

Eat Out for £15 menu

FOUR COURSES £15.00 plus PLUS GLASS OF WINE OR FRUIT PUNCH.

A choice of four starters, four main dishes accompanied by any one of the side dishes AND a choice of four desserts.

STARTERS

Mushroom moi moi

A). Ground black-eye beans and mushrooms delicately steamed, then cut into slices and served with light salad garnish.

B). Beef moi moi

Ground black-eye beans and beef delicately steamed, then cut into slices and served with light salad garnish.

C). Harira vegetable soup

A selection of exotic and other local vegetables combined to produce the supreme African soup, served with African-Caribbean Hardo Bread.

D). Special African-Caribbean Garlic Bread

African-Caribbean Hardo Garlic flavoured bread, garnished with salad.

E). Seafood cocktail : mixed salad with fish or prawns.

MAIN COURSES

F). CHICKEN STEW

Chicken with Herbs and spices, stewed with a sauce of tomatoes and red peppers, the tomatoes and red peppers being blended with onions to produce the sauce supreme.

G). LAMB STEW

Lamb flavoured with Herbs, stewed with spices and vegetables like callolou (exotic spinach), courgettes etc then, combined in a special African-Caribbean sauce. This stew can be done without vegetables akin to West African red stew if preferred (ADVANCE NOTIFICATION REQUIRED FOR THIS OPTION).

H). ESCOVEITCH FISH

Boneless and skinless Fish cut into chunks, then seasoned and stir-fried with a mixture of capsicums (peppers), mild chilli and other spices. This is our House Speciality Seafood Dish and Telegraph newspaper's favourite.

I). COCONUT SIMMERED RICE WITH OR WITHOUT PEANUT SAUCE

A casserole of Mushrooms and selected vegetables, cooked with mild spices : then peanut (groundnut) sauce is made separately alongside coconut fried rice. **IF REQUIRED THIS DISH CAN BE SERVED WITHOUT PEANUT SAUCE.**

SIDE DISHES: Choose any one side dish to accompany your Main course:

Plain rice, Johnny Cakes (Fried Dumplings) -2 in a portion

Kous kous, Fried Sweet Potatoes with salad, Rice and Peas, fried Plantains with salad

DESSERTS

J). Dessert of the Day (ALMA d'IKE) -African/Caribbean Bread and Butter

Pudding with Ice Cream or Cream. K). House dessert with ice cream/cream/custard

L). Ice cream with toppings M). Gatteau Special N). Banana Split

COFFEE/TEA