



EAST AFRICAN CUISINE

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 a peanut sauce

SIDES

MATOOKE

PILAU RICE

CHAPOS (CHAPATTI)

FRIED PLANTAIN OR SWEET POTATO CHIPS

£16 PER HEAD



EAST AFRICAN CUISINE

CORPORATE MENU

MAINS

STEWED BEEF

Fresh tender pieces of beef stewed with spring vegetables

CHICKEN CURRY

Filleted chunky chicken pieces in a rich East African style curry sauce

TILAPIA FISH FILLETS

Fried tilapia fillets

VEGETABLE CURRY (V)

Vegetable medley in a spicy tomato sauce

SIDES

JOLLOF RICE

PILAU RICE OR COCONUT RICE

CHAPOS (CHAPATTI)

PLANTAIN

GREEN SALAD OR CARROTS

£20 PER HEAD