

Lorenz Menu Glossary

Ackee & Saltfish- The national fruit of Jamaica. Ackee has the texture of scrambled egg, The ackee fruit is bright red. When ripe, it bursts open to reveal three large black seeds and bright yellow flesh. Salt cod is sautéed with boiled ackee, onions, scotch bonnet (habaneros) peppers, tomatoes, and spices, such as black pepper and garlic.

Boil Banana- green banana boiled to serve as a side to main entrees.

Brown Stew Chicken- chicken stewed in a mild brown stew sauce with bell peppers, onions, potatoes, carrots and Jamaican spices.

Brown Stew Fish- Braised fish sautéed with vegetables in a mild brown sauce.

Callaloo- green leafy spinach like vegetable steamed and Sautéed with Jamaican herbs & spices

Channa- Curried chix peas and potato. Delicious side that goes great with a roti wrap.

Chicken Soup- A hearty soup with dumpling spinners, potato, yam, carrots, pumpkin, and Jamaican spices and herbs.

Cocobread- Jamaican soft loaf bread, slightly sweet type of bread, served warm with patty, steak, callaloo, or breakfast sandwich.(not made with coconut)

Curry Chicken- chicken stewed in a mild curry sauce with bell peppers, onions, potatoes, carrots and Jamaican spices.

Curry Goat- meat is simmered slowly in our flavorful curry sauce.
Goat is a healthy alternative and lower in saturated fats than beef & chicken. Give it a try!

Curry Shrimp- Savory shrimp in mild curry sauce with mix vegetables.

Dumplings- Boiled whole wheat dough, a traditional Jamaican staple. Goes well with sauce based entrees.

Fish Tea- A fish soup with dumpling spinners, potato, boil banana, okra, and Jamaican spices and herbs.

Goat Soup- Traditionally Goat Soup (Manish Water) is a festive soup. Served at the liveliest of occasions. Ingredients include lean goat meat, dumpling spinners, potato, boil banana, and Jamaican spices and herbs.

Grilled Club Sandwich- Authentic to sandwich to Lorenz with turkey bacon, lettuce, tomato, and American white pressed grilled in a cocobread.

Ital Curry- Vegetarian curry entrée made with potato, mix vegetables, and Caribbean herbs and spices in a coconut milk base sauce.

Ital Peanut Soup- Vegetarian friendly soup with a coconut milk base and peanuts. Ingredients include okra, red kidney beans, dumpling spinners, yam, carrot, and Jamaican herbs and spices.

Ital Red Peas Soup- Vegetarian friendly soup with a coconut milk base. Ingredients include red kidney beans, dumpling spinners, yam, carrot, potato and Jamaican herbs and spices.

Ital Stew- Vegetarian entrée made with red kidney peas, mix vegetables, and Caribbean herbs and spices in a coconut milk base sauce

Jamaican BBQ Chicken- Chef special with sautéed onions and peppers in a tasty barbeque sauce.

Jamaican Fruit Cake- a dark rich fruit cake infused with wine and rum, containing raisins, minced prunes, pitted; minced currants, dried; minced cherries, Wow! Delicious. You must experience.

Jerk Chicken- Lorenz chef specialty. Jerk is a style of cooking native to Jamaica in which meats are dry-rubbed with a spicy mixture called Jamaican jerk spice. Our jerk is on the mild side but coupled with our house jerk sauce on the side will give you the spice intensity you crave.

Johnny Cake- also known as fried dumpling. These tasty little appetizer or side will leave you asking for more. Made simply with rising dough and a dash of sugar. Rolled, cut and fried. Taste more like it was baked than fried.

Macaroni & Cheese- Cheesiest macaroni ever. Lorenz authentic recipe of cheddar and Monterey jack will blow your mind.

Okra & Saltfish- Okra and Shredded Salt cod is sautéed with, onions, scotch bonnet (habaneros) peppers, tomatoes, and spices, such as black pepper.

Oxtails- delicacy beef simmered slowly to perfection. The tender meat falls right off the bone.

Patty- A pastry similar to a turnover with savory fillings and Caribbean spices. Comes in Beef, Chicken, and Vegetable.

Pepper Steak- tender blade steak simmered in a mild brown stew sauce with bell peppers and onions

Plantains- A vegetable with a taste similar to a banana, fried to a sweet golden brown; a staple of Jamaican cooking.

Porridge- warm hearty cereal with a mild coconut base, vanilla, almond, nutmeg, cinnamon with such flavors as banana-peanut, carrot, cornmeal, pumpkin, and more.

Rice & Peas- Jamaica's main staple accompaniment for its many dishes. Coconut milk carries the base to its ingredients, which includes Jamaican herb and spices, and not to mention red kidney beans.

Roti Meal- any Lorenz entrée and sides accompanied with a roti skin(tortilla). Could be wrapped or served on the side.

Roti Skin- Warm tortilla (Dahl Poori) imported from Trinidad made with flour and crushed split pea. Great accompaniment to any curry based entrée.

Saltfish- Shredded Salt cod is sautéed with, onions, scotch bonnet (habaneros) peppers, tomatoes, and spices, such as black pepper.

Saltfish Fritter- This appetizer is not only mouth watering but tasty. This batter base item has a mixture of shredded codfish, scallion and Jamaican spices. Fried crispy and served.

Spice Bun- Light sweet bread made with molasses other spices. The snack eats well with Jamaican cheese.

Steak Sandwich- Lorenz pepper steak served on a cocobread with American white cheese.

Steam Roast Fish- Stuffed fish with chef special spices and herbs wrapped and baked to a tasteful perfection.

Vegetable Medley- Simply sweet. Our most loved side of steam sweet cabbage and carrots.

Yellow Yam- a dry non- sweet yam when boiled goes well with all Jamaican entrees.