshut or dhalpuri with aloo and veggies.
- Stewed Chicken and Macaroni Pie** \$14  
Marinated halal chicken breast browned and stewed with carrots and potatoes. Served with sliced macaroni pie and spinach or cabbage.

**ROTI PLATTERS**

**Bussupshut or Dhalpuri Roti**

Bussupshut otherwise known as paratha is the flatbread pastry version of roti. It is soft, flaky, and has a shredded consistency hence why we call it "bussupshut" or "bussup". It is perfect for dipping. Dhalpuri is a variation of roti stuffed with seasoned split peas within the dough. We generally use Dhalpuri for wrapping your proteins.

**Protein**

Your choice of protein is accompanied with stewed spinach, pumpkin, dhal (split pea condiment), and various sauces. Upgrade spinach to callaloo for \$3. Substitute chicken breast for \$5. Chicken is Halal.

- Aloo** 🌿 \$18
- Tofu** 🌿 \$20
- Chicken** \$23
- Shrimp** \$25
- Goat** \$28

**DINNER**

**Dinners are Gluten Free** 🍷

Dinners come with your choice of rice, veggies, and plantains. Choices are Basmati Rice or Peas and Rice (\$3), Spinach or Cabbage, and Plantains. All curries served with aloo (chickpeas and potatoes).

**CURRIES**

- Aloo** 🌿 \$16
- Tofu** 🌿 \$18  
Organic firm tofu in bite sized portions.
- Chicken** \$21  
Halal chicken quarters. Optional upgrade to chicken breast.
- Shrimp** \$23
- Goat** \$26  
Bone in halal goat.

**STEWES AND JERK**

- Jerk Tofu** 🌿 🌿 \$18  
Organic firm bite sized portions of tofu marinated in a jerk seasoning with baby bell peppers and snow peas.
- Stewed Chicken** \$21  
Halal chicken quarters browned and stewed with carrots and potatoes in various herbs and spices. Optional upgrade to chicken breast. Served best with macaroni pie.
- Geera Pork** \$24  
Seasoned, marinated pork cut into bite sized portions and slow cooked with various herbs and spices in a cumin based seasoning.
- Stewed Oxtails** \$30  
Oxtails braised and stewed with various herbs and spices, carrots, and red beans.
- Mixed Platter** \$35  
Combine curry chicken, shrimp, and your choice of goat or stewed oxtails.

**DESSERT**

- Sweet Bread** \$11  
Bread infused with raisins, mixed fruit, coconut flakes, and various spices. Glazed with sugar and served with coconut ice cream.
- Vanilla Cheesecake** \$12  
Vanilla cheesecake with tamarind jam and berries.
- Cassava Pone** \$13  
Yuca, pumpkin, coconut, spices, and brown sugar baked and served with a fig marmalade and vanilla ice cream.

- Gluten Free** 🍷
- Vegan** 🌿
- Spicy** 🌶️

Please alert staff of any and all food allergies. Our facility cannot prevent cross contamination and some items may come in contact with allergens.