EAT NFFBEAT



WE'RE HERE TO TAKE YOU ON A TRIP

different kind of



MENU - FALL 2022

PRE-BUILT BOWLS

Chicken Yassa Bowl - \$15.40

Senegalese Chicken Yassa served over Jollof Rice with a side of Sri Lankan Dhal (Gluten Free)

Carne Mechada Shredded Beef Bowl - \$21.40

Venezuelan Carne Mechada served over Senegalese Couscous and a side of Caraotas Negras

Eggplant Curry Vegan Bowl - \$16.40

Sri Lankan Eggplant Curry served over Senegalese Jollof rice and a side of Dhal

(Vegan, Gluten Free)

Chicken Yassa & Katarica Curry Bowl - \$17.50

A mix of Senegalese Chicken Yassa and Sri Lankan Katarica Curry served over Jollof Rice (Gluten Free)

BUILD-YOUR-OWN-BOWL

Pick 1 base, 1 main, and 1 side (optional) to build your own custom bowl

1. PICK A BASE

JOLLOF RICE (\$5.00) - GF, Vegan

SENEGAL - Basmati rice cooked in flavorful, mildly spiced vegetable puree

SAFFRON RICE (\$5.00) - GF, Vegan

IRAN- Saffron-scented basmati rice

COUSCOUS (\$5.00) - Vegan

SENEGAL - Senegalese style couscous simmered in a tomato garlic sauce.

2. PICK A MAIN

CHICKEN YASSA (\$8.90) - GF

SENEGAL - Chicken stew with mustard, caramelized onions and green olives

CARNE MECHADA (\$13.90) - GF

VENEZUELA- Slow-cooked shredded beef with a fragrant finish, served with bell pepper and onions

KATARICA CURRY (\$9.90) - Vegan, GF

SRI LANKA- Eggplant and chickpeas in a tomato based sauce with ginger, garlic and curry leaves

3. PICK A SIDE (Optional)

DHAL (\$1.50) - GF, Vegan

Sri Lanka - Split red lentils stewed with bell peppers, curry leaves and coconut milk

CARAOTAS NEGRAS (\$2.00) - GF, Vegan

VENEZUELA- Traditional Venezuelan dish of black beans and red peppers simmered in spiced tomato sauce

APPETIZERS & SIDES

Hummus with Toasted Pita Bread (Syria) - \$6.00 Afghan Veggie Samosas (2pcs) - \$6.00 Syrian Kibbeh (2pcs) - \$6.00

DESSERTS

Burmese Mango Sticky Rice - \$4.50

DRINKS

Papelon Con Limon (Venezuela) - \$4.25

Vimto - \$3.25

Coke - \$3.00

Diet Coke - \$3.00

Sprite - \$3.00

Water - \$2.75

PROVISIONS

Syrian Barazek Cookies - \$9.00

Sri Lankan Coconut Sweets - \$9.00

Senegalese Spiced Candied Peanuts - \$6.00

Zhourat Herbal Tea - \$9.50