

## Always lovely to see you back

On your arrival please wash your hands or use a sanitiser by the door

We would love to shake your hand but sorry not so soon

We are so glad that you visited us so our mission is to make you feel relaxed and enjoy the visit

# MENU

FRESH-TASTY- SOULFOOD

## STARTER

- Soup of the Day (NGF V) .....£4.55  
Chicken Wings (NGF) .....£5.95  
Spicy & tasty platter of chicken wings, finished with your choice of mango sauce or jerk sauce
- Chickpea Doubles (D) (NGF) (V) .....£5.95  
Baked flatbread topped with a cool cucumber kachumbali salad
- Spicy Pork Ribs .....£6.55  
Served with EMBE'S salsa sauce on the side
- Buttered & Crispy tropical spiced fish.....£6.95  
Served with embe's pepper sause & spicy mayo
- SHARED STARTER.....£9.95  
Choose any two above starters, comes with mango & avocado salad
- MAC "N" CHEESE (D).....£5.55  
Sweet potato & cassava cake served with vegan mayo.....£5.95

## CURRY dishes

- Boneless Curried Mutton .....£12.95  
Served with rice 'n' peas, this diced mutton is Marinated with tropical spices then slowly cooked in a tasty sauce along with diced potatoes
- Afro Chicken Stew .....£11.55  
Served with rice 'n' peas, a chicken breast cooked with a spicy combination of EMBE's salsa sauce & tropical jerk seasoning spices
- Mango Chicken .....£11.95  
Strips of chicken breast pan-fried with sweet peppers, tomato & onion. Finished with freshly diced mango & served with plain rice (This dish is not spicy and is one of our best)
- Embe's Curried goat .....£14.95  
with rice 'n' peas Cooked on bone fo more flavour

### Spicy Taste Jambalaya .....£12.95

A spicy tasty combination of rice, diced chicken breast, prawns, chorizo & mixed vegetables all cooked together in EMBE's tropical spices. Served with side salad

### Tilapia Fish with/without head.....£13.95

Served with mango & avocado salad

### Platters easily shared

- Carnival Platter .....£14.95  
Jerk chicken wings, boneless chicken breast, sweet potato fries a little salad & plantain  
Choose with Pork ribs OR Lamb chops

## GRILL selection

- ½ Tanzanian Garlic & Coconut Chicken with plain rice .....£11.95
- 1/2 Jerk Chicken .....£11.95  
Hot & spicy tasting jerk chicken served with rice 'n' peas
- Grilled Jerk Chicken Sandwich (NGF) .....£9.95  
Tropical marinated chicken breast served with a side of sweet potato fries & your choice of either jerk BBQ sauce Or spicy mayonnaise
- Jerk Beef Burger (NGF) .....£9.95  
Served with potato cuts & your choice of either jerk BBQ sauce or spicy mayonnaise
- 3 Lamb chops (choose any side, included).....£12.95  
Rightly jerked...served with side of pan flied vegetables

## Stried it up!

- MAC 'N' CHEESE (D).....£10.95  
Choice of jerked up chicken breast OR mixed vegetables  
Served with garlic and coriander bread

## SIDES

- Mango & Avocado Salad ..... £3.55  
Sweet Potato Fries ..... £3.55  
EMBE's Piri Piri Potato Cuts ..... £3.95  
Potato Cuts ..... £3.55  
Fried Plantain..... £3.95  
Coleslaw (Freshly made) ..... £2.95  
Portion of Plain Rice.....£2.25  
Portion of Rice "n" peas.....£2.95

All sides are suitable for **vegans** except coleslaw

(NGF) Not gluten-free (V) Suitable for vegetarians (D) Contains dairy (VE) Suitable for vegans (N) Contains nuts  
Mayonnaise contain eggs & jerk BBQ sauce contains barley

Please be aware that our dishes are prepared in a kitchen where nuts, dairy products, fish & gluten are present.  
Our meals are cooked from fresh ingredients & some dishes may contain bones. Any specific dietary needs? Let us know!

**Please do let us know if you would like your meal extra hot spicy**

HIRE UPSTAIRS FOR YOUR PRIVATE EVENT OR PARTY - BUY YOUR GIFT VOUCHER ON LINE

We would like let you know that, now you can purchase most of our sauce on-line to use at your own home.  
Our sauces can be used on any dishes such as pasta, vegetables and meat dishes of your own choice.  
Visit: [www.embesoulfood.co.uk](http://www.embesoulfood.co.uk) for your order

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