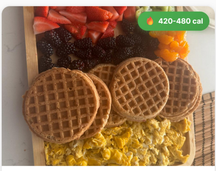
Exodus Home Menu



Healthy Breakfast

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

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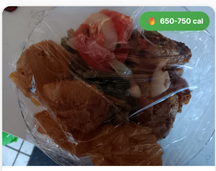

Regular Fish Plate with Stir Fry Vegetable

Pan-fried fish served with colorful stir-fried vegetables and crispy fried plantain chips. Hearty and satisfying.

View Ingredients



Vegan Dish with Sunflower Seeds

Stuffed vegetable in savory broth, topped with cherry tomatoes, roasted peppers, and crunchy sunflower seeds. Light and nutritious.

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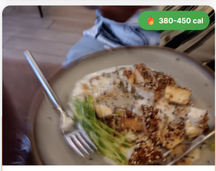

Eggplant with Tofu

Crispy seed-coated tofu with tender eggplant, creamy sauce, and julienned vegetables. Fresh and satisfying.

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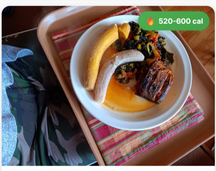

Pan Fry Fish, with Stir Fry Vegetable and Boiled Sweet Plantain and Green Banana

Pan-fried fish with crisp skin, stir-fried vegetables, boiled sweet plantain, and green banana. Classic and nutritious.

View Ingredients



Air Fry Fish, Vegetable and Konjack Noodles

Air-fried fish with sautéed vegetables and konjack noodles. A wholesome, low-carb seafood dish.

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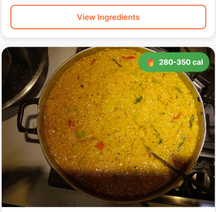

Cornmeal with Onions, Tomatoes, Watercress

Creamy Caribbean cornmeal slow-cooked with onions, tomatoes, and fresh watercress. Comforting and hearty.

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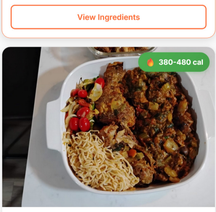

Vegan Dish Made with Konjack Noodles and Stir Fry Vegetables

Konjack noodles with colorful stir-fried vegetables and plant-based protein. Complete vegan meal.

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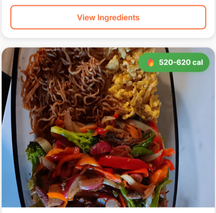

Cashew Stew and Fry Eggplant

Savory cashew stew with crispy fried eggplant and stir-fried vegetables. Rich and flavorful.

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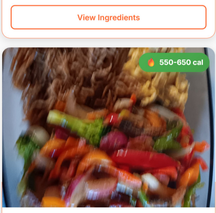

Veggie Meat Baked Fish and Stewed Vegetables, with Konjack Spaghetti

Baked fish with plant-based meat, stewed vegetables, and konjack spaghetti. Complete and satisfying.

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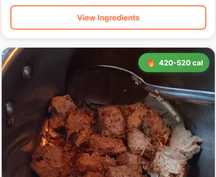

Stir Fry Vegetables. Fry Eggs .Konjack Noodles

Colorful stir-fried vegetables with fluffy fried eggs and konjack noodles. Light and protein-packed.

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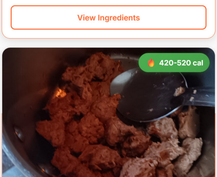

Stir Fried Meatless Lamb

Plant-based lamb stir-fried with aromatic spices and vegetables. Rich flavors, guilt-free.

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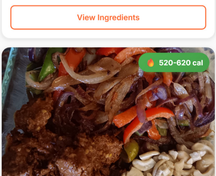

Cashew Stir Fry Lamb and Vegetables

Plant-based lamb stir-fried with sweet caramelized onions, colorful peppers, and crunchy cashews. Rich and flavorful.

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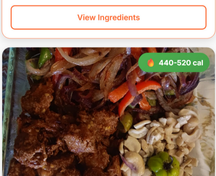

Airfry Breast Chicken with Fry Tomatoes and Mixed Bell Peppers.

Air-fried chicken breast with roasted tomatoes and colorful mixed bell peppers. Healthy and delicious.

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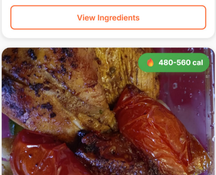

Fry Fish and Vegetables.

Pan-fried fish with roasted bell peppers, sweet onions, and juicy tomatoes. Wholesome and flavorful.

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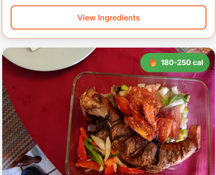

Konjack Noodles with Green Peppers and Chives

Konjack noodles stir-fried with fresh green peppers and aromatic chives. Light, low-carb, and flavorful.

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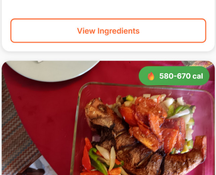

Whole Fried Fish with Roasted Vegetables

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

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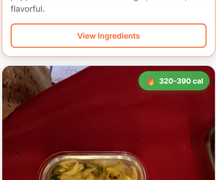

Creamy Herb Noodles with Bell Pepper

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

View Ingredients