



CATE RING

BY GHANA FOOD MOVEMENT



ABOUT US

GFM is a network of food actors. We believe that Ghana's food is of great cultural and social value, has (socio) economic potential and keeps Ghanaians healthier.

We contribute our quota by celebrating, preserving and redefining Ghanaian food culture and cuisine, we encourage local production, local value addition, local employment and entrepreneurship, healthier consumption and healthy ecosystems.

All products used in this menu are 100% local so by choosing this you are also a mover and shaker of Ghana's food system.

CURATED BUFFET LUNCH

Gye Nyame Buffet

Starter

Red bean & wagashi salad

Main

Mushroom suya kebab, kontomire abom, garden egg curry, beans in tomatoes stew

Sides: Local rice, plantain tostones

Dessert

Seasonal fruits



CURATED BUFFET LUNCH

Horizon Buffet

Starters

Garden salad with tamarind dressing, yam balls

Main

Palaver sauce, tomato ginger sauce and vegan shito, mushroom suya kebab

Sides: Fonio prekese jollof, local rice

Dessert

Seasonal fruits, locally inspired cake



CURATED BUFFET LUNCH

Ankasa Buffet

Starters

Red bean + wagashi salad, wasawasa balls & yagi mayo

Main

Tomato chicken stew, mackerel ginger tomato sauce
kontomire abom

Sides: local rice, plantain tostones

Dessert

Seasonal fruits, locally inspired cake



The images shown are for illustration purposes only and may not be an exact representation of the product.

WHAT YOU WILL GET

Buffet Packages Include

These packages have a minimum quantity order of 30 pax

- Curated menu selection
- We provide buffet set up and tools
- Supervisor and Server
- 1 hour service
- Dietary requirements are accommodated

Buffet Packages Do Not Include

- Table for set up
- Glassware (can be arranged upon request)
- Plates and cutlery (can be arranged upon request)
- Beverages: hot, cold, or local drinks and juice (can be included upon request)

Note: Prices for menu will increase if the client wants to order below the required minimum.



Contact Information

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