

SWEET MOTHER

- BY AKWASI BRENYA-MENSA -

PLANTAIN & RED RED

black eye beans stew, tomato, onion, plantain, avocado (v/vg) (gf) 1040kcal

Without question my favourite childhood dish. I still ask Maame (mum) to make it for me when I attempt to play football on a Tuesday.

40

BUTTERMILK CHICKEN & AUNTY AMA'S RED STEW

spiced rotisserie chicken, wide3aba, buttermilk, kewpie, coriander (gf) (D) 360kcal

Chicken and red stew is a Hall Party staple. Uncles talking, Aunties serving, kids running, all while wielding a delicious plate from the buffet line.

47

MAAME'S YELLOW RICE

jasmine rice, fried shallots, sultanas, basil (v/vg) 430kcal

A staple every Sunday in Maame's Kitchen, she would make the rice and Auntie Ama would make the stew. To this day they still don't let me in there at Christmas

35

FRIED PLANTAIN & MISO

plantain, miso, ginger, soy, sesame, agave (v/vg) (gf) (Se, So) 410kcal

Plantain can be found in just about every part of the world with a Black population. In my eyes, it's synonymous with the Black experience back home and in the diaspora.

35

GHANAIAN CHOCOLATE MOUSSE

chocolate mousse, coconut ganache, cocoa & coconut soil (v/vg) (gf) 320kcal

Chocolate is the smell and taste of me going to bed midweek, when all I really wanted to do was stay up one hour later so I could watch The Crystal Maze.

30

C-celery, CR-Crustacean, SF-Shellfish, E-egg, G-gluten, D-dairy, F-Fish, M-mustard, N-nuts, S-soya, SM-Sesame, SU-Sulphites
All prices are in AED and inclusive of all applicable taxes.

We take every care and attention to identify the allergens that are in our ingredients, but unfortunately it is not possible to guarantee that any product is 100% free from any allergen. Weights stated are approximate uncooked weights. Calorific information and nutritional data is taken from information provided by suppliers and manufacturers and spot-checked using laboratory testing. We do not take any responsibility for the environmental footprint of this menu.