



CATERING

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 add, 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.

LUNCHPACKS

Coconut Rice Bowl

Coconut rice with tomato mushroom stew loaded with coconut, scallion lime salsa in green pepper.



Fish option: Cassava fish



Fonio Bowl

Bambara bean, fonio, tomato ginger sauce, avocado, egg, fried plantain bowl.

Meat option: Chicken wings in suya honey tamarind glaze

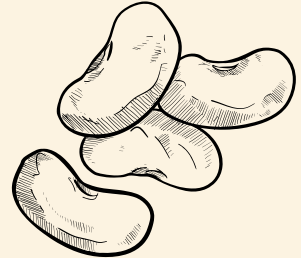


LUNCHPACKS

Rice Palaver

Palaver sauce with rice and beans, egg and cabbage pickle.

Meat option: Dawadawa beef stew



Fonio Stir Fry

Garden egg fonio stir fry loaded with shito and tomato ginger sauce.

Fish option: Flaked mackerel



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

WHAT YOU WILL GET

Lunch Packages Include

This package has a minimum quantity order of 30 packs

- Dietary requirements are accommodated
- We provide packs, cutlery and napkins in paper and wood
- The Meat and Fish options can replace the vegan protein option and affect the price by 10 Cedis

Lunch Packages Do Not Include

- Beverages : Fruit juice, local drinks and alcoholic drinks can be arranged upon client's request
- Wait staff depends on the number of guests and is not included in the package
- Ice chests
- Delivery charges



Contact Information

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