



Vegan Tasting Night

Mushroom Tom Yum soup (GF)

Moroccan-style cauliflower bites (GF)
with vegan tzatziki

Thai vegan red curry 🌶️ (GF)

Aubergine, green beans, mixed peppers – served with rice

Mini garden burger 🌶️

Broad beans, peas & spinach, lightly spiced in ciabatta
(GF on request)

Chocolate & cherry cheesecake (GF)

with vegan vanilla ice cream

Email to book: soulbookings@yahoo.com

Please notify us if you would like the [gluten-free](#) option

Gluten-Free = GF

Chilli rating 🌶️ = mild



French Caribbean Tasting Night

Coconut Prawns 🌶️ (GF, DF)

Beef & Sugar-cane Kebab (GF, DF)
with creole sauce 🌶️

Shark Accra 🌶️ (GF, DF)
With mango salsa

Lamb Fricassee 🌶️
Served with rice n' peas (GF, DF)

Pineapple Upside Down Cake (GF)
with vanilla & mixed spice

Advanced reservation & payment please
Email to book: soulbookings@yahoo.com

Gluten-Free = GF

Dairy-Free = DF

Chilli rating 🌶️ = mild



Thai Tasting Night

Mixed platter of Thai starters:

Pork & vegetable golden bag

Chicken satay

Golden prawn wontons

Red pork with tamarins sauce

Massaman curry with chicken 🌶️

Aubergine, green beans, mixed peppers – served with rice

Banana Fruity Dessert

Advanced reservation & payment please

Email to book: soulbookings@yahoo.com

Chilli rating 🌶️ = mild-medium



French Gourmet Menu,

3 courses, bubbly & disco £30

Starters

Moule mariniere et frites (GF)

Trio of tapenades: courgette/olive, aubergine/pesto & sweet potato/cumin served with toasted tortillas (V)

Mini-meatball bourguignon, crusty bread

Main

Pressed pork belly, vermouth jus, dauphinoise potatoes, garden vegetables (GF)

Pan-fried seabass fillet with fennel & pastis, roasted new potatoes, French beans (GF, DF)

Creole ratatouille served with fragrant rice (V, GF)

Desserts

Tart au citron with Chantilly cream

Chocolate & cherry cheesecake (V, GF)

Trio of macarons with chocolate & mango coulis

V = vegan, GF = Gluten-free,
DF = Dairy-free





Caribbean Tasting Night

7pm Weds 30th August 2023

Vegetable Accra with dipping sauce

Mango & Prawns Salsa (GF, DF)

Red Snapper

In a tomato & chilli sauce with rice n' peas (GF, DF) 🌶️

Curried Goat

with rice n' peas 🌶️ (GF, DF)

Guadeloupean Braised Chicken skewers

Served with mixed peppers & creole sauce (GF, DF)

Baba du Rhum

Rum-soaked cake with cream

Caribbean cocktail & Reggae DJ music
Advanced reservation & payment please

Gluten-Free = GF

Dairy-Free = DF

Chilli rating 🌶️ = mild