

AFRICAN



FEELING

RESTAURANT & CATERING  
MENU

[WWW.AFRICANFEELINGRESTAURANT.COM.AU](http://WWW.AFRICANFEELINGRESTAURANT.COM.AU)

794 Parramatta Road, Lewisham  
The Louis Hotel Lewisham, Sydney, Australia



## AFRICAN FEELING RESTAURANT ABOUT US

*\*Please advise of any food allergies*

African Feeling Restaurant serves cuisine inspired by traditions and recipes from all over the African continent. Born in Ghana, Chef Hudu Alhassan prides himself on being able to offer a wide selection of the best dishes, made with the finest local and imported ingredients.

The African Feeling Restaurant has been operating for 24 years in the same King Street Newtown, now relocated to Louis CC hotel, 794 Parramatta Road, Lewisham. As well as having a strong reputation for quality amongst locals, it has always served as an important part of the local African community.

African cuisine has roots in the rich indigenous history of Africa, with influences from Asia, Europe and the Middle East.

Thick soups and stews are the mainstay of many African nations, and are usually eaten with potatoes or rice.

Another staple meal is Fufu, consisting of cassava, yam, or plantain that is cooked, pureed, and mashed into a ball. Fufu is a ubiquitous and much-loved staple throughout most of West Africa. Most dishes combine traditional fruits and vegetables, herbs, exotic game and fish.

The huge difference in dishes and ingredients from country to country means that the unique African Feeling menu has something to offer everyone, particularly those looking to try something new. Vegetarians will also be pleased with the many options.

### **Tuesday to Thursday**

6pm to 10pm

### **Address**

794 Parramatta Road, Lewisham

### **Friday and Saturday**

6pm to 10pm

### **Phone:**

+61 420 467 963

### **Sunday**

6pm to 10pm

[info@africanfeelingrestaurant.com.au](mailto:info@africanfeelingrestaurant.com.au)

[www.africanfeelingrestaurant.com.au](http://www.africanfeelingrestaurant.com.au)



## AFRICAN FEELING RESTAURANT BAR MENU



### Chicken Skewers

Marinated Chicken Skewers in African seasoning, served with salad and chips

\$20.00



### Lamb Suya

African style BBQ Lamb chops coated and served with salad and chapatti/chips

\$20.00



### African Cigar

Sautéed minced beef with ground herbs wrapped in a light pastry.

\$12.00 (5pcs)



### Chicken Nibbles

Marinated chicken nibbles and deep fried to perfection served with our unique homemade sauce.

\$12.00 (5pcs)



### Chapatti

East African Flat bread

\$3.00 each or 2 for \$5.00



## AFRICAN FEELING RESTAURANT ENTREES

### Vegetarian Triangles (4pcs)

Potatoes traditionally spiced, mixed with vegetables and herbs encased in a light pastry served with our home made African Feeling sauce. *(South Africa)*

**\$13.95**

### Minced Samosas (4pcs)

Pastry triangles filled with a delicious savoury mince, fresh coriander, shallots and served with our home made African Feeling sauce. *(South & Eastern African)*

**\$14.95**

### African Cigars (4pcs)

Sautéed beef minced and ground with herbs and spices wrapped in a light pastry.  
*(Morocco)*

**\$15.50**

### Kpoff-Kpoff (4pcs)

Light fluffy golden dumplings – A Nigerian staple and household favourite.  
*(Nigeria)*

**\$13.95**

### Kelewele

Ripe plantain deep-fried and coated in African seasoning is absolutely delicious!  
*(Ghana)*

**\$15.50**

### Chicken Nibbles (5pcs)

Marinated chicken nibbles and deep fried to perfection served with our unique homemade sauce.

**\$16.50**

### Taste Bud Safari Share Plate

A personalised selection of any three of our delightful entrée's

**\$18.95**



# AFRICAN FEELING RESTAURANT BANQUET MENU

*(Minimum 2 people per banquet menu)*

## Choice 1 - \$46.99 per head

### Entree

Two entrees of your choice

### Mains

Egwein  
Spinach Stew  
Kukuna Nazi  
Beef Stew

### Sides

Any side of your choice

## Choice 2 - \$51.99 per head

### Entree

Two entrees of your choice

### Mains

Okra  
Eggplant  
African Curry  
Egusi Stew  
•Lamb Tangine

### Sides

Any side of your choice



## AFRICAN FEELING RESTAURANT SEAFOOD MENU

### **Komnimdi (Ghana)**

Succulent prawns in delicious tomato and onion sauce

**\$24.95**

### **Dalak Prawns (Kenya)**

Pan-fried prawns seasoned in coconut cream

**\$24.95**

### **Zaham (Ghana)**

Whole fish grilled (Tilapia) marinated in African spices and topped with our homemade sauce.  
Served with salad.

**\$30.00**

### **Coconut Fish (Kenya)**

A fish fillet, cooked in coconut cream with African seasoning.

**\$24.95**

*All meals are Gluten free*



## AFRICAN FEELING RESTAURANT

### SIDES

#### Fufu

This staple food is found all over Sub Saharan Africa and is known by a variety of different names. Fufu is ground cereal, steamed and mashed, served in a ball and usually eaten by hand.

\$7.95 each

#### Chapatti

African flat bread, a great substitute to rice, handy for stews.

\$3.95 each

#### Shinkafabihi (Couscous)

Shinkafabihi originated in North Africa and has since migrated southwards – you may know this dish as couscous! Grainier and tastier than rice, even on its own.

\$5.50 per head

#### Jollof Rice

This staple food is found all over Sub Saharan Africa. This is an African style fried rice cooked in tomato sauce

\$7.95 per head

#### Coconut Rice

White rice flavoured with coconut milk

\$7.95 per head

#### Njara bread

An Ethiopian favourite bread that is perfect for stews.

\$5.95

#### Dips

Black Chilli Sauce (Shito)

\$3.00 each



## AFRICAN FEELING RESTAURANT VEGETARIAN MAIN

### Ladies Fingers

Succulent okra in a rich vegetarian sauce.  
(Uganda)

**\$19.95**

### Pumpkin Stew

Pumpkin cooked in onions, garlic, ginger and tomatoes.  
(Ghana)

**\$19.95**

### Egwein

Exotic sauce of black eyed beans cooked with palm oil, tomatoes and seasonal vegetables.  
(Nigeria)

**\$19.95**

### Spinach Groundnut Stew

Leafy spinach deliciously cooked in ground peanut stew.  
(Sierra Leone)

**\$19.95**

### Eggplant Stew

Eggplant cooked in a scrumptious sauce with vegetables.  
(Ghana)

**\$19.95**

*All meals are Vegan and Gluten free*



## AFRICAN FEELING RESTAURANT MEAT & POULTRY

### Traditional African Stew

Rustic tomato and onion sauce cooked with traditional African spices and vegetables: served with either chicken or beef. *(Ethiopia)*

**\$20.95**

### Kukuna Nazi

Chicken breast seasoned in herbs and Kenyan spices, cooked in coconut cream.  
*(Kenya)*

**\$20.95**

### Lamb Tangine

A taste of the Mediterranean, diced Lamb cooked in oriental spices with raisin sauce.  
*(Morocco)*

**\$20.95**

### Bua

Tender goat meat slow cooked in a delectable spinach sauce.  
*(Ghana)*

**\$23.95**

### Egusi Stew

This favourite from western Africa contains diced beef cooked in spinach and ground egusi (melon seeds) *(Nigeria)*

**\$20.95**

### Ndebele

Spiced lamb marinated overnight and cooked with okra.  
*(Zimbabwe)*

**\$20.95**

### Ayamase - Ofada Stew

Tender Goat meat in African seasoned cooked with capsicum, ginger and onions.  
(Optional with boiled eggs) *(Nigeria)*

**\$24.00**