

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.

MEZA GROUP

CATERING • FOOD WITH PASSION • EVENTS