

ARK



AFRICAN ROOTED
KITCHEN

MENU

BASE

JOLLOF RICE (VG)
COCONUT RICE (VG)
SPICED QUINOA (VG)

PROTEIN

SMOKY JERK STYLE CHICKEN
OVEN BAKED BBQ CHICKEN
SHREDDED PEPPERED BEEF
STEW (+£2.00)
SLOW COOKED BEAN STEW (VG)

SIDES

SALAD (VG)
HOT AND SPICY CORN (VG)
FRIED PLANTAIN (VG)
MAC AND CHEESE (V)

SAUCES

COCO-HERB (VG)
(COOL AND CREAMY)
CHILLI (VG)
(SPICY FLAVOUR KICK)
MEAN GREEN (VG)
(HERBY AND HOT)
GARLIC SAUCE (VG)
(STRONG AND PUNCHY)

(V) IS VEGETARIAN (VG) IS VEGAN. MEAT IS HALAL

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MENU

BOWL OR BURRITO

REGULAR OR LARGE BOWL	£7.50 £9.50	1 BASE, 1 PROTEIN, 2 SIDES AND 2 SAUCES 1 BASE, 2 PROTEIN, 3 SIDES AND 2 SAUCES
BURRITO	£6.50	1 BASE, 1 PROTEIN, 2 SIDES AND 2 SAUCES
KIDS	£5	MAC AND CHEESE OR 1 BASE, 1 PROTEIN AND SAUCE

£1 EXTRA FOR SUPERMALT IN MEAL DEALS

MEAL DEAL

REGULAR + CANNED DRINK AND PLANTAIN CHIPS	£10
LARGE + CANNED DRINK AND PLANTAIN CHIPS	£12
BURRITO + CANNED DRINK AND PLANTAIN CHIPS	£10

DRINKS

CANNED DRINKS	£1.50
BOTTLED WATER	£1
SUPERMALT	£2.50
FRUIT SHOOT	£1

EXTRAS

SAUCE	£0.50
DOUBLE PROTEIN	£2.75
FRIED PLANTAIN	£2
MAC AND CHEESE	£2.50

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CATERING MENU

BASE

JOLLOF RICE (VG)
COCONUT RICE (VG)
SPICED QUINOA (VG)

PROTEIN

SMOKY JERK STYLE CHICKEN
OVEN BAKED BBQ CHICKEN
SHREDDED PEPPERED BEEF
STEW (+£2.00)
SLOW COOKED BEAN STEW (VG)

SIDES

SALAD (VG)
HOT AND SPICY CORN (VG)
FRIED PLANTAIN (VG)
MAC AND CHEESE (V)

SAUCES

COCO-HERB (VG)
(COOL AND CREAMY)
CHILLI (VG)
(SPICY FLAVOUR KICK)
MEAN GREEN (VG)
(HERBY AND HOT)
GARLIC SAUCE (VG)
(STRONG AND PUNCHY)

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KITCHEN

PRICE : £45

**EACH
BOX
COMES
WITH :**

**2 BASES OR DOUBLE 1 BASE
2 PROTEINS OR DOUBLE 1
PROTEIN
2 SIDES
SALAD
2 SAUCES**

**EACH BOX WILL SERVE UP TO 5 MEALS FOR A
SINGLE PERSON , OR GREAT FOR A FAMILY
NIGHT IN**

**BOXES CAN BE TAILORED TO
INDIVIDUAL NEEDS AND ARE OPEN TO
INTERPRETATION. PLEASE CONTACT IF
NECESSARY**