

hedzole

PAN AFRICAN SOUL

VEGAN MEAL

\$12.00

OVEN ROASTED CHICKEN

\$13.50

BAKED SALMON

\$17.00

STEWED OXTAIL

\$22.00

MEALS ARE SERVED WITH A
SIDE OF CABBAGE X CARROT
MEDLEY (v) AND FRIED
PLANTAINS (v)

CHOOSE YOUR BASE

JOLLOF (v)

LONG-GRAIN RICE COOKED IN A SAVORY TOMATO BASED STEW

WAAKYE (v)

LONG-GRAIN RICE COOKED WITH BLACK-EYED PEAS AND SORGHUM LEAF

COCONUT RICE (v)

LONG-GRAIN RICE COOKED WITH SHREDDED COCONUT AND COCONUT MILK

ADD A PROTEIN

OVEN ROASTED CHICKEN

BAKED SALMON

STEWED OXTAIL

SLOW COOKED WITH TRADITIONAL SPICES IN A RICH STEW

TOP WITH STEW OR SAUCE

SPINACH x AGUSHIE (v)

TOMATO-BASED STEW WITH SPINACH

OKRA x EGGPLANT (v)

TOMATO-BASED STEW WITH OKRA AND EGGPLANT

GHANAIAN HOT PEPPER SAUCE (SHITO) (v)

JERK BARBECUE SAUCE (v)

EXTRAS AND SIDES

STEWED OXTAIL \$14.00

CABBAGE x CARROT MEDLEY \$3.00

FRIED PLANTAINS \$4.00

CHOICE OF RICE \$4.00

CHOICE OF STEW \$4.00

GHANAIAN HOT SAUCE \$2.00

JERK BARBECUE SAUCE \$1.00

A TASTE OF URBANSPEACE SPECIAL

GHANAIAN "RED-RED" (v)

BLACK-EYED PEAS IN A SAVORY

TOMATO STEW WITH PLANTAINS \$4.00

DRINKS

SOBOLO/SORREL \$3.50

GHANAIAN-STYLE HIBISCUS TEA

SODA \$3.00; BOTTLED JUICE \$3.50

WATER \$2.00