AFRICAN GRILL AND BAR LLC -2024 VEGETARIAN, PLANT-BASED, AND GLUTEN-FREE SELECTION



AKARA-black eyed pea bean fritters with hot or tomato stew \$12.00



CHAKALAKA STEW-Chakalaka stew is a South African dish made with chickpeas, typically served alongside fried plantains. \$ 16



RICE BALL-Sticky rice ball served with peanut butter soup. \$16



UGALI/PAP-non-fermented corn meal \$17



WAKYE-rice cooked with blackeyed pea beans with cabbage stew \$16



WHITE RICE + OKRA STEW \$16



COUSCOUS -Couscous stands as a quintessential North African culinary delight, comprising delicate, steamed granules crafted from rolled semolina, served with a delicious spinach stew. \$17



AKRAKORO (NON-GLUTEN FREE)-Akrakro, or Kaklo, is a tasty Ghanaian snack crafted from spiced plantains. These crispy fritters are beloved street food and appetizers in Ghana. \$17



EBA (GARI)-Eba, commonly known as garri, is a popular Nigerian staple food derived from cassava. It's typically served with vegetable soup, often spinach-based. \$17



FRIED SWEET POTATOES \$15