

If you have any allergies or intolerances please let us know and we will do our best to accommodate. Most of the dishes are cooked mild but sometimes may have a good kick depending on the dishes. Please do point out to the server if you would like a hot kick.....comfortable spice!



Starters & Small Plates

NEW

Baked Garlic Mushrooms (BT).....£5.95
Cooked with tropical spices in creamy sauce finished with melted cheese

Shared jerk.....£12.95
selection of chicken wings, diced pork belly with our gently jerk BBQ sauce & crunch plantain chips

Soup of the day with dumplings (V).....£6.55

Jerk chicken wings (GF).....£6.95
tossed in gently spicy jerk BBQ sauce

Chickpea doubles (D) (NGF) (V).....£6.95
baked flatbread topped with a cool fresh salsa salad

SeaRush.....£9.55
crispy squid & two King prawns on shell finished with mango onion and tangy lemon herbs sauce

Sharing platters Serve two

3 Curried.....29.55
curried mutton, mango chicken, chickpea curry + rice "n" peas, garlic & coriander bread, salad, Jollof rice & embe's fresh salsa

Jerk carnival platter....£29.95
with pork belly, 2 lamb chops, mac "n" cheese, 5 chicken wings, Tropical salad, coleslaw, corn on cob sweet potato fries & fried plantain

Embe's Classics

½ Grilled Jerk Chick.....£14.95
48 hrs marinated chicken served with rice 'n' peas, jerk sauce & coleslaw

Spicy Taste Jambalaya£14.55
A spicy tasty combination of rice, diced chicken breast, king prawns on shell & chorizo, mixed vegetables all cooked together in Embe's tropical spices. with salad on side

Embe's Curried Goat on bone...£15.95
Cooked together with butter beans in tropical spices to give the tenderness Served with rice "n" peas

Jerked up PORK BELLY.....£14.95
Marinated & glazed with our mild jerk sauce, served with rice 'n' peas & coleslaw

Kukupaka.....£15.25
1/2 chicken, marinated with spices then cooked in coconut curry sauce, garlic & wedge of lime, finished with coriander. Served white rice

NEW. A popular
Tanzanian dish

Don't forget to book
your Christmas table
2023

From BBQ Grill all served with coleslaw

3 Lamb chops (choose any side, included)...£15.55
Marinated lamb chops with our own jerk BBQ sauce

Sweet jerk salmon.....£17.95
Served with creamy tropical sweet potato Mash

Jerk chicken burger£9.95
Chicken breast topped with jerk bbq sauce, salad & tomato. (choose any side, included)

Mac 'N' Cheese (D).....£10.95
Add your choice of: Jerk Chicken / Chorizo / Mutton or Mixed Vegetables @ £ 2.55

Jollof rice (V).....£12.95
Add your choice of: Non, Jerk Chicken / Chorizo / Mutton or Mixed Vegetables.

Classic Ackees & saltfish.....£13.95
served with plain rice & dumpling

Jerk chicken salad.....£11.95
Served on bed of salad, mango, avocado. crunch shallot, embe's pickle & spring onion

Embe's Curries

Afro Curried chicken£12.95
All cooked in our in-house curry sauce & potato

Mango chicken£12.95
Chicken breast cooked with onion, fresh tomato & sweet peppers

Boneless curried mutton£14.55
Cooked off bone with potato, carrot in tropical spices

All served with the rice of your choice
Select from our speciality sauce,
#Mild, Medium or Very Hot

DIRTY FRIES.....£13.95
Loaded with jerk BBQ sauce topped with spring onions & side salad
Add your choice of: Jerk Chicken / Chorizo / Mutton or Mixed Vegetables (included)

Sides.....£4.50

2 Fried Dumpling (V)
Mango & Avocado Salad
Sweet Potato Fries
Fried Plantain
Coleslaw (Freshly made) (NV)

Portion of Rice "n" peas
Corn on cob
Garlic & coriander bread (D)
Jerk spiced chips
Mac "n" cheese (D)

For larger table,
please give us a call first!

Breakfast Menu

Served from 7am till 11:30am.
Menu on request. Booking only

Vegan & Kids menu available

Our upstairs space
is available for private hire!

(NGF) Not gluten-free (V) Suitable for vegetarians (D) Contains dairy (VE) Suitable for vegans
(N) Contains nuts (NV) Non vegan Mayonnaise contains eggs & jerk BBQ sauce contains barley (B) Barley (BT) Butter
Please be aware that our dishes are prepared in a kitchen where nuts, dairy products, fish & gluten are present.
We are not a fast food restaurant, so please expect to wait during busy times, we try our best to serve you on time always!

LUNCH-DINNER-TAKEOUT Opening Monday to Sunday. Subject to changes



Get social for us! @ embesoulfood



Dessert

Stir it up with DESSERT

Mango crumble.....£6.95
Served with a choice of either
vanilla ice cream or custard.....£ 1.25

Jamaican Trifle£6.95
Gingerbread topped with dark rum,
mango & custard; finished with a
dusting of chocolate

Cake of the Week.....£5.55
Add extra:
custard or a scoop of ice cream...£1.25

Chocolate brownie.....£5.95
Served with scoop of vanilla ice-cream
Cheese cake (V).....£5.95
With mango sauce & passion sauce

Caramelised PLANTAIN.....£5.95
With honey and dark rum, finished with
mango & passion sauce

Mocktails & Fresh juices

Virgin Zombie Slayer£4.95
Pineapple, passion fruit, strawberry & lime, topped
with mango juice.

Pinanoalcohol.....£4.95
A non-alcoholic pinacolada.

EMBE'S FRESH SOUL POWER PUNCH....£5.95
A smoothie of fresh mango, pineapple, ginger &
passion juice

Soft drinks

Mango Juice£2.75
Guava Juice£2.75
Passion Juice£2.75
Mango Soda Smash.....£3.25
Coca Cola (Bottle).....£3.15
Diet Coke (Bottle).....£3.15
Ginger Beer£3.15
Coconut Water£3.15
Ting Drink (Jamaican Grapefruit).....£2.75
Glass of Milk.....£2.50
Still/Sparkling Mineral Water 330ml£2.75
Apple juice.....£2.75
Malta GUINNESS.....£2.50
Glass of orange juice.....£2.75

Hot Drinks

With Freshly Ground Coffee

Americano.....£2.95
Café Latté£3.15
Cappuccino.....£3.25
Espresso.....£1.95
Hot Chocolate£2.95
Selection of teas (cup).....£1.95
Fresh Mint Tea.....£3.25
Fresh Lemon & Ginger Tea£3.25
Liqueur Coffee
Jungle Coffee£4.55

Cocktail

Reggae Reggae Rum Punch
(2-4-£12) when ordered together.....£8.55
Dark rum & Wray & Nephew Overproof
rum with raspberry liqueur, orange, pineapple
& lime

Embe's Rum Punch
(2-4-£12) when ordered together.....£8.55
House rums of dark & white shackled in a mixture
of mango & guava juice with a fresh lemon.

Passion Fruit Punch
(2-4-£12) when ordered together.....£8.95
Spiced Rum, Mango & pineapple rum, passion
fruit, pineapple and fresh lime

Pina Colada£7.95
National drink of Puerto Rico, with pineapple
Liqueur, coconut cream & white rum

Passionfruit & Chilli Margarita.....£8.95
Patron silver, passoa, lime juice, agave & Embe's
pepper sauce

2-4-£12
RUM PUNCH
Cocktails
Available
every day

WINE.....1

RED £5.95 | £6.95 | £20.55

Malbec
Merlot

WHITE

Pinot Grigio (VEGAN) £5.25 | £5.95 | £15.00
Blush Pinot Grigio (VEGAN) £5.25 | £5.95 | £17.25

Prosecco 75cl.....£ 12.95
Prosecco 20cl.....£ 6.55

Bottled Beer selection

Red Stripe 330 ml 4.7% ABV.....£4.95
Jamaican lager

Tusker 500ml 4.2% ABV£4.95
Pale lager from Kenya made from the highest quality
malt barley grown in the Rift Valley,
by East African Breweries

Guinness FOREOIGN EXTRA STOUT 325ml 7.5% ABV.....£4.25

Ale Bottle XTREME Triple Hop ABV 5.05.....£4.75

MAGNUM (Tonic wine) alc 16.5% vol.....£ 4.00

Our RUM selection 25 ml £6.95

Wray & Nephew 63% ABV
Havana Club Anejo Especial 40% ABV
Appleton Special Jamaican 40% ABV
Bacardi Carta Blanca (Classic) 37.5% ABV
Captain Morgan Tiki (Mango & Apple) 25% ABV
MOUNT GAY. Barbados Rum 40% ABV
Kingston 62 40% ABV

Selection of other
Rum & Spirits
are available,
Please
visit the bar

Amarula Liqueur Alc 17%vol.....(50ml).....£6.95
Creamy, served over ice cubes
KAHLUA. Alc 16% vol Coffee liqueur.....£6.95

Hot drinks

Cocktails

QUICK LUNCH

AVAILABLE MONDAY TO SATURDAY
12 Noon till 3 Pm

BBQed Jerk comb.....£ 11.95

4 Chicken wings, 1 Lamb chops, 1 Pork Belly
Choose one sides & coleslaw is included

Original Afro chicken rice box.....£8.55

Diced chicken cooked in combination of our
fresh salsa, jerk, onion, tomato & sweet pepper.
Have it mild-spicy-Very spicy

Pizza (D)

base topped with lightly BBQ jerk sauce or curry
sauce then finished with mozzarella cheese
6 inch size.....£5.95
10 inch size£10.95
Choose toppings from.....
Jerk chicken, Chorizo, Non spicy chicken

VEGAN

(ackees & callaloo spinach finished with avocado)
Cheese pizza.....£4.75

Wraps

Filled with rice & crunch salad.....£5.55

Choose a sauce of your choice below

- Jerk chicken
- Curried mutton
- Jerk pork
- JackFruit filled with avocado (vegan)

Add a chips, plantain or salad for £2.50

Sauces

Spicy mayo, Normal mayo, Jerk BBQ,
Vegan mayo, embe's fresh pepper sauce,
Garlic mayo,
95p will be charged for extra sauce
Option: Add melted cheese, Avocado,
Fresh mango, or Others for.....£2.25

Don't forget to join our mailing list for our future events & offers!

