



Friday Night Buffet Menu

SOUPS

Pumpkin Soup - farm fresh Pumpkin, cooked with subtle hints of spice & coconut, then pureed. Light, tasty & healthy. **Vegetarian & Gluten Free**

Ghanaian Chicken Light Soup - a traditional, spicy & hearty tomato based West African soup from Ghana with fresh ground herbs & spices, including CHILLI, slow cooked chicken & green vegetables. A spicy sampler of African tastes for the adventurous. Not for the faint of heart. Keep a cool drink handy, very Hot!! *Very spicy* **Gluten Free**

MAINS

Chicken Satay Kebabs - hormone free chicken with freshly roasted Kingaroy peanuts in a hand ground satay sauce with light herb & Asian spice flavouring. Not hot. **Gluten Free**

Sweet Potato, Bean & Coconut Casserole - slow cooked, hearty, gentle flavours, healthy & vegetarian. **Vegetarian & Gluten Free**

Ghanaian Fish Stew - fresh local snapper, cooked in a tomato, ginger, garlic, onion based Ghanaian style Fish Stew, with mild African spices. Medium Spicy

Mozambique Chicken - char grilled & basted Mozambique style local hormone free chicken, a traditional ethnic dish, with, lime, papikra, garlic & spice base, medium to mild chilli flavours. **Gluten Free**

Beef Rogan Josh - an aromatic curry dish hailing from Kashmir originating from the Mughals. Rogan meaning color & josh meaning passion, hot or red. Its tasty but be warned its HOT!!! **Gluten Free**

Aubergine Parmigiana - popular Italian vegetarian dish. Made from aubergines, eggs, parmesan cheese, mozzarella cheese, tomato sauce, flour & herbs **Vegetarian**

West Indies Goat Curry - from the **Caribbean** with locally supplied fresh, lean, goat meat seasoned & flavoured in classic West Indies style from the Caribbean. Served with Rice & Salad. Hot, packs a punch, tender & tasty, keep a cool drink close at hand!!! **Gluten Free**

Mains with Couscous, Jollof Rice, Plain Rice, Salad

Choose one of the following Desserts

Sticky Date Pudding served with Caramel Sauce
Vanilla Bean Panna Cotta with Raspberry Coulis
Lemon and Blood Orange Sorbet