

GHANAIAN CUISINE / WWW.MERFOODS.UK / CALL US :0198

STARTERS

KELEWELE (LIGHTLY SPICED FRIED RIPE PLANTAIN)	£5.0
VEGETABLE SPRING ROLLS	£2.5
VEGETABLE SAMOSA	£2.5
CHICHINGA (BEEF KEBAB)	£.04
CHICKEN WINGS (HOT & SPICY / BBQ)	£5.5
TSOFI (TURKEY TAIL)	£7.0





£10 0

£1.50

SIDES

JOLLOF RICE (RICE COOKED IN SPICED TOMATO SAUCE)	£5.7
PLAIN BOILED RICE (Vegetarian)	£3.5
WAAKYE (BLACK EYE BEANS COOKED WITH RICE) Vegetarian	£5.7
JAMAICAN RICE AND PEAS (Vegetarian)	£4.5
POTATO FRIES (Vegetarian)	£3.5
FRIED YAM (Vegetarian)	£5.5
FRIED PLANTAIN (Vegetarian)	£3.5

SET MEALS

	210.0
CURRY GOAT + RICE & PEAS + PLANTAIN	£10.0
JOLLOF + CHICKEN + SALAD	

SAUCES

(BONELESS)

RED PEPPER SAUCE

GREEN PEPPER SAUCE	£1.5
BLACK PEPPER SAUCE (SHITO)	£2.0
MEAT DISHES / SAUCES	
JAMAICAN CURRY GOAT	£6.5
ASSORTED MEAT STEW (COW FOOT,	£6.0
BEEF) IN RICH TOMATO SAUCE	
STEAMED FILLET CHICKEN STEW	£5.5



FISH DISHES

GRILLED TILAPIA	£12.0
FRIED RED BREAM	£.7.0
ROTISSERIE SPECIAL	
CHEF'S SPECIAL WHOLE CHICKEN WITH SALAD	£9.0
CHEF'S SPECIAL HALF CHICKEN WITH SALAD	£5.0
JERK CHICKEN	£3.5
AKONFEM (GUINEA FOWL) WITH A SIDE SALAD	£12.0

VEGETARIAN DISHES

£8.0 **RICE + SOYA KEBAB WITH TOMATO SAUCE** £10.0 **BEANS STEW WITH FRIED PLANTAIN**

MER KID'S

CHICKEN WINGS £7.0 **CHICKEN FILLET** £7.0 **COMES WITH A SIDE CHOICE AND VEGETABLES**



DRINKS

CANNED DRINKS	£1.0
BOTTLE WATER	£0.70
DESSERT	

VANILLA ICE CREAM	£2.5
COCONUT ICE CREAM	£2.5
MANGO ICE CREAM	£2.5
PEANUTELLA ICE CREAM	£2.5



Tel: 01992279067 ADDRESS: 9B MARKET SQUARE, WALTHAM ABBEY EN9 1DP



@merfoods www.merfoods.com MER - WHERE FLAVOUR SPEAKS