

ZOE ADJONYOH

Zoe's  
ghana  
kitchen

cookbook out now!



# ZOE'S GHANA KITCHEN @ THE SUN AND 13 CANTONS

Traditional Ghanaian recipes re-mixed for the modern kitchen.

Serving fresh, modern West African small plates.  
This is a small plate menu, great for sharing!

Zoe recommends 3 plates per person

## Small plates & sides

All small plates & sides are vegan & gluten free!

142 **Jollof** (GF) (VE) 3.50

Spiced fragrant rice cooked in tomato sauce

233 **Avocado & Groundnut Salad** (VE) (P) (N) 4.50

**Grilled Plantain**

w/ fresh Ginger & Chilli in coconut oil

43 **Tatale Spiced Plantain Pancakes** (GF) (VE) 4.50

Made fresh daily - sweet plantain, ginger and scotch bonnet savoury and sweet chilli pancakes

116 **Red Red Spiced Bean Stew** (GF) (VE) 5.50

Slow cooked gently spiced black eye bean stew sprinkled with ground cassava

108 **Ghana Dahl** (GF) (VE) 6.50

Quite simply this is a Ghanafied version of chana dhal using our house Ghanaian Five Spice Mix, Chale Sauce and yellow split peas

## Sandwiches\*

**The Suya Slawter Sandwich** 10

100% British Beef - ground cloves, smoked paprika, cayenne pepper, fresh ginger, garlic & chillies, Shito Mayo, crisp baby gem lettuce, beef tomato, topped with Zoe's Peanut Sauce between toasted sweet dough (butter bread). Served w/ Housemade Shito Mayo Slaw & Zoe's Ghana Ketchup (jollof relish) on the side

+ Smokey bacon rashers 2

+ Plantain chips w/ cinnamon (VE) 2.50

+ Poached egg (V) 2

**The JFC Club Sandwich** 10

Jollof fried buttermilk & cornflour chicken w/ housemade spicy slaw - the Kernal keeps asking but we're keeping Stchum...

+ Smokey bacon rashers 2

+ Plantain chips w/ cinnamon (VE) 2.50

+ Poached egg (V) 2

\*limited stocks available

## Main plates

122 **Grilled Lamb Cutlets** 10  
w/ Zoe's Spiced Peanut Sauce (GF) (P) (N)

Norfolk bred trimmed cutlets marinated in cayenne pepper, fresh ginger, flash grilled served w/ peanut sauce & roasted crushed peanuts

158 **Zoe's Jollof Spiced Fried Chicken** (GF) (C) (F) (D) 8.50

Tender chicken breast strips marinated in Zoe's secret nine spice Jollof mix - dipped in buttermilk then coated in cornflour and deep-fried w/ our homemade shito hot pepper mayo

126 **Rump Beef Suya Kebabs** (GF) (P) (N) 9.50

Based on the popular Chichinga Street food Snack this smoky beef kebab w/ colourful bell pepper & onions is summer in your mouth w/ coriander, spiced peanut sauce & freshly ground roasted peanuts

82 **Tilapia Fillets w/ Baobab Butter & Moringa Pesto** (GF) (F) (D) 8.50

A refreshing and delicate marinade of fresh lime & cayenne pepper, pan-fried in citrus superfood baobab infused butter, served w/ Moringa Pesto

70 **Jamestown Prawns** (GF) (C) 8.50

Prawns grilled in coconut oil, marinated in fresh onion, ginger, garlic, fresh lemon juice with a hint of fresh thyme and cayenne pepper

### Allergen Key

- (F) - Fish
- (C) - Crustaceans
- (D) - Dairy
- (VE) - Vegan
- (V) - Vegetarian
- (N) - Nuts
- (G) - Gluten
- (P) - Peanuts
- (GF) - Gluten Free

\*We can't guarantee that any items are completely allergen free due to being produced in a kitchen that contains ingredients with allergens

## Desserts

**Puff Puff - Bofrot** (D) (G) 3.75

Ghanaian doughnut rolled in sugar and cinnamon served w/ Cornish clotted cream & English Strawberry Jam

**Love Chin Chin Banoffee Pie** (D) (G) 4

Our House Banoffee Pie made using Love Chin Chin's Vanilla Chin Chin as the biscuits base - spiced with nutmeg, ginger and cinnamon - generous layer of caramel sauce, topped with sliced bananas & whipped double cream w/ shavings of Divine Dark Chocolate

## Soft drinks

**Sobolo Cooler** 4

Hibiscus flowers infused w/fresh ginger, cinnamon, star anise and light brown sugar

**Ginger Tea** 3

**Moringa Tea** 3.50

**Moringa Makeover Smoothie** 5

Mixed berries, banana, cinnamon powderfood in a glass!

## Dips

**Housemade Shito Mayo** 2

**Housemade Shito** 2

**Jollof Relish** 2

**Buy a jar of our house Shito or Jollof Relish (227g jar)** 4.50

Enjoy your meal?  
Write a review and  
let us know!



take ghana home!

Re-create these dishes at home! Find the cookbook recipe page number in the green circle!

142 43 116

Available to buy now on Amazon, or behind the bar right here!

Let's be friends!

Check in on Timeout or Facebook or post a pic of your food on insta or twitter, tagging @ghanakitchen get free Chin Chin!

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We also have a restaurant in Brixton!  
Unit S36 Pop Brixton, 49 Brixton Station Road, SW9 8PQ

Make a reservation:  
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