



Soul Cookouts Menu





RICE DISHES

Afro-Saxon Jollof Rice

(Rice cooked in a rich meat/chicken stock & a blend of seasoned tomatoes, peppers & onions)

Afro-Saxon Fried Rice

(Rice cooked in a rich meat/chicken stock & a selection of mixed vegetables & various meat feast cutlets)

Afro-Saxon Coconut Rice

(Rice cooked in a stock & a selection of mixed vegetables & coconut milk)

Plain White Rice

Toppings

Fried, Grilled, or Stewed Chicken, Beef, or Fish
Lightly Peppered Chicken, Beef, or Fish with pan fried sweet peppers
P-Nutty Chicken Gizzards/Strips or Meat Chunks

Sides

Fried Plantains
Red Bean Pudding
Veggie Mixed Salads
Lightly Peppered Greens & Chunky Veggie fold



FIBRE DISHES

Boiled Yam*❖

Yam Fries/Wedges*

Boiled Plantains*❖

(Served with either Corned Beef Stew, Corned beef Omelette, Tuna Omelette, or a Mixed Peppers Omelette)

Yam Smash*❖

(Slightly mashed boiled yams cooked in a vegetable stock & a blend of seasoned tomatoes, peppers & onions)

Char grilled Roasted Plantains*

Red/White Bean Pudding*❖

(Steam cooked blend of seasoned beans with or without Peppers Onions and Tomatoes)

Hearty Meal Salad*

(A rich mix of green yellow and orange vegs, low carbs and mixed meats salad with a choice or mix of pork, beef, tuna/salmon or boiled eggs)



FIBRE DISHES

Toppings

Fried, Grilled, or Stewed Chicken, Beef, or Fish
Lightly Peppered & tender cooked Chicken, Beef, or Fish with
pan fried sweet peppers

Sides*

Grilled Beef Slices or Grilled Fish Fillets
P-Nutty Chicken Gizzards/Strips or Beef Chunks
Lightly Peppered Greens, & Chunky Veggie fold

Vegetarian Sides ♦

Steamed Broccoli
Steamed Carrots
Steamed Cauliflower
Lightly Peppered Greens, & Chunky Veggie fold



SOUPS

Brown Bean Soup

Bean Pepper Soup

Sweet Corn Soup

Yam Broth Soup

Potato Broth Soup

Beef Pepper Soup

Chicken Pepper Soup

Fish Pepper Soup

Smoked Fish Pepper Soup

Mixed Meat Feast Pepper Soup

Toppings

Crispy Bacon

Crumbled Cheddar Cheese

Crispy Beef/Chicken

Flaky Salmon/Tuna/Cod

Sides

Hot bread rolls

Hot Tiger Buns

Toasted Baguettes

Garlic Bread





CANAPÉS

Yam Wedges

Potato Wedges

Yam Balls

Spiced Egg Bread

Egg bread omelette

Banana/Plantain Dumplings

Bean Cakes

Plantain Crisp

Corn Snaps

Afro-Saxon Meat Pies

Sweet Dough Ball Dumplings

Chin Chin

Mini Brown Bean Sandwiches

Vegetarian/Meat/Chicken/ Fish Sandwich Platters

Mini beef Kebabs

Mini Chicken Gizzard Kebabs





BARBECUE

Barbecued Sweet Corn

Roasted Plantains & Salted Peanuts

Roasted Yam & Pepper Spice Sauce

Char grilled Barbecued Corn on the cob

Char grilled Barbecued Beef

Char grilled Barbecued Chicken

Char grilled Barbecued Chicken Gizzards

Char grilled Barbecued Tiger Prawns

Fruit Kebabs

Veggie Kebabs



SWEETS

Coconut Candy Crunch.

Afro-Saxon Jelly and Mixed Fruit.

(Corn meal Jelly served with a selection of diced fruits or fruit compote)

Plancakes

(Plantain Cake rolls served with Seasonal Fruit Compote)

Cocopioca

(Tapioca cooked in Coconut Milk served with Mixed Fruit.)

Fruit Loaf and Ice Cream.



NONALCOHOLIC COCKTAILS

Home Made Ginger Beer

Sorrell Punch

Sorrel and Mint

Sorrel and Ginger

Sorrel and Pineapple

Fruit Punch

Fruit Smooties

