

BEST
FOOD
in the city

(770) 795-0707

AFRICAN Soulfood RESTAURANT

ORDER
ONLINE
theafricansoulfood.com



Appetizers

Samosa (vegetarian or beef) - 3 🌶️
one deep fried pastry with spiced onions & peas (vegetarian) or sautéed beef

Suya - 16 🌶️
succulent grilled, smoked beef marinated in West African spices with tangy onion sauce

Kenyan Sausage - 3
one fried sausage in special seasoning

Bhajia - 10
deep fried thin potato slices seasoned and battered in house spices

Mandazi (African donut) - 10
six deep-fried pastries

Soups

(served with a choice of one side)
cup - 12 | bowl - 22



Goat Pepper Soup 🌶️🌶️
flavorful broth infused with African herbs, spices, vegetables & tender goat cutlets

Egusi 🌶️
creamy white ground melon seeds simmered in a richly seasoned stock & *assorted meats

Mafé (peanut stew)
comforting and robust lamb stew made with peanut sauce, tomatoes, peppers & aromatic spices

Lamb Stew 🌶️
comforting and hearty stew made with tomatoes, peppers & aromatic spices

Cassava Leaf Stew 🌶️
delectable fusion of cassava leaves with *assorted meats

Soupou kanja (okra stew)
a delightful stew made with fresh okra and *assorted meats

Efo Riro (stewed Nigerian spinach) 🌶️
fresh spinach, rich pepper sauce, seasoned with ground iru woro, ground crayfish, spices & *assorted meats

*assorted meats - shrimp, smoked tilapia, beef, lamb, chicken, tripe

Mains

Grilled Tilapia - (medium) 25 (large) 30 🌶️
a delightful whole tilapia grilled or fried to perfection (with a choice of two sides)

Suya Dinner - 22 🌶️
succulent grilled, smoked beef marinated in West African spices with tangy onion sauce (with a choice of one side)

Dibi (grilled Lamb) - 25 🌶️
tender grilled lamb accompanied by a tangy onion sauce (with a choice of one side)

Mbuzi Wet Fry (fried goat meat) - 23
succulent marinated and roasted goat meat with sautéed onions and pepper sauce (with a choice of one side)

Beef Stew - 20
hearty beef slowly cooked to perfection (with a choice of one side)

Red Spicy Stew - 14 🌶️
add chicken +4 | add assorted meats +5
a thick and hearty stew made with fresh tomatoes, habanero peppers, red bell peppers and African spices (with a choice of one side)

Chicken Curry Stew - 19
savory bone-in chicken served in a delightful coconut cream and curry spice sauce (with a choice of one side)

Thiebou Yapp 🌶️
(Chebu Yap "The Rice of Meat")
chicken - 17 | lamb - 18
a delicious Senegalese stew with rice, tender meat and flavorful vegetables

Senegalese Yassa - 18 🌶️
smoky grilled chicken accompanied by sweet caramelized onions, tangy lime and spicy scotch bonnet sauce served over rice



Vegetarian

Ndengu (lentil soup) - 13
lentils prepared in coconut milk & seasonings (with a choice of one side) add beef +4

Maharagwe (bean soup) - 13
Red beans prepared in coconut milk & seasonings (with a choice of one side) add beef +4

Githeri (corn & bean succotash) - 12
Kenyan dish slow-cooked to perfection (with a choice of one side) add beef +4

Sides



Pilau (East African spiced rice) - 5

Cheb (Senegalese spiced rice) - 5

Jollof (red spicy rice) - 6 🌶️

Fufu (pounded yam) - 5

Garri (pounded cassava) - 5

Ugali (mashed white corn flour) - 4

Chapati (flat bread - 1 pc) - 2.50

Fried Plantains (sweet bananas) - 5

Mukimo (mashed potatoes, peas & corn) - 5

Sukuma (sautéed collard greens & spinach) - 5

Cabbage (sautéed with carrots) - 4

House Salad - 5

Kachumbari (fresh tomato & onion salad) - 3

Wali (white rice) - 5

Acheke (fermented cassava couscous) - 5

French Fries - 5

Drinks

Mango Lassi - 6

Sodas - 2

Bottled Water - 1.50

Juices - 3.50

Vita Malt - 3

Homemade Ginger Drink - 5

Homemade Hibiscus Tea - 5

Ginger Beer - 3

Coffee - 2.50

Chai Masala (spiced hot tea) - 2.50

Coconut Juice - 3

A service gratuity of 18% will be automatically added to dine-in orders

(770) 795-0707
585 Franklin Gateway, Marietta, GA 30067

Spice level indicator - 🌶️

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