

# Guarida Community Cafe

## Menu 3 – Dinner and hot food



**1. Fried basmati rice**  
Fried in olive oil, salt, garlic and bay leaves



**2. Jollof rice**  
A delicious spicy rice, traditionally from Ghana



**3. Fried rice with fresh vegetables and prawns**  
Basmati rice fried to perfection with prawns, broccoli, spring onions, parsley and sesame oil



**4. Couscous**  
With mixed vegetables, pesto sauce, garlic, fresh herbs and sesame oil



**5. Jerk chicken**  
Succulent and delicious chicken infused with Brazilian flavours



**6. Roast leg of lamb**  
Served with new potatoes in pesto sauce, steamed baby cabbage, broccoli and green beans



**7. Pan fried red mullet (fish)**  
Quarters of marinated red mullet cooked in lime juice, jerk seasoning and herbs



**8. Chunky vegetable soup**  
A rich and heartwarming soup made with ethnic vegetables



**9. Moqueca de peixe (fish stew)**  
Traditional Afro-Brazilian white fish fillet, fresh mixed herbs, palm oil coconut milk, mixed peppers, onions, lime juice, garlic and black pepper



**10. Chunky ethnic vegetable sauce**  
Served with rice, split lentils, yam, sweet potatoes, cassava, kidney beans and vegetables



**11. Barbeque pork ribs**  
Pork ribs cooked in Brazilian marinade prepared with balsamic vinegar, worcestshire sauce, onion, garlic, lime and mixed herbs



### **12. Lamb kebabs**

Lamb steak, peppers and onions marinated in mustard, lime juice, garlic, sea salt, jerk seasoning and worcestshire sauce

### **13. Grilled sausages**

A variety of succulent and mouth watering sausages