



African/Caribbean Soulfood Buffet from £12 Per Head 2019

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 or Chicken option, 1 Vegetarian option, 1 Rice option 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) (DF) (V) **VEGAN Mild**

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

White Rice (GF) (NF) (DF) (V) **VEGAN**

Meat Options

Nigerian Fried Beef in Tomato Stew (GF) (NF) (DF) (H) 🍷

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

BBQ Chicken (GF) (NF) (DF) (H)

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

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

Jamaican Oxtail Stew (DF) (NF) (H) **Mild** Contains **WHEAT**

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**

Ewa Riro (Stewed Beans) (GF) (NF) (DF) (V) **VEGAN**

Additional food items outside of the set menu will incur an extra charge Per Person below

Meat £5.00, Chicken £4.00, V/Vegan £3.00, Rice £3.00, Side Salad £2.00, Plantain £1.00

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