



Email: products@heymonsauces.com - Web: www.heymonsauces.com – 8011 E. Dr. MLK Jr. Blvd. Tampa, FL 33619 - (813) 623-1609 or (813) 662-2076

HEY MON'S CAFÉ MENU

DINNERS: (Served with two vegetables of choice & Puff Bread)

CHICKEN (Baked, with Choice of Sauce) -----	6.98
JERK CHICKEN-----	6.98
CURRY CHICKEN (Mild or Spicy) -----	6.98
BBQ RIBS (Mild or Spicy) -----	8.98
Curry Goat -----	8.98
SALMON in Spicy Mango, or Pineapple/Orange Sauce -----	11.98
Steamed or Fried SWAI Fillet -----	9.98
OXTAIL STEW-----	10.98
SHRIMP with choice of sauce -----	9.98
VEGETARIAN-----	5.75

ROTI: (Served with curried potatoes)

CHICKEN CURRY-----	6.50
CURRY GOAT -----	7.50
CURRY SHRIMP-----	7.98
VEGETARIAN-----	5.75

SANDWICHES: (SERVED WITH CORN CHIPS)

FRIED FISH-----	6.75
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CHICKEN-----	5.95
BBQ RIBS-----	6.95
CHOPPED BBQ-----	5.95

SIDES/VEGETABLES: \$2.75 PER SERVING

- CURRIED POTATOES
- WHITE RICE
- PELAU (PEAS AND RICE DISH)
- FRIED PLANTAINS
- STEWED CABBAGE
- BROCCLI
- SPINACH

BREAD:

- PUFF BREAD – 2/\$1.50
- DINNER ROLLS: 2/\$1.00
- SLICED BREAD: 2/\$1.00
- Roti Bread: \$2.50 ea.

DESERTS:

- YELLOW CAKE W/CHOCOLATE ICING - \$2.75 PER SLICE
- BROWNIES – \$2.75 - 2/\$5.00
- SWEET POTATO PIE - \$3.25 PER SLICE
- WHOLE PIE - \$12.00
- WHOLE CAKE - \$9.95

LUNCH AND DINNER SPECIALS DAILY

DELIVERY WHEN AVAILABLE, OR CALL AHEAD FOR PICKUP

HOURS: Monday – Friday – 11 AM – 7 PM - Saturday – Noon – 6PM

***Ask For Our Catering Menu! BULK ORDERS ALSO AVAILABLE!!**