

SNACKS

CUBAN BLACK BEAN DIP | 5.63

Topped with cheddar cheese, jalapeños, and red onions. Served with chips and Tangy Sauce. Go ♥ low fat and ▼ vegan: sub 100% whole wheat round bread and take away the cheese and sauce!

LOADED BLACK BEAN NACHOS | 7.96

Tortilla chips smothered with bean dip, cheddar cheese, tomatoes, jalapeños, sour cream, red onions, and your choice of chicken, beef, or rice. Served with BBQ sauce. (with white meat or pulled BBQ white chicken add 1.65)

BOWL OF SOUP | 5.45

Fresh and homemade served with two Boija Muffins (available Oct.–March)

CHICKEN

♥ PULLED BBQ WHITE CHICKEN

Our fresh, tender rotisserie breast pulled and sauced.

PLATE | 7.69

Served with two side items.

SANDWICH | 7.69

Served with chips and one side item.

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 SIDES | 6.36

QUARTER WHITE W/ TWO SIDES | 7.51

HALF CHICKEN W/ TWO SIDES | 9.15

HALF CHICKEN ALL DARK W/ TWO SIDES | 8.10

HALF CHICKEN ALL WHITE W/ TWO SIDES | 10.34

DRINKS

FRUIT TEA | 1.83

You must try this—fruit juices, moderately sweetened . . . a house favorite! Also available by the Gallon TO GO for 6.55.

ICED TEA, SPICED COFFEE, HOT SPICED TEA, SOFT DRINKS,
BOTTLED DRINKS, MILK | 1.83

♥ HOT CHOCOLATE (with whipped cream) | 1.83

ICE COLD BEER

Domestic and imported beers available for dine-in only. Ask your server for specific selections . . . of course *Red Stripe* is a given!

DOMESTIC | 2.61

IMPORT | 3.84

**VOTED “BEST TAKEOUT AND BEST CHEAP EATS”
YEAR AFTER YEAR BY THE NASHVILLE SCENE READERS!**

Prices subject to change without notice.

🌿 Specialty Item ♥ Low-fat Item ▼ Vegan Item ✪ Available Seasonally

BEANS & THREE

BEANS & THREE PLATE | 6.36

Our Cuban black beans and your choice of three side items.

SIDE ITEMS

EACH SIDE ITEM | 2.11

EXTRA SIDE ITEM WITH A MEAL | 1.56

🌿 **CUBAN BLACK BEANS** Topped with sour cream and red onions (♥ low fat and ▼ vegan w/o sour cream).

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

▼ **ORZO BASIL SALAD** Green peas, carrots, celery in a basil vinaigrette.

🌿 ♥ ▼ **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** Various beans and corn in a cilantro vinaigrette.

♥ **NATIVE COLE SLAW** A cool accompaniment—made with a homemade lite mayo dressing.

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

✪ **MUG OF SOUP** Hot & homemade (available Oct.–March)

✪ ♥ ▼ **FRESH FRUIT** (available April–Sept.)

▼ **CHIPS** Your choice of potato or tortilla or go ♥ low fat and sub 100% whole wheat round.



DESSERTS

BAKED GOODIES | 1.79

(whipped cream, add .27)

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

CHOCOLATE MINT Rich brownie glazed with mint.

🌿 **CARROT CAKE BAR** Moist carrot cake with white chocolate chips.

BLUE MOUNTAIN CHOCOLATE MOUSSE | 2.38

Frozen mocha treat topped with whipped cream.

TROPICAL LIME PIE | 2.56

Creamy and chilled, with a graham cracker crust.

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 cut fresh daily, and all our salad dressings are homemade.

BLACK BEAN SALAD | 8.24

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. (with white meat or pulled BBQ white chicken add 1.65).

LUCAYAN SALAD | 8.88

Another bestseller! Fresh green leaf lettuce, marinated chicken breast, mandarin oranges, toasted almonds, and our famous vinaigrette dressing. Served with two Boija Muffins.

CHICKEN AND VEGGIES SALAD | 8.88

Low carb! Green leaf lettuce, fresh chicken breast, cheddar cheese, tomatoes, carrots and cucumbers served with low-carb Lite Zesty Ranch dressing.

LITE TROPICAL CHICKEN SALAD | 7.69

Our delightful combination of calypso-roasted and diced chicken, pineapple, lite curry mayo, and raisins served on a bed of green leaf lettuce with two side items (no charge to sub one scoop with tuna salad).

LITE TUNA SALAD | 7.69

Low call! Delicious combination of tuna, celery, red onions, and herbs on a bed of green leaf lettuce. Topped with tomatoes and served with Lite Honey Lime Sauce (no charge to sub one scoop with chicken salad).

HOMEMADE DRESSINGS & SAUCES

Our Famous House Vinaigrette • BBQ Sauce • Curry Sauce
Lite Cucumber Dill • Lite Honey Lime • Lite Vinaigrette • 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!

SANDWICHES

Served on your choice of wheat bun or 100% whole wheat round, with potato chips and one side item.

PULLED BBQ CHICKEN | 7.69

All white meat, fresh, tender rotisserie breast pulled and sauced.

CHICKEN BREAST | 8.51

Fresh, tender chicken breast topped with green leaf lettuce. Served with our Lite Honey Lime.

VEGGIE BURGER | 7.14 (with cheese add .40)

100% vegan (on 100% whole wheat round), homemade and topped with green leaf lettuce, red onions, and served with our BBQ sauce on the side.

VEGGIE | 6.36

Green leaf lettuce, tomatoes, cheddar cheese, cucumbers, carrots, and red onion. Served with our famous vinaigrette dressing.

VEGGIE MELT | 6.36 (Same as above, with melted American cheese.)

LITE TROPICAL CHICKEN SALAD | 7.69

A mix of white meat chicken, pineapple, lite curry mayo and raisins, topped with green leaf lettuce.

LITE TUNA SALAD | 7.69

Delicious creation of tuna, celery, red onions, and herbs, with green leaf lettuce.

ISLAND BURGER | 7.78 (with cheese add .40)

Lean ground beef, cooked on the rotisserie to juicy perfection with Caribbean seasonings, topped with green leaf lettuce and red onions. Served with our BBQ sauce on the side.

EXTRAS We charge for extras of our fresh toppings and homemade dressings, but we think you'll find they're worth it! Extra sour cream, salad dressing or cheese | .37/2oz • Extra Barbecue or Curry sauce | .37/4oz • Extra beef or dark chicken | 1.42 • Extra quarter dark w/meal | 1.97 • Extra quarter white w/meal | 3.11 • To-go water or Calypso cup | .27 • No sides—deduct | .95 after tax

Specialty Item • Low-fat Item • Vegan Item • Available Seasonally

CALYPSO TO GO!

FEWER THAN 30 GUESTS?

The following are available for TAKEOUT ONLY!

FAMILY SPECIAL PULLED BBQ WHITE | 18.31

1 pound pulled BBQ white chicken with 4 oz. extra sauce, 4 buns, 4 servings of side items or 6 servings of side items.

FAMILY SPECIAL WHOLE CHICKEN | 18.31

1 whole chicken (quartered or whole) with sauce and 6 servings of side items. *Sub whole chicken option with ALL WHITE meat.* 21.32

VEGETARIAN FAMILY SPECIAL | 14.97

3 pints of side items, and 4 Boija Muffins.

PULLED BBQ WHITE CHICKEN | 10.98/LB

GALLON FRUIT TEA | 6.55

PINT OF DRESSING OR JERK | 5.63

DOZEN MUFFINS | 7.78

PINT OF CHICKEN OR TUNA SALAD | 9.79

PINT OF VEGGIES OR SOUP | 4.67

BBQ & CURRY SAUCE | 4.67

WHOLE CHICKEN WITH SAUCE | 10.98

WHOLE TROPICAL LIME PIE | 9.02

CATERING FOR OVER 30 GUESTS?

See CalypsoCafe.com for catering menu, call (615) 254-3636, or email catering@CalypsoCafe.com

JUST FOR KIDS

AVAILABLE FOR KIDS 12 AND UNDER ONLY PLEASE!

CHILD'S PLATE | 4.35

NACHOS Tortilla chips topped with cheddar cheese and served with Tangy sauce on the side.

BEANS AND THREE Black beans with choice of three child-sized side items.

The following served with 2 child-sized sides:

- QUARTER DARK CHICKEN
- PB&J
- 100% WHOLE WHEAT CHEESE WEDGES



Calypso Gift Card

Give the gift of fresh food, great for any occasion. Available at the register or online in any amount!

CalypsoCafe.com

Prices subject to change without notice.