

LUNCH SPECIAL OFFERS

This offer is subject to changes.....Available Monday to Sunday

For larger booking, please speak to us before turning up!
If you have any allergies or intolerances please let us know and we will do our best to accommodate.

Favourites LUNCH Dishes

Spicy Taste Jambalaya Served with side salad£8.95
A spicy tasty combination of rice, diced chicken breast, prawns, chorizo & mixed vegetables all cooked together in Embe's tropical spices.

Classic Vegetable Jambalaya£7.95
A mildly spicy combination of rice & mixed vegetables cooked together with Embe's salsa sauce, served with a side salad

Mac 'N' Cheese (D).....£7.55
Add choice of: Chicken £ 2.25 , Curried mutton £ 2.55,
Mixed vegetables £1.95 or Non

Meat wrap.....£4.00

- Curried mutton
- Jerk chicken,
- Jerk pork
- All filled with r'n'p & crunch salad

now pick the sauce:

- Jerk BBQ, Spicy Mayo, Fresh Salsa or Vegan Mayo
- Extra 75p will be added for extra sauce

Pizza (D).....6 inch size.....£4.00

Embe's own pizza Choose from.....

- BBQed Jerk chicken
- Non spicy chicken pizza
- Cheese pizza.....£3.50



Curry Dishes

Boneless Curried Mutton served with rice 'n' peas.....£8.95

Curried Chicken served with white rice.....£7.95

Afro chicken stew served with rice 'n' peas.....£7.95

Vegan wrap.....£4.00

Jackfruit with salad & avocado

Vegan jambalaya with salad

now pick the sauce:

- Jerk BBQ, Spicy Mayo, Fresh Salsa or Vegan Mayo
- Extra 75p will be added for extra sauce

BBQed Jerk Comb.....£11.95

4 Chicken wings

1 Lamb chops

2 Pork ribs

Choose ONE side with coleslaw included

Vegan menu available

For TakeOut get the APP

PLACE YOUR ORDER
& MAKE COLLECTION



Please be aware that our dishes are prepared in a kitchen where nuts, dairy products, fish & gluten are present.

Get social for us! @ embesoulfood



Don't forget to book your table for Friday, Saturday or any other days!

½ Grilled Chicken with freshly made coleslaw...£7.95

Choose how you like it?

With **Jerk** or **Piri Piri** sauce

Side order not included

Burgers on OFFER

Filled with salad, tomato and embe's pickle

Grilled Jerk Chicken Burger (NGF) (B).....£7.95

8 oz Gourmet Beef Burger.....£8.55

JackFruit Burger (V).....£7.55

- Sauce: Spicy mayo, Vegan mayo Jerk BBQ, or embe's salsa
- Extra 75p will be charged for extra sauce
- Option add: Melted Cheese for £ 1.95
- Sides are not included with burgers

Wings

(With a choice of Embe's Piri Piri seasoning or jerk sauce)

4 Chicken wings (GF)£6.35

6 Chicken wings (GF)£8.35

8 Chicken wings (GF)£11.15

Pork ribs

with salad.....£7.95

(With a choice of Embe's Piri Piri seasoning or jerk sauce)

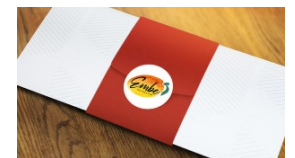
Salad

Embe jerk chicken salad with crunch shallot.....£5.95

Add any of: *Avocado, Mango, Plantain or others*.....£1.95



Now you can buy gift voucher at
www.embesoulfood.co.uk



Currently opening Monday to Sunday. Lunch to Dinner. Subject to changes

36 Cowgate. Peterborough. PE1 1NA. www.embesoulfood.co.uk

