

Daily Delicious

Caribbean Food

Kitchen Inventory & Prep Book

Master Shopping List

Sauce & Dressing Chart

Weekly Prep Schedule

Contents

Section 1 — Master Shopping List

Proteins

Produce

Bread, Wraps & Tortillas

Cheese & Dairy

Dry Goods & Pantry

Seasonings & Sauces

Sides

Drinks

Desserts

Packaging

Section 2 — Sauce & Dressing Prep Chart (10 recipes)

Section 3 — Weekly Prep Schedule (Mon–Sat)

Section 4 — Daily Closing Checklist

Section 1 — Master Shopping List

Grouped by department for easy ordering & receiving.

Proteins

- Chicken for jerk chicken
- Chicken for curry chicken
- Chicken for stew chicken (Tuesday)
- Thin-sliced steak — Yardbird Cheesesteak
- Sliced beef — Island Classic Cheesesteak
- Salmon — Island Catch Cheesesteak
- Shrimp — jerk shrimp & curry shrimp
- Oxtails (Wed/Fri and Sat Kingston Stack)
- Curry goat meat (Thu/Sat)
- Snapper (Fri/Sat)
- Optional extra chicken breast or thighs for tacos and salads

Produce

- Romaine lettuce
- Mixed greens
- Pickled red cabbage
- Green cabbage (for steamed cabbage side)
- Tomatoes & cherry tomatoes
- Cucumbers
- Carrots
- Red onions
- Yellow or white onions
- Bell peppers, mixed colors
- Mango
- Pineapple
- Avocado
- Cilantro
- Scallions
- Garlic
- Limes
- Oranges
- Plantains
- Green bananas
- Scotch bonnet peppers (optional)
- Fresh thyme

Bread, Wraps & Tortillas

- Hoagie rolls
- Italian rolls (Kingston Stack)
- Flour tortillas (tacos)
- Large wrap shells (if doing wraps)
- Optional sandwich paper or foil sheets

Cheese & Dairy

- Provolone cheese
- American cheese
- Swiss cheese
- Mayonnaise
- Plain Greek yogurt (optional — for lighter dressings)
- Butter (optional — rolls or grilled items)

Dry Goods & Pantry

- Rice
- Pasta (Rasta pasta)
- Fries
- Chips
- Flour or festival mix
- Golden raisins
- Toasted almonds
- Toasted seeds
- Toasted cashews
- Dijon mustard
- Honey
- Olive oil
- Vinegar (if making pickled cabbage in-house)
- Brown sugar or sugar
- Tomato paste
- Chicken stock or beef stock
- Worcestershire sauce
- Browning sauce (optional — oxtails/stew)

Seasonings & Sauces

- Jerk seasoning
- Jerk paste
- Curry powder
- Garlic powder
- Onion powder
- Black pepper
- Salt
- All-purpose seasoning
- Paprika
- Hot sauce
- Bay leaves
- Thyme
- Scotch bonnet pepper sauce (optional)
- Mango puree or frozen mango (for dressings)
- Orange juice
- Lime juice

Sides

- Rice
- Rasta pasta ingredients
- Plantains
- Green bananas
- Cabbage
- Fries
- Chips
- Festival ingredients or premade mix

Drinks

- Jamaican soda
- Regular soda
- Juice
- Water

Desserts

- Banana pineapple cake (ingredients or premade)
- Mini rum cakes (ingredients or premade)
- Coconut drops
- Black cake

Packaging

- Dinner containers
- Salad bowls with lids
- Sauce cups with lids
- Sandwich/sub containers
- Taco trays or boats
- Foil sheets
- Parchment or deli paper
- Napkins
- Forks & spoons
- Gloves
- Carryout bags
- Drink cups (if needed)
- Labels or stickers

Section 2 — Sauce & Dressing Prep Chart

Print this and keep it in the trailer. Each recipe = one small batch.

1. Island Jerk Aioli

Used for: Yardbird Philly, jerk chicken tacos, jerk chicken wraps.

- 1 cup mayonnaise
- 1–2 Tbsp jerk paste or jerk seasoning
- 1 Tbsp lime juice
- 1 tsp honey
- ½ tsp garlic powder
- Black pepper & pinch of salt

Directions: Whisk until smooth. Start with less jerk seasoning, taste, then add more if needed.

Flavor: creamy, bold, slightly sweet, jerk-forward.

2. Jerk Aioli

Used for: Yardbird Cheesesteak, jerk steak sub.

- 1 cup mayonnaise
- 1 Tbsp jerk paste
- 1 tsp hot sauce (optional)
- 1 Tbsp lime juice
- 1 tsp honey
- ½ tsp garlic powder
- Black pepper

Directions: Mix until smooth. Use as a light drizzle so the sandwich does not get messy.

Flavor: stronger heat, good for steak.

3. Citrus Jerk Aioli

Used for: Island Classic Cheesesteak, Island Catch Jerk Salmon Philly.

- 1 cup mayonnaise
- 1 Tbsp lime juice
- 1 Tbsp orange juice
- 1 tsp jerk paste
- 1 tsp honey
- ½ tsp garlic powder
- Salt and pepper

Directions: Whisk until smooth. Keep this one lighter than the regular jerk aioli.

Flavor: creamy, citrusy, mild jerk kick.

4. Light Curry Mayo

Used for: Goldenbird Philly, curry chicken tacos or wraps.

- 1 cup mayonnaise
- 1 tsp curry powder
- 1 Tbsp lime juice
- 1 tsp honey
- ½ tsp garlic powder
- Pinch of salt & black pepper

Directions: Whisk together and let it sit at least 15 minutes before service so the curry flavor settles.

Flavor: creamy, golden, mild curry.

5. Honey Lime Citrus Vinaigrette

Used for: Caribbean Salad.

- ½ cup olive oil
- ¼ cup lime juice
- 2 Tbsp orange juice
- 2 Tbsp honey
- 1 tsp Dijon mustard
- Salt and pepper

Directions: Shake in a bottle or whisk until combined. Shake again before each use.

Flavor: bright, fresh, lightly sweet.

6. Mango Lime Vinaigrette

Used for: Caribbean Salad.

- ½ cup olive oil
- ¼ cup mango puree
- 2 Tbsp lime juice
- 1 Tbsp honey
- Pinch of salt & black pepper

Directions: Blend until smooth. If too thick, thin with a little water or extra lime juice.

Flavor: fruity, tropical, smooth.

7. Honey-Lime Jerk Vinaigrette

Used for: Island Glow Jerk Chicken Salad.

- ½ cup olive oil
- ¼ cup lime juice
- 2 Tbsp honey
- 1 tsp jerk seasoning or jerk paste
- ½ tsp garlic powder
- Salt and pepper

Directions: Whisk or shake well. Keep the jerk flavor light so it does not overpower the salad.

Flavor: sweet, tangy, light jerk flavor.

8. Citrus Mango Dressing

Used for: Island Breeze Jerk Shrimp Salad.

- ½ cup olive oil
- ¼ cup mango puree
- 2 Tbsp lime juice
- 2 Tbsp orange juice
- 1 Tbsp honey
- Salt and pepper

Directions: Blend until smooth. Shake before using.

Flavor: tropical, citrusy, good with shrimp.

9. Creamy Curry-Lime Dressing

Used for: Golden Coast Curry Shrimp Salad.

- 1 cup mayonnaise or plain Greek yogurt
- 1 Tbsp lime juice
- 1 tsp curry powder
- 1 tsp honey
- ½ tsp garlic powder
- Salt and pepper

Directions: Whisk until creamy. Let it sit 15–30 minutes before service.

Flavor: creamy, curry-forward, slightly sweet.

10. Kingston Sauce

Used for: Kingston Stack oxtail sandwich (Saturday).

- 1 cup mayonnaise
- 1 Tbsp Dijon mustard
- 2 Tbsp reduced oxtail gravy
- ½ tsp garlic powder
- ½ tsp black pepper
- Small pinch of salt

Directions: Whisk until smooth. Use lightly because the oxtail already has gravy.

Flavor: rich, savory, creamy, premium.

Quick Prep Tip.

Squeeze bottles: Island Jerk Aioli · Jerk Aioli · Citrus Jerk Aioli · Light Curry Mayo · Kingston Sauce.

Dressing bottles: Honey Lime Citrus Vinaigrette · Mango Lime Vinaigrette · Honey-Lime Jerk Vinaigrette · Citrus Mango Dressing · Creamy Curry-Lime Dressing.

Label each bottle: name, date made, and use-by date.

Section 3 — Weekly Prep Schedule

Truck runs Tuesday–Saturday. Jerk & curry chicken daily; heavy proteins rotate.

Monday — Main Prep Day

Use Monday as your big prep day since the truck is closed.

Proteins

- Season jerk chicken.
- Prep curry chicken.
- Prep stew chicken for Tuesday.
- Portion steak for Yardbird Cheesesteak.
- Portion beef for Island Classic Cheesesteak.
- Portion salmon for Island Catch Cheesesteak.
- Clean and portion shrimp.
- Pull oxtails from freezer if needed for Wednesday/Friday.
- Pull goat from freezer if needed for Thursday/Saturday.

Produce

- Slice onions & bell peppers.
- Chop lettuce/romaine · wash mixed greens.
- Dice tomatoes · slice cucumbers · shred carrots.
- Dice mango · dice pineapple.
- Portion pickled red cabbage · prep cabbage for cooking.
- Peel/portion plantains · prep green bananas if serving boiled banana.

Sauces & Dressings (make Monday)

- Island jerk aioli · Jerk aioli · Citrus jerk aioli · Light curry mayo
- Honey lime citrus vinaigrette · Mango lime vinaigrette
- Honey-lime jerk vinaigrette · Citrus mango dressing · Creamy curry-lime dressing

Hold off on Kingston Sauce until oxtail gravy is made.

Tuesday — Chicken + Salad Day

Menu: jerk chicken, curry chicken, stew chicken, chicken combos, sandwiches, tacos/wraps, salads.

Morning Prep

- Cook jerk chicken · curry chicken · stew chicken.
- Cook rice · prep cabbage · fry plantains as needed.
- Prep salad station & taco/wrap station.
- Toast almonds/seeds if needed.

Service Focus

- Daily Delicious Duo · Jamaican Jive · Sunset Cove · Island Sampler
- Yardbird Philly · Goldenbird Philly
- Salads and tacos

Tuesday Night — Prep for Wednesday (Oxtail)

- Season oxtails · brown oxtails · braise low and slow until tender.
- Cool safely · pull or portion meat if needed.
- Save and reduce gravy.

Wednesday — Oxtail Day

Menu adds oxtail dinner, Kingston Duo, Golden Sun, and oxtail sampler combos.

Morning Prep

- Reheat oxtails gently.
- Cook jerk chicken · curry chicken · rice.
- Prep cabbage · fry plantains as needed.
- Restock salad and sandwich station.

Service Focus

- Jerk Chicken Dinner · Curry Chicken Dinner · Oxtail Dinner
- Kingston Duo · Golden Sun · Island Sampler

Wednesday Night — Prep for Thursday (Curry Goat)

- Season goat · cook curry goat low and slow.
- Cool safely · portion for Thursday service.

Thursday — Curry Goat Day

Menu adds curry goat dinner, Island Royal, Curry Crown, Goat Yard, and curry goat sampler combos.

Morning Prep

- Reheat curry goat gently.
- Cook jerk chicken · curry chicken · rice.
- Prep cabbage · fry plantains as needed.
- Restock sauces, salads, and sandwich items.

Service Focus

- Curry Goat Dinner · Island Royal · Curry Crown · Goat Yard
- Daily Delicious Island Sampler

Thursday Night — Prep for Friday (Seafood + Oxtail)

- Cook or reheat oxtails · make extra reduced gravy if needed.
- Clean and prep snapper · portion seasoning · prep frying/grilling setup. Keep snapper ready but cook to order.
- Check all aiolis & salad dressings · restock squeeze bottles.

Friday — Seafood + Oxtail Day

Menu: jerk chicken, curry chicken, oxtails, fried snapper, stew snapper, and featured combos.

Morning Prep

- Cook jerk chicken · curry chicken · reheat oxtails.
- Cook rice · prep cabbage · prep snapper station.
- Prep fries/plantains/banana sides.
- Restock sandwich and salad station.

Service Focus

- Oxtail Dinner · Fried Snapper Dinner · Stew Snapper Dinner
- Kingston Duo · Golden Sun · Island Sampler
- Sandwiches and salads

Friday Night — Prep for Saturday (Biggest Day)

- Cook or reheat curry goat.
- **Kingston Stack:** shred/portion oxtail meat · reduce oxtail gravy · make Kingston Sauce · caramelize onions · slice/sauté peppers · portion banana peppers · prep Italian rolls.
- Prep fried or grilled snapper (while supplies last).

Saturday — Big Caribbean Favorites Day

Menu: jerk chicken, curry chicken, curry goat, snapper, and the **Kingston Stack** Saturday-only special.

Morning Prep

- Cook jerk chicken · curry chicken · reheat curry goat.
- Prep snapper station.
- Heat shredded oxtail for Kingston Stack.
- Prep rice · cabbage · plantains · boiled banana.
- Restock sauces, salad station, and sandwich station.

Service Focus

- Curry Goat Dinner · Fried or Grilled Snapper Dinner
- **Kingston Stack (Saturday only)**
- Island Royal · Curry Crown · Goat Yard
- Daily Delicious Island Sampler

Section 4 — Daily Closing Checklist

At the end of each service day, check each item.

- ☐ Label and date leftovers.
- ☐ Cool proteins safely.
- ☐ Toss any salad items that wilted.
- ☐ Refill sauces if still within safe holding time.
- ☐ Note what sold out.
- ☐ Note what did not move.
- ☐ Update next day prep amounts.
- ☐ Clean grill, prep table, fry area, and cold station.
- ☐ Check packaging inventory.

Prep-Control Rule: Cook jerk chicken and curry chicken daily. Rotate the heavy proteins by day. Keep sandwiches, salads, tacos, and sauces consistent. That keeps your menu exciting without cooking the whole Caribbean cookbook every morning.