

If you have allergies or intolerances please let us know and we will do our best to accommodate.

Please do let us know if you would like your meal extra **hot spicy!**

Starters

Starters

- Soup of the Day (GF).....£6.15
- Chicken Wings (GF).....£6.35
Spicy & tasty platter of chicken wings, finished with your choice of mango sauce or jerk sauce
- Chickpea Doubles (D) (NGF) (V).....£6.50
Baked flatbread topped with a cool cucumber kachumbali salad
- Ackees & Saltfish.....£7.15
- Spicy Pork Ribs£7.15
Served with EMBE'S salsa sauce on the side
- Buttered & Crispy Buttered fish.....£7.45
Served with embe's pepper sauce & spicy mayo
- SHARED STARTER.....£10.55
Choose any two above starters, comes with mango & avocado salad
- MAC "N" CHEESE (D).....£6.00

Kids menu..... £8.55

- Penne Pasta
cooked in delicious tomato sauce
- Mango Chicken served with plain rice
- Diced Chicken served in tomato sauce
with melted cheese on top
- Chicken Burger served with side chips
choose BBQ sauce or mayonnaise
- Chicken Wings
choose a side order from; chips, white rice or salad
- ¼ BBQ Chicken with chips & little salad
- Embe's own chicken nugget with chips
- One drink included with meal**
- Glass of mango juice
- Bottle of Water 330ml
- Glass of Milk
- Baby coca cola 200ml
- Lemonade 200ml

Mains

Kids menu

Taster menu

Light lunch

FAVOURITES dishes

- Spicy Taste Jambalaya.....£14.00 (8.95)
A spicy tasty combination of rice, diced chicken breast, prawns, chorizo & mixed vegetables all cooked together in EMBE'S tropical spices.
Served with side salad
- Carnival Platter£18.50 (13.55)
Choose with Pork ribs OR Lamb chops
jerk chicken wings, boneless chicken breast, sweet potato fries a little salad & plantain
- MAC 'N' CHEESE (D).....£11.75 (6.00)
Choice of jerked up chicken breast OR mixed vegetables
Served with garlic and coriander bread

FISH dishes

- Ackee & Saltfish£14.95
Served with plain rice
- Tilapia Fish with/without head.....£15.00
Served with mango & avocado salad

GRILL selection

- ½ Tasty marinated chicken.....£13.00 (7.95)
Choose your flavour as you like it... then choose a side
1. Tanzanian Garlic & Coconut sauce
2. Jerk sauce
3. Piri Piri sauce
- Grilled Jerk Chicken Sandwich (NGF)£10.50
Tropical marinated chicken breast served with a side of sweet potato fries & your choice of either jerk BBQ sauce Or spicy mayonnaise
- 3 Lamb chops (choose any side, included).....£15.00
Rightly jerked...served with side of pan fried vegetables

CURRY dishes

- Boneless Curried Mutton.....£13.95 (8.95)
Marinated diced mutton then cooked in tasty sauce along with diced potatoes and carrots.
Served with rice 'n' peas
- Mango Chicken£13.00 (7.55)
Strips of chicken breast pan-fried with sweet peppers, tomato & onion. Finished with freshly diced mango & served with plain rice
CHOICE OF AFRO SPICY OR AS IT COMES
- Embe's Curried goat£16.15
with rice 'n' peas Cooked on bone for more flavour

Sides

- Mango & Avocado Salad£3.80
- Sweet Potato Fries£4.50
- EMBE'S Piri Piri Potato Cuts £4.25
- Potato Cuts£4.00
- Fried Plantain.....£4.25
- Coleslaw (Freshly made) (NV).....£3.20
- Portion of Plain Rice.....£2.40
- Portion of Rice "n" peas.....£3.20
- Corn on cob.....£2.30
- Fried cassava.....£4.00
- Garlic & coriander bread(D).....£3.25

Light lunch

Wrap (NGF)...£4.00

have it with choice of

- Curried Mutton, Jerk Chicken,
- Jerk pork or Vegan Wrap

All filled with r'n'p & crunch salad

pick a sauce:

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

Pizza (D).....£4.00

embe's own pizza

Choose from.....

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

For vegan dishes please ask for vegan menu

(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

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

Our meals are cooked from fresh ingredients & some dishes may contain bones.

Any specific dietary needs? Let us know!

We are not a fast food restaurant, so please expect to wait on our busy time, we try our best to serve you on time always!



Get social for us! @embesoulfood

Taster menu

NEW

(Available Monday to Thursday 12noon - 17pm)

Choose; *(all comes together)*

Two starters Two main & Two sides £48.95 (2) or One starter One main & One side £26.95 (1)

Choice of any drink (One per person)

Wine served 175ml

Offer on drinks or food are not included in taster menu

