

# BLACK HISTORY MONTH

*A Journey Through Flavor & Heritage*

Four weeks. Four regions. One powerful story of roots, resilience, and evolution, told through food.  
\$30PP

## WEEK 1: ACROSS THE WATER

### Honouring African Roots

This week celebrates the rich culinary traditions of Africa, the foundation of the Black diaspora. Bold spices, nourishing stews, and comforting staples take center stage.

#### SOUP

**Vegetarian Okra Vegetable Soup**  
(Ghana / Nigeria)

A hearty, comforting soup rich with okra and vegetables, inspired by West African kitchens.

#### SIDES (WEST AFRICAN)

**Jollof Rice**

Fragrant, tomato-based rice cooked with warm spices

**Stewed Black-Eyed Peas**

Slow-simmered and deeply nourishing

#### PROTEINS

**Nigerian Beef Stew**

Tender beef braised in a rich, spiced tomato sauce

**East African Coconut Chicken**  
(Kenya / Tanzania)

Chicken gently cooked in coconut milk and aromatic spices

#### VEGETARIAN FEATURE

**Ethiopian Lentil Stew (Misir Wat)**

A bold, spiced lentil dish symbolizing tradition and community

## WEEK 2: NORTHBOUND

### The Great Migration & Southern Comfort

This menu reflects the journey north and the evolution of African foodways into iconic African American comfort cuisine.

#### SOUP

**Black-Eyed Pea & Collard Green Soup**  
A soulful, nourishing bowl rooted in Southern tradition.

#### SIDES (WEST AFRICAN)

**Southern Baked Macaroni & Cheese**  
Creamy, golden, and deeply comforting

**Candied Yams**

Sweet, tender, and warming

**Southern Garden Salad**

Crisp greens with a tangy vinegar dressing

#### PROTEINS

**Crispy Fried Chicken**

A timeless favourite

**Slow-Cooked Pulled Pork**

Fork-tender and richly seasoned

#### VEGETARIAN FEATURE

**Stewed Okra & Tomatoes**

A classic Southern staple

## WEEK 3: BEYOND BORDERS

### Caribbean Influence & Island Expression

This week highlights the vibrant flavours of the Caribbean, where African traditions blended with island ingredients and global influence.

#### SOUP

**Jamaican Red Pea Soup**

A rich, comforting soup layered with spices and coconut flavour.

#### SIDES (WEST AFRICAN)

**Coconut Rice & Peas (Jamaica)**

**Fried Green Plantains (Tostones)**

**Caribbean Cucumber,**

**Tomato & Mango Salad**

Bright, fresh, and refreshing

#### PROTEINS

**Jamaican Jerk Chicken**

Bold, smoky, and spiced

**White Fish (Snapper or Cod)**

Lightly seasoned and island-inspired

#### VEGETARIAN FEATURE

**Callaloo (Trinidad / Jamaica)**

A bold, spiced lentil dish symbolizing tradition and community

#### DESSERTS

**Plantain Crème Brûlée**

A tropical twist on a classic

**Caribbean Chocolate Bread**

Rich, comforting, and celebratory

## WEEK 4: STILL MOVING

### Diaspora Bento Box – Past, Present & Future

A modern, thoughtfully curated bento-style meal that reflects the ongoing evolution of Black cuisine across the diaspora.

#### AFRICAN ROOTS

**Spiced Lentil & Vegetable Medley**

A thick, aromatic stew celebrating the nourishing origins of African foodways.

#### AFRICAN AMERICAN EVOLUTION

**Smoked BBQ Chicken Bites**

Boneless chicken smoked with a savoury dry rub—symbolizing adaptation and resilience.

#### AFRO-CARIBBEAN MOVEMENT

**Caribbean Mango &**

**Spiced Vegetable Stir-Fry**

Bright, colourful vegetables tossed with island spices and mango.

#### FUTURE CONNECTOR

**Diaspora Grain Medley**

A blend of rice and ancient grains finished with citrus vinaigrette—bridging tradition and modern expression.