

# Vegan Tasting Night

Mushroom Tom Yum soup (GF)

Moroccan-style <u>cauliflower bites</u> (GF) with vegan tzatziki

### <u>Thai vegan red curry</u> (GF)

Aubergine, green beans, mixed peppers – served with rice

<u>Mini garden burger</u>

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

> <u>Chocolate & cherry cheesecake</u> (GF) with vegan vanilla ice cream

Email to book: <u>soulbookings@yahoo.com</u> Please notify us if you would like the <u>gluten-free</u> option

Gluten-Free = GF Chilli rating 🧈 = mild





## French Caribbean Tasting Night

Coconut Prawns (GF, DF)

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

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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

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Chilli rating 🧈 = mild



## Thai Tasting Night

### Mixed platter of Thai starters:

Pork & vegetable golden bag Chicken satay Golden prawn wontons

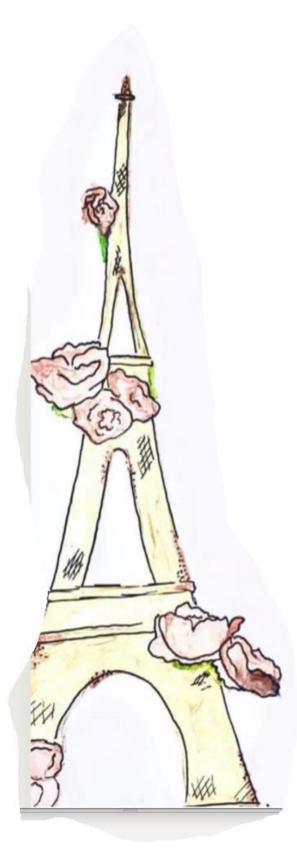
### Red pork with tamarins sauce

Massaman curry with chicken Aubergine, green beans, mixed peppers – served with rice

### <u>Banana Fruity Dessert</u>

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Chilli rating 🧈 = mild-m¢dium





### French Gourmet Menn, 3 courses, bubbly § dísco £30

#### Starters

Moule mariniere et frites (GF)

Trío of tapenades: courgette/olíve, aubergíne/pesto & sweet potato/cumín served with toasted tortíllas (V)

> Míní-meatball bourguígnon, crusty bread

#### Mains

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 an citron with Chantilly cream

Chocolate § cherry cheesecake (V, GF)

Trío of macaroons with chocolate ξ mango coulís

> 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, PF)

<u>Red Snapper</u> In a tomato & chilli sauce with rice n' peas (GF, DF)→

> Currigd Goat with ricg n' pgas→ (GF, DF)

<u>Guadeloupean Braised Chicken skewers</u> Served with mixed peppers & creole sauce (GF, DF)

> <u>Baba du Rhum</u> Rum-soaked cake with cream

Caribbean cocktail & Reggae DJ music Advanced reservation & payment please

Gluten-Free = GF Dairy-Free = DF Chilli rating 🧈 = mild