

Canapé and Bowl Food

Price per Static Canapé
£1.80 per person



Vegetarian

- *“Apitsi” - spicy sweet ripe plantain muffins*
- *“Kose” - mini spiced black-eyed bean fritters*
- *“Kele wele” - clove and ginger spiced ripe plantain served on skewers*
- *“Kakro” - mini ripe plantain fritters served with a black-eyed bean dip*
- *Jollof rice croquettes - Savoury rice croquettes served with a tomato and chilli dip*
- *Fried yam balls served with a spicy tomato and chilli dip*
- *Spicy sweet potato and roasted vegetable stack*



Chicken

- *Mini “Chinchinga” bites - seasoned chicken and vegetable pieces on skewers sprinkled with a special peanut and chilli “Suya” coating*
- *Mini pastry cups filled with roasted capsicum and stewed chicken pieces*
- *Spicy golden oven-baked chicken wings*
- *Breadfruit salad with bacon or chicken bits on a crispy toasted bun*



Meat

- *Ginger and herb marinated oven-baked beef/lamb bites*
- *Spiced vegetables and minced meat served in mini pastry cups*
- *Pastry cup filled with a creamy avocado relish with bacon bits*
- *Spicy yam balls with a minced meat filling served with a sweet chilli sauce*

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Fish

- *Salt fish fritters topped with chilli mayonnaise and lemon infused mango salsa*
- *Marinated prawn and vegetable mini kebabs*
- *Mini fish cakes made with a choice of mackerel/salmon/tilapia served with a chilli and tomato dip*
- *Spicy African inspired palmier with a spinach, tomato and salt fish filling*
- *Seasoned fish and vegetable mini kebabs*
- *Spicy yam balls with a prawn filling served with a sweet chilli sauce*



Sweet Canapés

- *Fresh tropical fruit kebabs*
- *Mini “bofrot” - sweet doughnuts served with a mango coulis*
- *Mini “kuba cake” - coconut brittle*
- *Tropical fruit tartlets*
- *Mini “nkate cake” - peanut brittle*

Canapé and Bowl Food

Price per Bowl
£3.50 per person



Bowl Food Suggestions

- Creamy peanut butter soup with mini rice balls
- Jeweled Jollof rice with succulent chicken pieces
- Ghana style vegetable stir fried noodles
- Mixed fish and vegetable stew served with lemon and saffron couscous
- “Red Red” black-eyed beans stew served with fried ripe plantains
- “Nkontomire” and “agushi” stew prepared with spinach and crushed melon seeds served with sweet potatoes and boiled yams
- “Light Soup” spicy vegetable soup prepared with chillies, tomatoes, eggplants and herbs



Sweet Bowl Food

- Tropical fruit salad sprinkled with mint sugar
- Caramelised pineapples served plain vanilla ice cream
- Ghana style creamed rice pudding topped with mango coulis and desiccated coconut