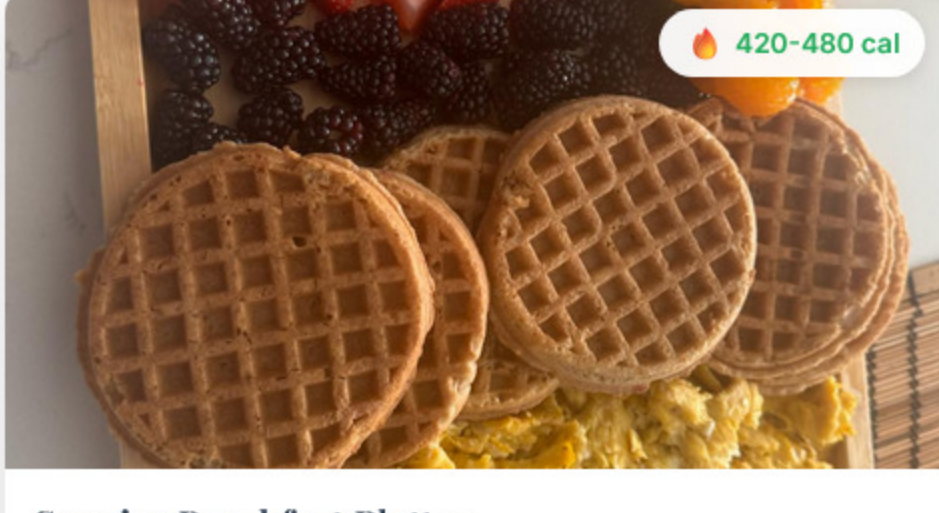


Exodus Home Menu

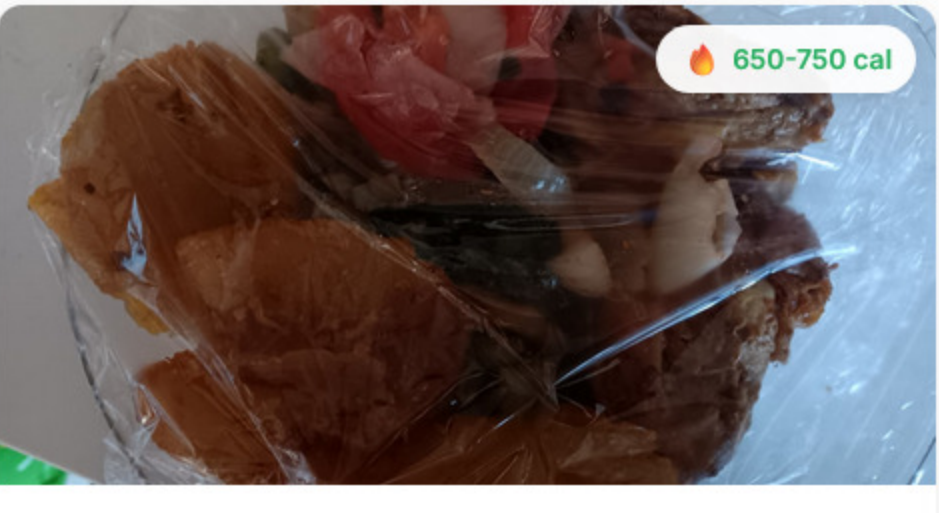


🔥 420-480 cal

Sunrise Breakfast Platter

Fluffy scrambled eggs, golden mini waffles, and fresh seasonal fruits. A balanced, beautiful start to your day.

View Ingredients



🔥 650-750 cal

Homestyle Savory Mixed Plate

Tender seasoned meat stewed with vegetables, served with crispy fried plantain chips. Hearty and satisfying.

View Ingredients

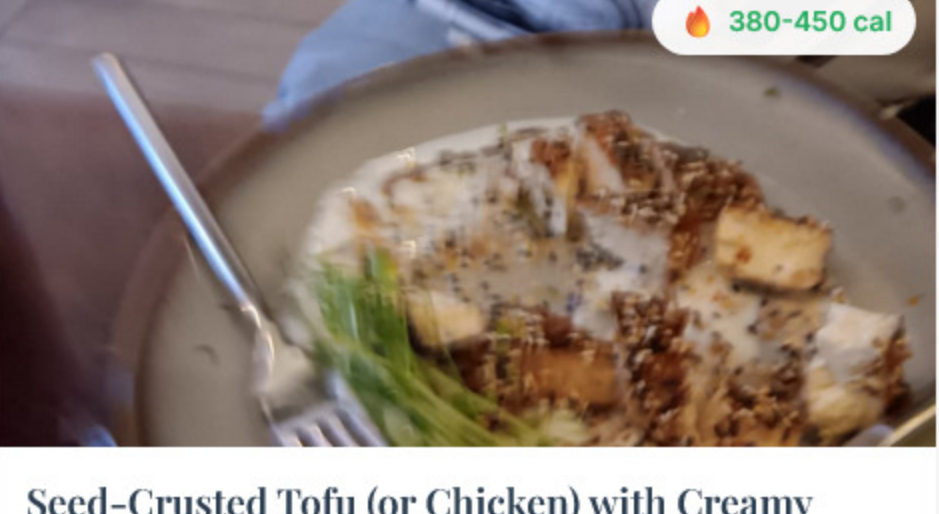


🔥 320-380 cal

Stuffed Vegetable with Tomato & Sunflower Seed Salad

Stuffed squash or avocado in savory broth, topped with cherry tomatoes, roasted peppers, and sunflower seeds. Light and nutritious.

View Ingredients

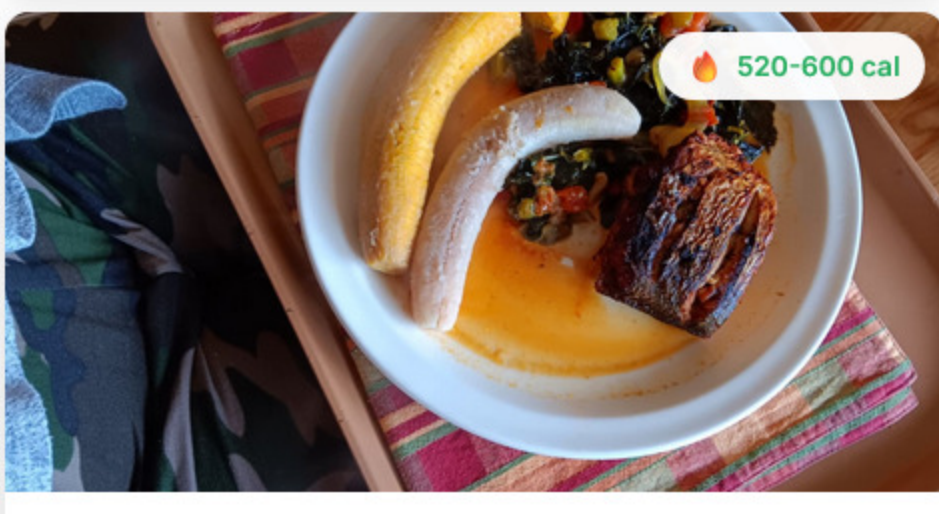


🔥 380-450 cal

Seed-Crusted Tofu (or Chicken) with Creamy Dressing

Crispy seed-coated tofu or chicken with creamy sauce and julienned vegetables. Fresh and satisfying.

View Ingredients



🔥 520-600 cal

Traditional Fish with Sautéed Greens and Boiled Plantain

Pan-seared fish with crisp skin, sautéed callaloo greens, and boiled plantain. Classic and nutritious.

View Ingredients

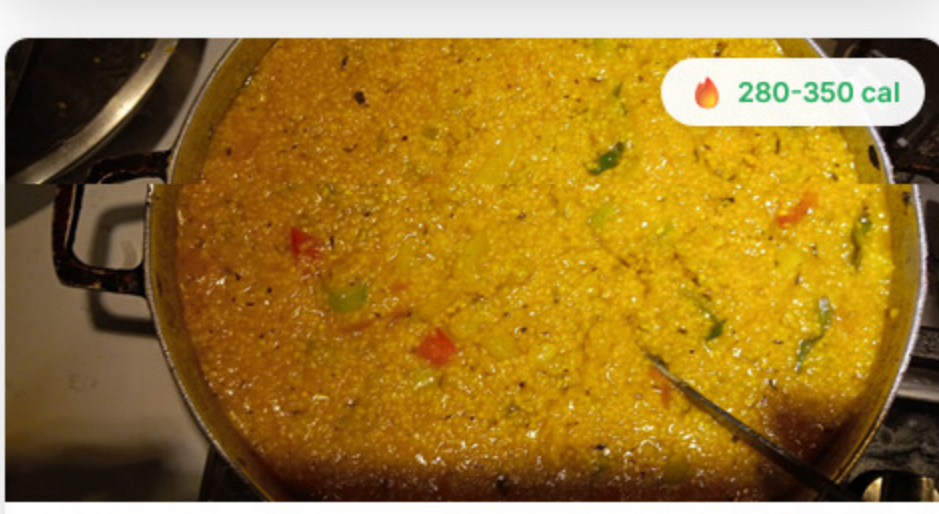


🔥 720-820 cal

Fisherman's Feast with Salmon & Whole Fish

Baked salmon and whole fried fish with sautéed mushrooms, roasted peppers, and savory grain pilaf. A bountiful seafood feast.

View Ingredients

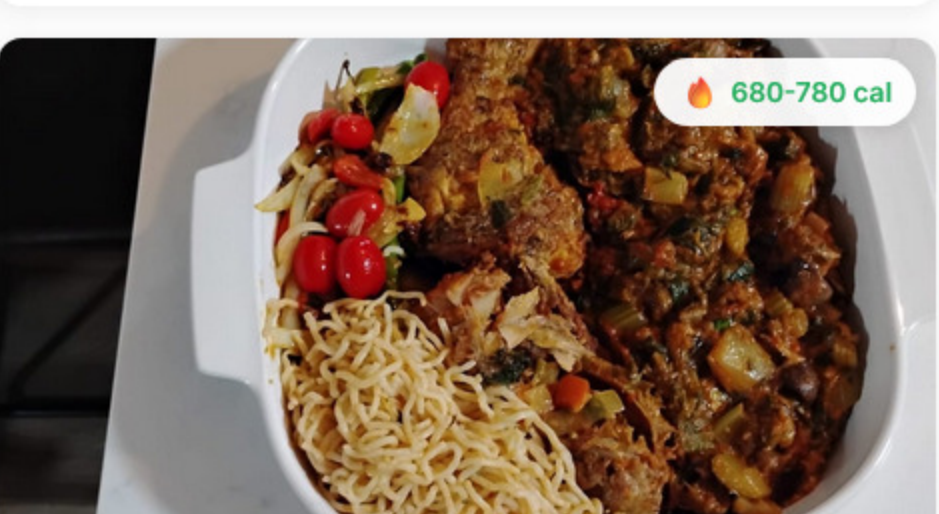


🔥 280-350 cal

Savory Cornmeal Porridge / "Turn Cornmeal"

Creamy Caribbean cornmeal porridge slow-cooked with spices, herbs, and bell peppers. Comforting and hearty.

View Ingredients

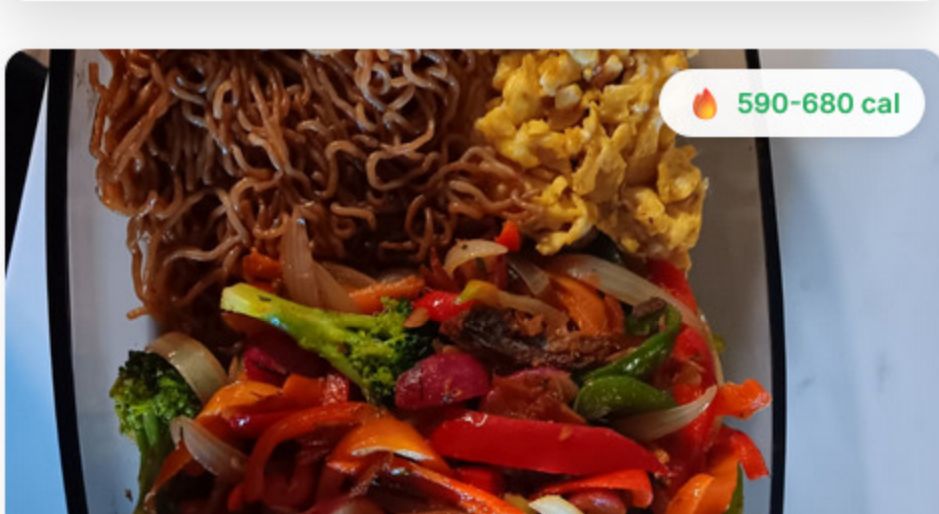


🔥 680-780 cal

"Everything Plate" Meal Prep

Three-part meal prep: stir-fried noodles with greens and peppers, pasta shells in red sauce, and crispy pan-fried fish with red onion.

View Ingredients

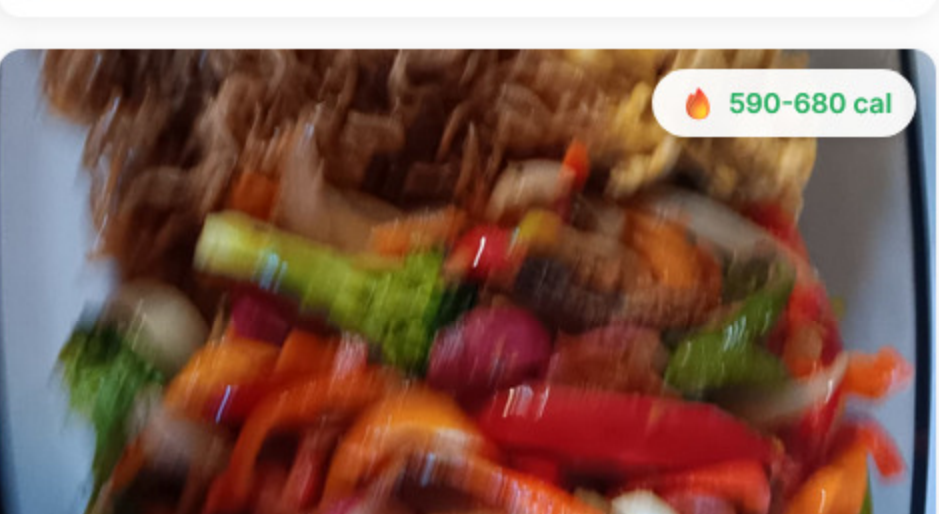


🔥 590-680 cal

Stir-fry Noodles with Eggs and Mixed Vegetable Medley

Savory stir-fried noodles with fluffy scrambled eggs and colorful sautéed vegetables with protein. Complete and flavorful.

View Ingredients

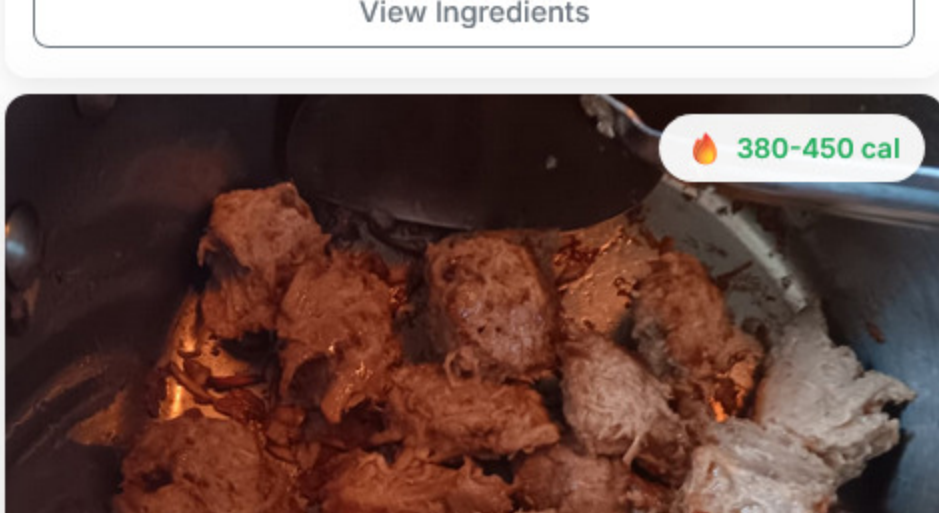


🔥 590-680 cal

Stir-fry Noodles with Eggs and Mixed Vegetable Medley (Blurry)

Savory stir-fried noodles with fluffy scrambled eggs and colorful sautéed vegetables with protein. Complete and flavorful.

View Ingredients

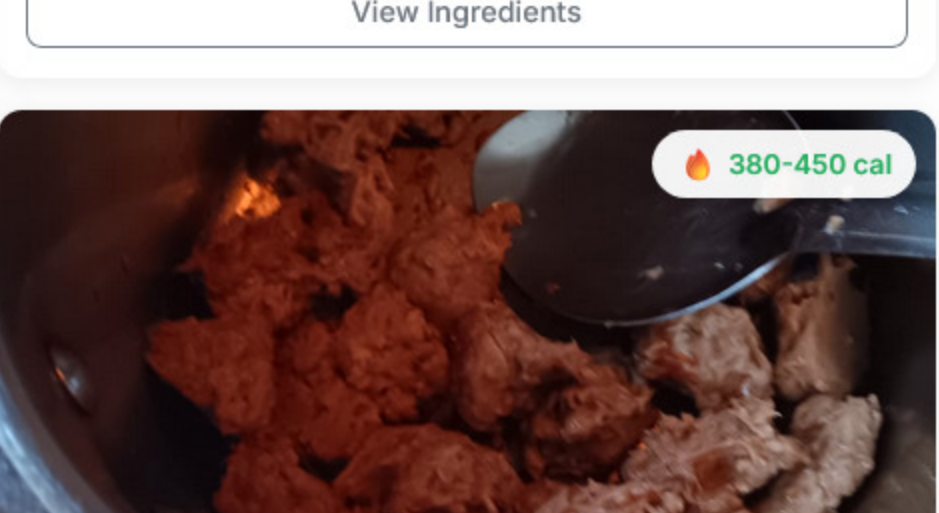


🔥 380-450 cal

Slow-Cooked Shredded Meat

Succulent slow-cooked shredded meat in rich savory juices. Perfect for sandwiches, tacos, or as a main dish.

View Ingredients

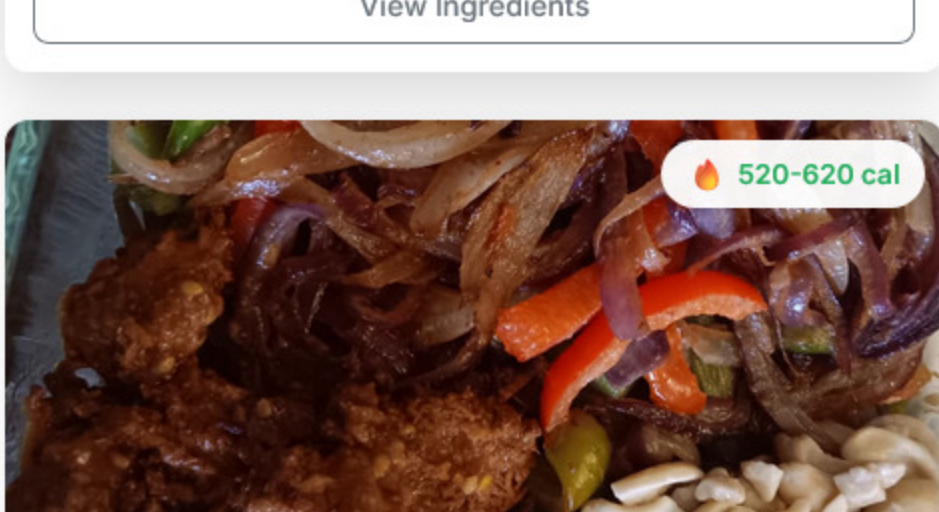


🔥 380-450 cal

Slow-Cooked Shredded Meat (Second View)

Succulent slow-cooked shredded meat in rich savory juices. Perfect for sandwiches, tacos, or as a main dish.

View Ingredients

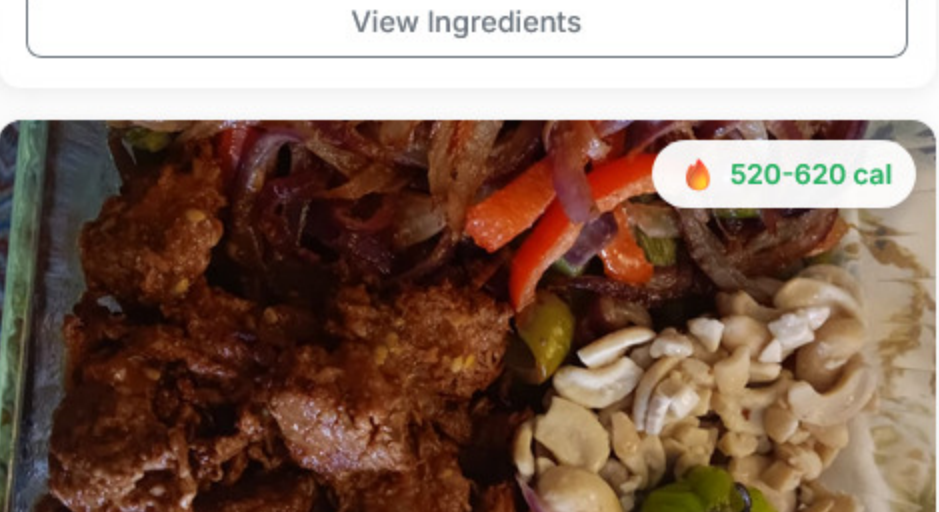


🔥 520-620 cal

Shredded Meat with Caramelized Onions, Peppers, and Cashews

Tender slow-cooked shredded meat with sweet caramelized onions, colorful peppers, and crunchy cashews. Rich and flavorful.

View Ingredients

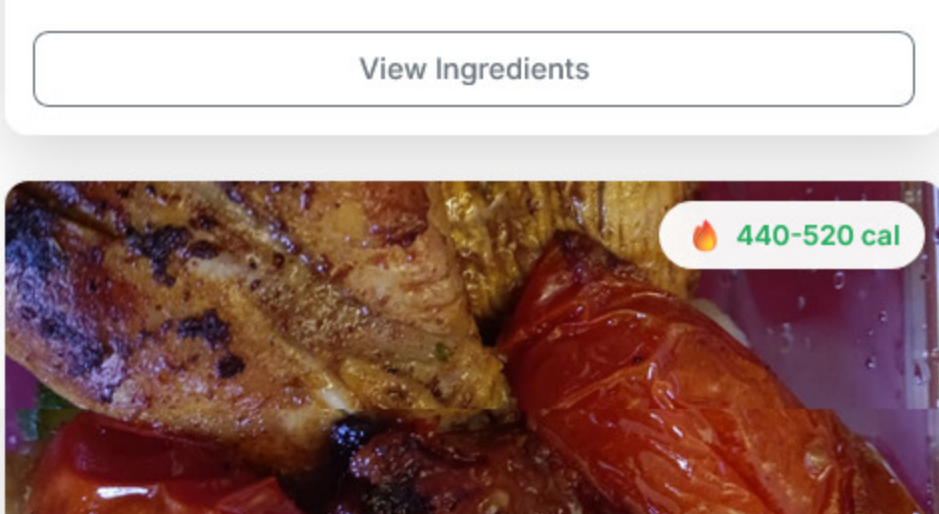


🔥 520-620 cal

Shredded Meat with Caramelized Onions, Peppers, and Cashews (Second View)

Tender slow-cooked shredded meat with sweet caramelized onions, colorful peppers, and crunchy cashews. Rich and flavorful.

View Ingredients

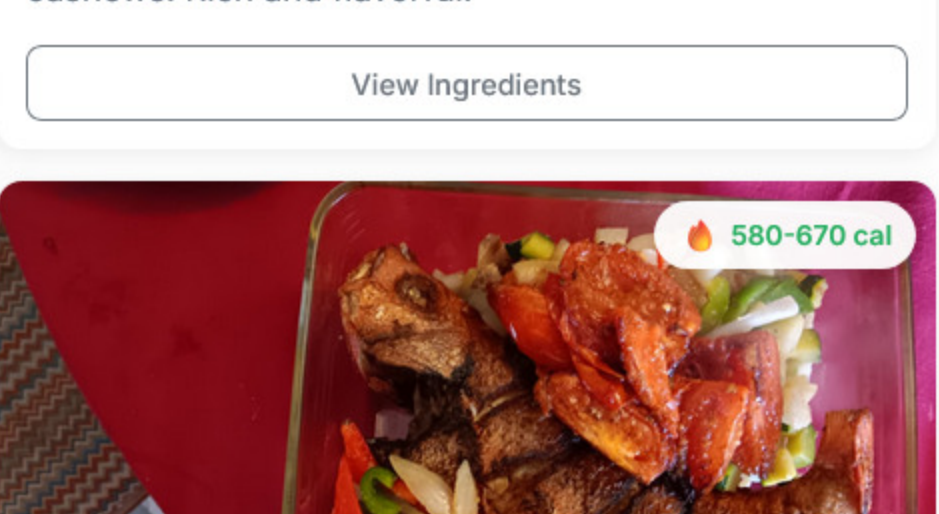


🔥 440-520 cal

Grilled Chicken with Roasted Peppers and Onions

Succulent grilled chicken breast with roasted bell peppers, sweet onions, and juicy tomatoes. Wholesome and flavorful.

View Ingredients

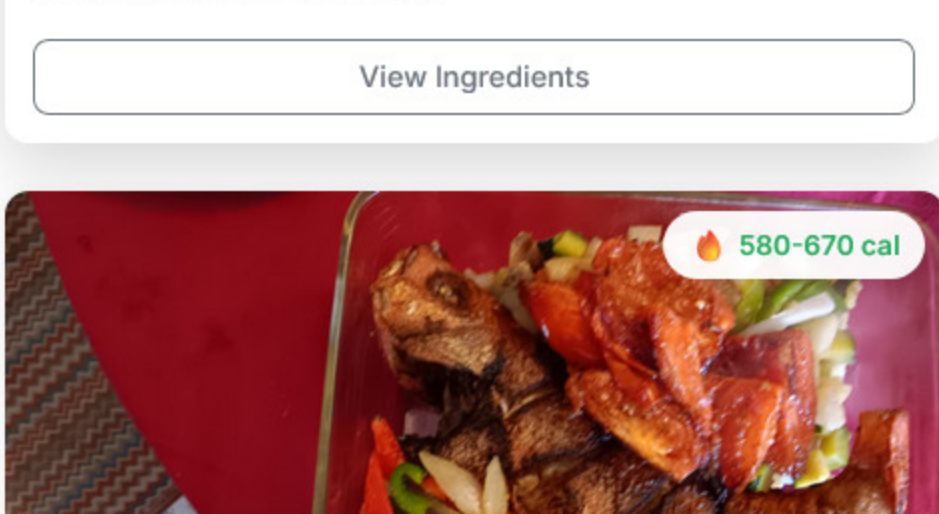


🔥 580-670 cal

Whole Fried Fish with Roasted Vegetables

Crispy whole fried fish with roasted bell peppers, onions, and tender vegetables topped with juicy tomatoes. Wholesome and satisfying.

View Ingredients

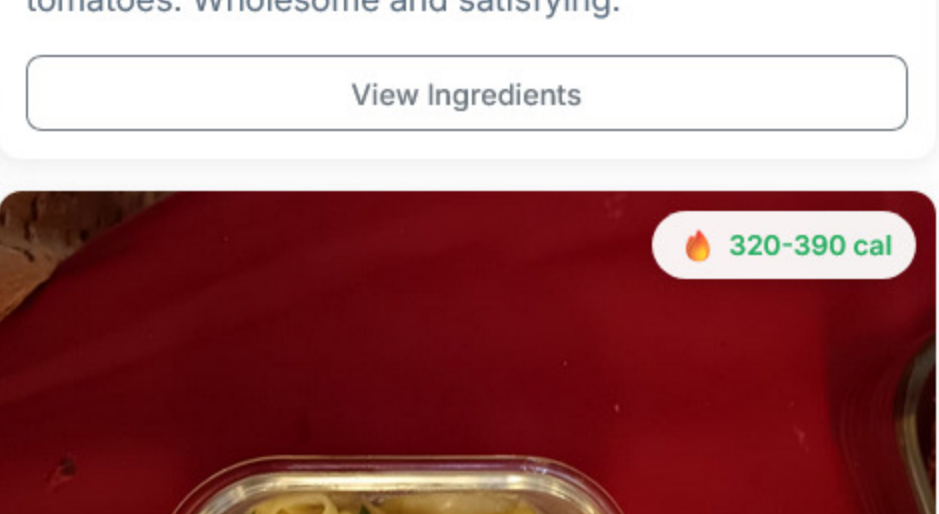


🔥 580-670 cal

Whole Fried Fish with Roasted Vegetables (Second View)

Crispy whole fried fish with roasted bell peppers, onions, and tender vegetables topped with juicy tomatoes. Wholesome and satisfying.

View Ingredients



🔥 320-390 cal

Creamy Herb Noodles with Bell Pepper

Tender flat noodles in light creamy sauce with fresh herbs and diced green bell peppers. Comforting side dish.

View Ingredients