



BAR SNACKS

ZGK House Popcorn 3 or pick 2 for 5
Kelewele Butter (v) Baobab Butter (v) Ground Hot Pepper & Seas Salt (ve)

House Roasted Spicy Peanuts (ve) (gf) (p) 3

Skinny Green Plantain Stix 3

PLATES

we recommend 3-4 plates per person to share

VEGAN

Jollof Rice (ve) (gf) 3
One pot aromatic spiced tomato rice

Bambara Bean Hummus w/ Cassava Crisps (ve) (gf) 4.5
Bambara Beans - Garlic - Olive oil

Suya Bambara Bean Hummus (ve) (gf) 4
Bambara Beans - Garlic - Olive oil, Suya

Okra Fries (ve) (gf) 4
Okra - Chilli - Ginger - Garlic - serve w/ Shito Mayo (c)

Kelewele (ve) (gf) 4
Plantain, nutmeg, cinnamon, ground cloves

Cassava Crisps (ve)(gf) 4
Fresh Lime, Cayenne & Sea Salt

Grilled Plantain (ve)(gf) 4
Coconut Oil, Chilli, Ginger

Fufu & Red Gravy (ve) (gf) 5
Pounded Plantain - Jollof Gravy

Tempura Garden Eggs (ve)(gf) 5
Baby white aubergine marinated in fresh ginger, garlic, chilli and olive oil – gluten free tempura batter

Ghanaian Guacamole w/ Cassava Crisps (ve) (gf) (p) 6
Avocado, red onion, smoked paprika, cayenne, lime juice, roasted peanuts

Avocado (ve) (gf) 3.5
w/ Mozzarella (v) 5
w/ Shito or Vegan Shito

Crispy Suya Halloumi (ve) (gf) 6
Smoked Paprika - Ground Cloves - Ground Hot Pepper - Cayenne

Roasted Cauliflower Steaks (ve)(gf) 6
Suya - Rainbow Chard - Fresh Ginger - Garlic - Chilli - Parsley - Oregano - Olive oil - White onion

Koose Fritters 8
Cow peas - okra - serrano - chillies - scotch bonnet salsa - avocado mayo

Okra. Garden Egg and Spinach 7
Coconut oil - Anaheim Chilli - Ginger - baby white aubergine - okra - spinach

Red Red w/ Plantain 6
Smoked Paprika - Ground Cloves - Ground Hot Pepper - Cayenne 8

Crispy Suya Halloumi (ve) (gf) 6
Smoked Paprika - Ground Cloves - Ground Hot Pepper - Cayenne

VEGETARIAN

Rosemary & Baobab Butter Freshly Roasted Corn (ve) (gf) 4

Oto Cakes w/ soft boiled organic egg 7.5
Puna Yam - Turmeric - Fresh Thyme - Garlic - Rapeseed Oil



LUNCH (12-4 Daily)

WRAPS

JFC - Boneless tender breast strips – Buttermilk - Crayonaisse - baby gem
scotch bonnet salsa - avocado mayo 8

Suya Halloumi - crayonaisse - baby gem - scotch bonnet salsa
avocado mayo (ve) 7.5

Koose - Cow peas - okra - Serrano chillies quenelles - baby jam
scotch bonnet salsa - avocado mayo (ve) 7

BURGERS

All Burgers served w/ Skinny Plantain Fries & House Spicy Slaw

Organic Free Range Suya Beef (m)(p) 10
Avocado - Baby Gem - Heritage tomato - Crayonaisse - Peanut Sauce

Red Quinoa & Smashed Green Plantain (ve) 10
Red Quinoa - Sun dried Tomato - Cow Peas - Okra - Serrano Chilli - Grains of Paradise

JFC Burger 10
Chicken Tenders - Avocado - Baby Gem - Heritage Tomato - Crayonaisse

***Add Suya Halloumi or Streaky Bacon for 2

BRUNCH (12-4 daily Sat and Sun only)

Accra Breakfast(v) 10
Red Red Spiced beans - grilled plantain - kelewele toast

Jollof Shakshuka (v) 10
Jollof Souce - Bell Peppers - Baked Eggs - kelewele toast

Koose (v)(gf) 10
Scotch Bonnet Heritage Salsa - Skinny green plantain fries

Ghanaian Toast w/ Sticky Glazed Plantains (ve) 9.5

Paya (Avocado) Toast (v) 7.5
Smashed Ghanaian Guacamole on kelewele toast

Add anything below for + 2
2 rashers smoked streaky bacon (m)
Organic free range egg (v)
Fried Plantain (ve)
Hard Dough Bread & Butter (v)
Sliced Avocado (ve)
Halloumi (v)

DESSERT

Puff Puff – Bofrot (ve) 3
Ghanaian Doughnut - Cinnamon Sugar - Strawberry Chill Jam

Scotch Bonnet Ice Cream & Hibiscus Sorbet (v) 7.5
chin chin crunch - zest of lime

Chin Chin Banoffee Pie (v) 4
Chin Chin biscuits - Ginger - Nutmeg - Caramel Sauce - Banana - Double Cream - Divine Chocolate

Iced Kenkey 'Milkshake' 4
Fermented Maize, Vanilla, Nutmeg, Cinnamon, Evaporated Milk

Grandma's Crack - Peanut Milk Shot 4

INSTITUTE OF LIGHT

DRINK

HAPPY HOURS MON - FRI 6-8 pm

selected cocktails 5
30% off selected botteled beers & cider 5

COCKTAILS*

Aperol Spritz 8
(Aperol, Prosecco, Soda)

Mango Bellini 8
(Peach Puree, Prosecco)

Red Snapper 8
(East London Liquer Company Vodka, ZGK spices, Tomato Juice)

Alomo Aphrodite 8
(East London Liquer Company Rum, Alomo Bitters, Velvet Felernum, Lime)

Sobolo Sour 8
(East London Liquer Company Gin, Marischino, Sobolo, Lemon juice, Egg White)

Climpson Smog 8
(East London Liquer Company Vodka, Kahlua, Hazelnut, Amareto, Climpson & Sons expresso)

* We also serve all classic cocktails so please ask at the bar

SOFT DRINKS

Red Bull - Energy/Sugarfree/Tropical 2.5

Coca Cola / Diet Coke 2.5

Square Root Ginger Beer 3.3

Square Root Lemonade 3.3

Square Root Cola 3.3

Square Root Seville Mandarin 3.3

Pago Juice - Apple / Tomato / Orange/ Tropical/Cranberry 2.5

Supermalt 2.5

DRAUGHTS

Howling Hops Das Koolch Lager 4.6% 5.5

5 Points Pale Ale 4.4% 5.5

5 Points & Northern Monk Birthday IPA 6.7% 6.5

BOTTLES 330ml

Budweiser Prohibition 0.05% 3.75

Tarocco Sour 0.5% 3.75

Das Radler Hard Shandy 2.5% 4.7

Palm Wine approx. 4% (600ml) 4.5

Corona, 4.5% 4.5

Star Lager, 5.1% (600ml) 5.75

Tusker, 4.2% (500ml) 5

Hofmeister Helles Lager, 5% 4.5

Five Points IPA, 7.2% 5.2

Howling Hops Pale Ale 3.8% 5.2

Howling Hops Hefeweizen 4.5% 5.5

Umbrella Brewing, Ginger Beer 5% 5.5

Cornish Orchards Cider 5% 5.95

Rekorderling Strawberry-Lime Cider 4% 5.95

VITAMIN ETUT FO THAI

WINE 175ml BOTTLES

WHITE

"Slow" Chenin Blanc, False Bay, South Africa 2017	4.7/20	<input type="checkbox"/>
Domaine de Vedilhan Viogner, Pays d'Oc, France 2016	5.6/24	<input type="checkbox"/>
Wanderlus Sauvignon Blanc, Marlborough, New Zealand 2017	6.3/27	<input type="checkbox"/>
Pazo de Monterrey Godello, Montereir, Spain 2016	6.5/28	<input type="checkbox"/>

ROSE

Silverman Cabernet Franc, W.O. Banghoek, South Africa 2017	4.7/20	<input type="checkbox"/>
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RED

Foral Dos Quatro Ventos Douro, Portugal 2016	4.7/20	<input type="checkbox"/>
El Viejo Del Valle Pinot Noir, Valle Central, Chile 2017	5.1/22	<input type="checkbox"/>
Crocera Barbera d'Asti Superiore, Piemonte, Italy 2015	5.6/24	<input type="checkbox"/>
Pablo y Walter Malbec, Mendoza, Argetina 2017	6/26	<input type="checkbox"/>
Chateau de Belleverne, Chenas, France 2016	6.5/28	<input type="checkbox"/>

DESSERT WINE/SHERRY

Dessert Wine/Sherry		<input type="checkbox"/>
Pederberg Natural Sweet Chenin Blanc, South Africa 2014 (50ml)	4.25	<input type="checkbox"/>
Fernando De Castilla, Manzanilla, Spain (125ml)	5.5	<input type="checkbox"/>

SPARKLING

Durello Spumante Brut "Palladiano", Veneto, Italy	5/26	<input type="checkbox"/>
Champagne Lallier R.013 Brut, France	50	<input type="checkbox"/>



BARBECUE

1/4 Jollof grilled chicken w / chilly salted chips	£10	<input type="checkbox"/>
Chargrilled Tilapia w / scotch bannet salad		<input type="checkbox"/>



MEAT

Suya Free Range Beef Chinchinga Rump Beef - Peanut Sauce - Roasted Peanuts - Fresh Chilli	8	<input type="checkbox"/>
Organic Free Range Suya Beef Burger (m)(p) Peanut Sauce - Lettuce - Tomato - Skinny Green Plantain Six - Crayonaisse - House Slaw	10	<input type="checkbox"/>

SEAFOOD

Buttermilk Poached Tilapia Tilapia Fillet - Coriander, Baobab & Sea Salt - Roasted Turmeric Gari Crumb	9	<input type="checkbox"/>
GH Fish & Chips Tilapia fillet - buttermilk - gluten free flour - cassava chips - crayonaisse	12	<input type="checkbox"/>

SALADS*

*also available on brunch and lunch menu

All our leaves are grown at 'Organically Farm Social Enterprise in Chingford' & dressed w/ Labadi Beach our house extra virgin dressing: Scotch Bonnet - Grains of Selim - Garlic - Ginger - Coriander - Roasted Rosemary - Thyme - Lime Zest

Scotch Bonnet Heritage Salsa w/ Cassava Crisps (ve) Tomatoes - Scotch Bonnet - Coriander - Red Onion - Cayenne - Lemon Juice - olive oil	6	<input type="checkbox"/>
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Koose Salad (ve) w/Halloumi (v)	9.5	<input type="checkbox"/>
Rainbow Chard - Baby Gem - Avocado - Vegan Shito - Red Onion - Heritage Tomato - Cow Pea Fritters - Okra - Serrano Chilli	11	<input type="checkbox"/>

Roasted Corn Salad (ve) (gf) Rainbow Chard - Baby Gem - Avocado - Vegan Shito - Red Onion - Heritage Tomato - Lemon Juice - Coriander - Roasted Corn Kernels	8.5	<input type="checkbox"/>
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Black Star Tricolour Salad (v)(gf) Heritage Tomato - Grilled Kpapko Shito Peppers - Basil Mozzarella - Vegan Shito Dressing - Pan Roasted Seed Mix	8	<input type="checkbox"/>
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BIRDS*

*also available for brunch menu

All our poultry is free range and organically reared from Norfolk farms marinated for 24 hours in Zoe's house Jollof Spice Mix (Thyme, Ginger, Coriander, Garlic, Cayenne, Chilli Flakes, Nutmeg, Cinnamon, Sea Salt, Cracked Black Pepper)

Wings Six or Twelve	6 / 11	<input type="checkbox"/>
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Drumsticks Three	7	<input type="checkbox"/>
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Thighs Three	7	<input type="checkbox"/>
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Bird on Bird Drumstick, thigh & two wings	12	<input type="checkbox"/>
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Big Bird on Bird Drumstick, thigh & two wings, 3 JFC boneless strippers	15	<input type="checkbox"/>
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JFC - Jollof Spiced Boneless Strippers 5 Boneless tender breast strips - Buttermilk - Jollof Spice - Crayonaisse	7.5	<input type="checkbox"/>
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SAUCES

All made in in-house. First one free, extras £1.5

Crayonaisse smoked crayfish, capsicum, mayo	<input type="checkbox"/>
Shito grains of selim, rosemary, kpapko Shito, smoked crayfish, smoked prawn, extra hot chilli, tomato	<input type="checkbox"/>
Vegan Shito grains of selim - rosemary - kpapko Shito - extra hot chilli - tomato	<input type="checkbox"/>
Jamestown Tartare capers, shallots, rosemary, oregano, sage, ginger, thyme, lemon juice, mayo	<input type="checkbox"/>
Zoe's Peanut Butter Sauce Peanuts - Tomato - Onion - Ginger - Scotch Bonnet - House made vegetable stock	<input type="checkbox"/>
Sticky Supermalt & Plantain Supermalt - Plantain - Cane Molasses - Dark Brown Sugar	<input type="checkbox"/>
Avocado Mayo Avocado, mustard, olive oil, capsicum	<input type="checkbox"/>
Osu Ranch Buttermilk, Sour Cream, Grains of paradise, Chives, Parsley, Garlic, Capsicum	<input type="checkbox"/>

JOIN US FOR SANKOFAH SUNDAYS BBQ, DJ'S, COCKTAILS
ON THE TERRACE - BOOKING ADVISED

Our menu is also available on Deliveroo for lunch & dinner 7 days a week

Zoe's Ghana Kitchen cookbook by @zoeadjonyoh is available to buy now online via Amazon.
[zoeghanakitchen.co.uk](https://www.amazon.co.uk/dp/B089888888)

For catering enquiries please email catering@zoeghanakitchen.co.uk

Follow us on :
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Join our mailing via our website to keep up to date with monthly specials, special events and offers!

All prices include VAT - service is not included - ALL TIPS GO DIRECTLY TO STAFF
A 12.5% discretionary service charge will be added to your bill - please tell your server if you would like to opt out - groups of 7 or more will incur a mandatory service charge.

A discretionary £1 will be added to your bill as a donation split between AfriKids & Kick Start Ghana - supporting education in Ghana's poorest regions. Please let your server know if you do not want to make a donation.
Please note our kitchen uses ingredients which contain allergens such as peanuts - please let us know if you have any specific allergen or dietary requirements.