

Eat Better, Be Better!

Find us on



🌿 Specialty item ♥ low-fat item ✓ Vegan item ✱ Available seasonally

Prices may vary by location.

PLEASE visit www.calypsocafe.com for additional nutritional information.

Takeout Menu



BEANS
and **THREE**
our Cuban black
beans and your
choice of three side
items.....6.00

SNACKS

🌿 **CUBAN BLACK BEAN DIP** topped with cheddar cheese, jalapenos, red onions and served with chips and Tangy Sauce5.22
♥ go low fat and ✓ Vegan: sub pita bread & take away the cheese and sauce!

🌿 **LOADED BLACK BEAN NACHOS** tortilla chips smothered with bean dip, cheddar cheese, tomatoes, jalapenos, sour cream, red onions and your choice of chicken, beef, or rice7.37
(with white meat or pulled BBQ white chicken add 1.33)

✱ **BOWL of SOUP** fresh and homemade served with 2 Boija muffins4.76

SIDE ITEMS

🌿 **CUBAN BLACK BEANS** topped w/ sour cream & red onions (♥ low fat & ✓ Vegan w/o sour cream)

♥ ✓ **ST. LUCIAN RICE** a fat-free blend of wild and long grain rice and seasonings

🌿 ♥ ✓ **MARTINIQUE CALLALOO** mustard greens with tomatoes and onions

🌿 **BOIJA MUFFINS** Caribbean sweet corn bread topped with coconut

♥ ✓ **SPICED SWEET POTATOES** low-fat and delicious, topped with coconut

♥ ✓ **BEAN & CORN SALAD** mix of various beans and corn in a cilantro vinaigrette

♥ **NATIVE COLE SLAW** a cool accompaniment - made with a homemade lite mayo dressing

SMALL HOUSE SALAD leaf lettuce, cheddar, tomatoes, red onions w/ our famous house vinaigrette

✱ **MUG of SOUP** hot & homemade

♥ ✓ ✱ **FRESH FRUIT**

✓ **CHIPS** your choice of potato or tortilla

♥ go low fat and sub pita bread
each side item alone.....1.83
extra side item with a meal.....1.33

SALADS

You've heard about Calypso's bountiful salads...chances are...if you are a first-timer, someone sent you in to try one! Our produce is fresh-cut daily, and all our salad dressings are homemade.

🌿 **BLACK BEAN SALAD** A Calypso favorite! Green leaf lettuce and tortilla chips topped with black beans, cheddar cheese, tomatoes, sour cream, red onions and your choice of chicken, beef, or rice - served with barbecue sauce on the side.....7.32
(with white meat or pulled BBQ white chicken add 1.33)

🌿 **LUCAYAN SALAD** Another bestseller! Fresh green leaf lettuce, marinated chicken breast, Mandarin oranges, toasted almonds, and our famous vinaigrette dressing. Served with two Boija Muffins7.41

CHICKEN AND VEGGIES SALAD Low carb! Green leaf lettuce, fresh chicken breast, cheddar cheese, tomatoes, sprouts and cucumbers served with low-carb lite Zesty Ranch dressing.....7.37

LITE TROPICAL CHICKEN SALAD Our delightful combination of chicken, pineapple, lite curried mayo, raisins served on a bed of lettuce. Served with two side items (no charge to sub with tuna).....6.59

LITE TUNA SALAD LOW CAL! Delicious combination of tuna, celery, red onions and herbs on a bed of leaf lettuce and topped with tomatoes. Served with Lite Honey Lime Sauce (no charge to sub with chicken salad)6.59

Homemade Sauces & Dressings - All available by the pint!

🌿 ✓ Our Famous House Vinaigrette

Lite Honey Lime
Lite Vinaigrette

🌿 ✓ ♥ Jamaican Curry

🌿 ✓ ♥ Barbecue
Lite Cucumber Dill
Tangy Sauce

Low carb options
Lite Zesty Ranch

✓ HOT Jerk Sauce

"We charge for extras of our fresh toppings and homemade dressings, but we think you'll find they're worth it!"

🌿 ♥ Pulled BBQ white chicken

Our fresh, tender rotisserie breast pulled and sauced

PLATE: served with 2 side items6.82

SANDWICH: served with chips & 1 side item6.64

Call Ahead for Bulk Takeout: **9.98/pound**

🌿 ROTISSERIE CHICKEN 🌿

Slow, even roasting on the rotisserie seals in the natural flavors making our chicken the most delightful you have ever tasted!

BARBECUE our spicy Caribbean sauce is all-natural and formulated with countless herbs and seasonings

JAMAICAN CURRY a mild sauce made with apples, onions and spices.

JERK Hot! Hot! Hot! Served on the side.

• Quarter dark w/ two sides6.00

• Quarter white w/ two sides6.82

• Half chicken w/ two sides7.73

• Half chicken all dark w/ two sides7.09

• Half chicken all white w/ two sides8.79

SANDWICHES

Served on your choice of wheat bun or white pita, with potato chips and one side item.

🌿 **ISLAND BURGER** lean ground beef, cooked on the rotisserie to juicy perfection with Caribbean seasonings, topped with green leaf lettuce and red onions. With our BBQ sauce on the side.....6.41
(with cheese 6.64)

🌿 **CHICKEN BREAST** fresh, tender chicken breast topped with leaf lettuce. Served with our Lite Honey Lime.....6.64

🌿 **PULLED BBQ CHICKEN** (all white) fresh, tender rotisserie breast pulled and sauced, served with chips and one side item.....6.64

VEGGIE PITA green leaf lettuce, tomatoes, cheddar cheese, cucumbers, sprouts, and red onions stuffed in a pita. Served with our famous vinaigrette dressing.....5.86

VEGGIE MELT same as above, but on a bun with melted American cheese!.....5.86

LITE TROPICAL CHICKEN SALAD a mix of chicken, pineapple, lite curried mayo and raisins...6.41

✓ **BOCA BURGER** 100% vegan (in pita), topped with green leaf lettuce and red onions, served with our BBQ sauce on the side.....5.86
(with cheese 6.13)

LITE TUNA SALAD delicious creation of tuna, celery, red onions and herbs.....6.41

JUST FOR KIDS

Available for kids 12 and under only please!



CHILD'S PLATE.....3.66

Quarter Dark Chicken served with any two child-sized side items

Pita Cheese Wedges served with any two child-sized side items

PB&J served with any two child-sized side items

NACHOS tortilla chips topped with cheese and served with tangy sauce on the side

BEANS and THREE Cuban black beans with choice of three child-sized side items

DESSERTS

BAKED GOODIES.....1.46 each
(whipped cream, add .27)

🌿 **CALYPSO BAR** buttery cookie layer topped with toasted almonds, lime, and coconut

CHOCOLATE MINT SQUARE rich brownie glazed with mint

🌿 **CARROT CAKE BAR** moist carrot cake with white chocolate chips

🌿 **BLUE MOUNTAIN CHOCOLATE MOUSSE** frozen mocha treat topped with whipped cream.....1.88

TROPICAL LIME PIE light, creamy and chilled, with a graham cracker crust....2.29

EXTRAS

Extra sour cream, salad dressing or cheese (2 oz.)...0.27 • Extra Barbecue or Curry sauce (4 oz.)...0.27

Extra beef or dark chicken...1.01 • Extra quarter dark w/ meal...1.56 • Extra quarter white w/ meal...2.70

White meat substituted on salad or child's plate...1.33 • To Go water or Calypso cup...0.27

• No sides deduct...\$1 after tax

(We charge for extras of our fresh toppings and homemade dressings, but we think you'll find they're worth it!)

DRINKS

Fruit tea, iced tea, spiced coffee, hot spiced tea, soft drinks.....1.65

Bottled drinks, milk, ✨ hot chocolate topped with whipped cream.....1.74



ICE COLD BEER

Selection of domestic and imported beers available for dine-in only

Domestic.....2.47

Import.....3.66



Voted "Best Takeout and Best Cheap Eats" year after year by Nashville Scene readers!

The following items are available for takeout only!

FEEDING A CROWD?

Our salads and plates are popular choices for meetings and gatherings - we can satisfy every diner - the meat lover, the vegetarian...even the vegan, and, of course, the health conscious! We can box your custom meals individually or prepare them buffet-style for easy transport and presentation. For over 30 guests, contact our catering office at 254-3636.

Pulled BBQ White Chicken available by the pound (call ahead for bulk)9.98/pound

GALLON FRUIT TEA ...6.08 • WHOLE CHICKEN WITH SAUCE...9.52 • PINT OF DRESSING OR JERK 5.35 • DOZEN MUFFINS...6.96
TROPICAL LIME PIE...8.33 • PINT OF CHICKEN OR TUNA SALAD...8.47 • PINT OF VEGGIES OR SOUP...4.30 • BBQ & CURRY SAUCE...4.30

For over 30 guests Nashville area catering available: Call 254-3636

FEEDING A FAMILY?

Family Special 1 whole chicken (quartered or whole with sauce) and 6 servings of side items

OR 1 pound pulled BBQ chicken, 4 buns, 4 servings side items and 4oz extra sauce.....15.93

Vegetarian Family Special 3 pints of side items and 4 Boija muffins.....13.73



More Info available @
calypsocafe.com

Prices may vary by location and are subject to change without notice

Vandy: 2424 Elliston Place 321-3878
100 Oaks: 700 Thompson Lane 297-3888
Belle Meade: 5101 Harding Pike 356-1678
Cool Springs: 600 Frazier Drive 771-5665
East Nashville: 301 Gallatin Ave. 227-6133



GIFT CARDS AVAILABLE
at the Register
in any amount!