



African/Caribbean Soulfood Buffet from £14 Per Head 2018

Minimum 10 People



A selection of soul-food Nigerian and Jamaican dishes served buffet style. Hot food arrives in disposable foil or Gastronorm trays for hire. The buffet menu comprises of 1 Meat option, 1 Chicken option, 1 Vegetarian option, 2 Rice options, a Side Salad and Fried Plantain. Disposable cutlery and Napkins included upon request.

Rice Options

Fried Rice with Souldeliciouz unique blend of spices (GF) (NF) (H)

Jollof Rice prepared in Souldeliciouz own spicy tomato sauce (GF) (NF) (H) **Mild**

Rice n Peas with Red Kidney beans and Coconut milk (GF) (NF) (H) **(V) VEGAN**

White Rice (GF) (NF) (H)

Meat Options

Nigerian Fried Beef in Tomato Stew (GF) (NF) (H) 🍖

Giz Dodo: Chicken Gizzards cooked in spicy sweet sauce and plantains (GF) (NF) (H) 🍗 🍗

BBQ Chicken (NF) (DF) (H)

Jerk Chicken (NF) (DF) (H) **Mild**

Jamaican Curry Goat (GF) (NF) (H) **Mild**

Vegetarian/Vegan Options

Asaro: Yams cooked in spicy tomato sauce served with Pepper Relish **(V)** (GF) (NF) (DF) (H) **VEGAN**

Coconut Curry Vegetable Stir Fry **(V)** (GF) (NF) (DF) (H) **VEGAN**

Efo Riro Vegetable Stew (No Meat) **(V)** (GF) (NF) (DF) (H) **VEGAN Mild**

Additional food items will incur an extra charge

(GF) Gluten Free (NF) Nut Free (DF) Dairy Free (H) Halal (V) Vegetarian