

Eat Better, Be Better!



🌿 Specialty item ♥ low-fat item ▼ vegan item

PLEASE visit our website: www.calypsocafe.com for additional nutritional information. Prices may vary by location



To-Go 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 Sauce.....5.22
 ♥ go low fat and ▼ Vegan: sub pita bread (2 rounds) & 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 rice.....7.37
 (white meat chicken, add 1.56)
- BOWL of SOUP** fresh and homemade served with 2 Boija muffins.....4.76
 (available October thru March)

SIDE ITEMS

- 🌿 **CUBAN BLACK BEANS** topped with sour cream and red onions (♥ low fat and ▼ Vegan without sour cream)
- ▼ **ST. LUCIAN RICE** a blend of wild and long grain rice and seasonings
- 🌿 ▼ **MARTINIQUE CALLALOO** our Caribbean recipe of 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** garbanzo, kidney beans, corn, black-eyed peas in cilantro vinaigrette
- NATIVE COLE SLAW** a cool accompaniment to our spicier items
- SMALL HOUSE SALAD** leaf lettuce, cheddar cheese, tomatoes, red onions with our Famous house vinaigrette
- MUG of SOUP** hot & homemade available October thru March
- ♥ ▼ **FRESH FRUIT** available April thru September
- CHIPS** your choice of potato or tortilla
- 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! 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 chicken, add 1.33)
- 🌿 **LUCAYAN SALAD** Another bestseller! Fresh green leaf lettuce, marinated chicken breast, Mandarin oranges, toasted almonds, and our Vinaigrette dressing. Served with two Boija Muffins.....7.41
- CHICKEN AND VEGGIES SALAD** **Low carb!** Green leaf lettuce, fresh chicken breast, cheddar cheese, tomatoes, sprouts and cucumbers served with low-carb Zesty Ranch dressing (7.5 grams carb add Zesty Ranch, 4 carb/2oz.).....7.37
- TROPICAL CHICKEN SALAD** Our delightful combination of chicken, pineapple, curried mayo, raisins served on a bed of lettuce. Served with two side items.....6.59
 (extra scoop, add 1.56)
- 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 ♥ Fat Free Honey Mustard.....6.27
 (extra scoop, add 1.56)

Homemade Salad Dressings

Honey Lime	Lite Vinaigrette	Low carb options
Tangy Sauce	♥ Fat-free Honey Mustard	Lite Cucumber Dill
🌿 Our Famous	🌿 ♥ BBQ Sauce	Zesty Ranch
House Vinaigrette	🌿 ♥ Curry Sauce	HOT Jerk Sauce

All our homemade dressings & sauces are available by the pint!

🌿 ROTISSERIE CHICKEN 🌿

Slow, even roasting on the rotisserie seals in the natural flavors making our chicken the most delightful you have ever tasted!
 Our chicken is served with your choice of sauce and any two side items.

- **BARBECUED** our spicy Caribbean sauce is all natural and formulated with countless herbs and seasonings
- **JAMAICAN CURRIED** a mild sauce made with apples, onion and spices
- **JERK** Hot! Hot! Hot! Served on the side.
- **Quarter dark w/ two sides....6.00**
- **Quarter white w/ two sides.....6.82**
- **Half chicken w/ two sides....7.73**
- **Half chicken all dark w/ two sides...7.09**
- **Half chicken all white w/ two sides...8.79**

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 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 Aruban honey lime.....6.64

VEGGIE PITA leaf lettuce, tomatoes, cheddar, 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

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

🌱 **BOCA BURGER** 100% vegan (in pita), topped with lettuce and red onions, served with our BBQ sauce on the side.....5.86
(with cheese 5.72)

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

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
(*Hot Spiced Tea & *Hot Chocolate are available October thru March)



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 GOODIES1.46 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
CHOCOLATE CHIP BAR buttery chocolate chip cookie with almonds
🌿 **BLUE MOUNTAIN CHOCOLATE MOUSSE** frozen mocha treat topped with whipped cream.....1.88
TROPICAL LIME PIE 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...0.87

ICE COLD BEER

Selection of domestic and imported beers including:
Bud Light, Miller Lite.....2.47
Red Stripe, Corona.....3.66
(Dine In Only)



Voted "Best Takeout" year after year by The Nashville Scene readers!

FEEDING A cROWD?

The following are popular choices for meetings or gatherings. We can package these items buffet-style for easy transport and presentation:

Cuban Black Bean Dip, Rotisserie Chicken, Lucayan Salad, Black Bean Salad and the Chicken Salad Meal

GALLON FRUIT TEA...6.08 • WHOLE CHICKEN WITH SAUCE...9.52 • PINT OF DRESSING.....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 PINT OF BBQ SAUCE, CURRY, OR JERK SAUCE...5.35

FEEDING A FAMILY?

(Available For Takeout Only!)

Family Special one whole chicken (quartered or whole with sauce) and six servings of side items.....15.93
Vegetarian Family Special three pints of side items and 4 Bojja muffins.....13.73

For over 30 guests Nashville area catering available: Call 256-FOOD (3663)

More Info available @
calypsocafe.com

Prices may vary by location and are subject to change without notice.
Calypso Cafe is not responsible for typographical errors.

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
Calypso East: 1101 Gartland 227-6133



GIFT CARDS AVAILABLE at the Register in any amount!