



Afro-Caribbean

Catering, Cookery school & Event management. A taste of something different!

[www.rnk-foods.co.uk](http://www.rnk-foods.co.uk)

## VEGETARIAN DISHES

MIXED BEANS IN COURGETTE BOAT &  
GRILLED SWEET POTATOES



BUTTERNUT SQUASH & CHICK PEAS CURRY  
SERVED WITH RICE



CARIBBEAN RICE & PEAS, COOKED WITH COCONUT  
MILK, GUNGO PEAS, RED KIDNEY, BLACK EYE PEAS &  
AROMATIC SPICES



BOILED PLANTAIN, OLIVES & FETA CHEESE  
DRIZZLED WITH OLIVE OIL



COUSCOS, ROASTED GARLIC &  
GRILLED VEGETABLES



FRIED PLANTAIN & MIXED  
BEANS, SALAD & TOMATOES



CALLALOO/GREEN VEGETABLE  
COOKED TRADITIONAL AFRICAN  
STYLE WITH ONIONS, RED PEPPER &  
TOMATOES



MOIN-MOIN (SAVOURY BEAN CAKE OF  
WEST AFRICA) A BLEND OF BLACK EYE  
BEANS, RED PEPPERS, ONIONS & SPICES



RNK PEPPER SAUCE SERVED WITH  
ALL MEALS  
(SPICY /MILD)

