



## STANDARD BUFFET MENU

### MAINS

#### STEWED BEEF

Fresh tender pieces of beef stewed with spring vegetables

#### ROAST CHICKEN

Chicken pieces marinated in African spices and oven roasted

#### STEWED BEANS

Rosecoco beans stewed with tomato sauce, carrots and peppers

#### SPINACH

Spinach stewed in peanut sauce

### SIDES

#### MATOOKE

#### PILAU RICE

#### CHAPOS (CHAPATTI)

#### FRIED PLANTAIN OR SWEET POTATO CHIPS

**£16 PER HEAD**