



Special Menu - December 2012
INTERNATIONAL VEGETARIAN CUISINE

Wednesday thru Saturday: 11 am – 2 pm

Friday: 4 pm – 6 pm

[Closed Sunday thru Tuesday]

DAY	WED	THUR	FRI	SAT
CATERER	<i>Nezaa Bandele</i> African Soul	<i>Chichita Young</i> Motif Naturals	<i>Raziya Curtis</i> Raziya's Rolling Pantry	<i>Tirtha</i> Hare` Krishna Temple
CUISINE	Island & African Cuisine	Macrobiotic & Asian Cuisine	Soulful Living Foods Cuisine	East Indian Cuisine
MENU	<ul style="list-style-type: none"> ▪ Groundnut Stew ▪ Rice Pilaf <p>SANKOFA HOUSE 658 Golden Gate St. Detroit, MI 48203 313-366-5250 1-800-366-5250 www.sankofahouse.net</p>	<ul style="list-style-type: none"> ▪ Millet Burger ▪ Black Beans ▪ Arame (Sea Vegetables) ▪ Miso Soup 	<ul style="list-style-type: none"> ▪ Mock Turkey (Made with Almonds and celery) ▪ Beet Relish ▪ Marinated Collard Greens ▪ Green Beans with Dill ▪ Sweet Potato Pone (Pudding) ▪ Tossed Salad 	<ul style="list-style-type: none"> ▪ Vegetable Samosa (Potato, chick peas, cilantro, ginger, chili, coriander, battered and fried wheat flour) ▪ Vegetable Pakoora (Cabbage, chick pea flour, seasonings battered and fried in chick pea flour) ▪ Indian Vegetable Rice (Basmati Rice, with carrot, green pea, green beans, turmeric) ▪ Papadum (Urad Bean, salt, black pepper, fired chip) ▪ Dahl Soup (Mung bean, tomato, green chili, ginger, cilantro, cumin seeds, tumeric, salt,)

Delicious, Satisfying, Healing Gourmet Vegetarian Cuisine at it's finest!