

A [🌿]COOK'S TOUR

Explore the Island of Mustique with Tristan Welch

Allergens list

“Pigs in blankets” *Sulphites*

Plantains wrapped in bacon with a tamarind glaze

Twice cooked island-spiced breadfruit chips *Sulphites*

Fire-roasted and seasoned with Tristan’s spice mix

Jerk chicken *Sulphites, cereals containing gluten*

Marinated chicken in a fragrant green jerk spicing

Grilled halibut (in the style of mahi mahi) *Sulphites, milk, soy, fish*

Gingered greens and dragon grass

Island rum baba *Milk, cereals containing gluten, eggs, sulphites*

Dollop of coconut cream