



# DINNER MENU

# CANAPÉS/ STARTERS.

## YAM BALLS\* (V)

lightly seasoned and coated with breadcrumbs  
Vegan option available

## MEATBALL MARINARA

Meatballs covered in a spicy tomato sauce served on cocktail sticks

## SAMOSAS

Meat or vegetable options available

## BEEF SUYA KEBAB\*

Marinated meat on skewers accompanied with peppers and onions

## PEPPERED GIZZARD KEBAB

Chicken gizzard marinated in a green pepper sauce on skewers

## SPRING ROLLS (V)

Vegetable option only

## SHRIMP TEMPURA\*

seafood dipped in batter and fried

## SWEET AND SPICY CHICKEN WINGS

Fried chicken tossed in a mango and habanero sauce

## CHUNKY WEDGES (V)

twice cooked potato wedges



\* = £1 extra per person

\*\* = £2 extra per person

# ENTREES/ MAINS.

## MEAT STEW\*

Goat and beef pieces braised in a tomato sauce

VEGETABLE STEW (V) (VE)  
root vegetables braised in a tomato sauce

## LAMB CHOPS\*\*

cuts of lamb marinated in a cooking pot spice blend

## FRIED FISH

Option of tilapia or red bream garnished with sautéed peppers and onions

## OVEN-BAKED CHICKEN

24 hours marinated chicken, seasoned to perfection

## FRIED CHICKEN

a cooking pot special recipe

## BAKED SALMON\*\*

whole

## STIR-FRY PRAWN & VEGETABLES\*\*

Pan-fried vegetables and prawns in an oyster sauce

## SWEET AND STICKY RIBS

24hr marinated ribs - pork or lamb\*\* option available

## SPINACH STEW (V) (VE)

A traditional Ghanaian dish

## RED RED (V) (VE)

stewed black eyed-beans

## SUYA GUINEA FOUL\*\*\*

grilled



\* = £1 extra per person

\*\* = £2 extra per person

\*\*\* = £3 extra per person

# ACCOMPANIMENTS.

## JOLLOF RICE (V)

a popular west african rice dish, vegan option available

## FRIED RICE

with chicken or chicken and prawn\*  
vegetarian option available

## YELLOW RICE (V)

Mixed vegetable rice

## BASMATI RICE (V)

plain white rice

## COCONUT RICE (V)

basmati rice accompanied with aromatic spices

## FRIED PLANTAIN (V)

option of kelewele available

## YAM GARLIC MASH (V)

delicately seasoned

## GIZDODO

mix of plantain and gizzard tossed in a tomato sauce

## WAAKYE (V)

Ghanaian rice and black-eyed beans

## ROASTED BABY POTATOES (V)

with steamed jasmine rice and vegetable oil emulsion  
roasted with garlic butter and herbs

## MAC & CHEESE (V)

Three cheese macaroni

## FRIED POTATOES (V)

deep fried, crispy

## CHEF'S SPECIAL NOODLES

with chicken or chicken and prawn  
vegetarian option available

*Cooking Pot*

\* = £1 extra per person

\*\* = £2 extra per person

# CARIBBEAN MENU.

partnering with Michael 5 Star Caterers

## ACKEE & SALTFISH

harmonised blend of tender ackee fruit and flaked salted cod

## ESCOVITCH FISH

Option of tilapia or red bream topped with a colourful medley of pickled vegetables and a tangy escovitch sauce

## BROWN STEW FISH

fish pieces slow cooked in an aromatic sauce

## BROWN STEW CHICKEN

succulent chicken pieces slow cooked in an aromatic sauce

## SEABASS\*

delicate, seasoned and prepared to perfection

## OXTAIL\*\*

falling off the bone in savoury sauce

## JERK CHICKEN

marinated chicken, grilled in the drum to perfection

## JERK PORK

marinated pork, grilled in the drum to perfection

## CURRY GOAT\*

tender goat meat slow cooked in a blend of Jamaican spices

## CURRY CHICKEN

tender chicken piece slow cooked in a blend of Jamaican spices

*Cooking The Pot*

\* = £1 extra per person

\*\* = £2 extra per person

# NIGERIAN MENU.

## JOLLOF RICE (V)

a popular west african rice dish, vegan option available

## FRIED RICE

with chicken; vegetarian option available

## OFADA RICE

A local Nigerian rice that is unpolished and has a distinct, nutty flavor

## ASARO (YAM PORRIDGE)

Yam chunks in a tomato and pepper-based sauce; includes palm oil and spices, creating a thick, flavorful mix

## IYAN (POUNDED YAM)

a starchy dough made from yam , pounded until smooth and elastic

## MOI MOI

steamed bean pudding made from blended black-eyed peas, peppers, onions, and spices. It's often served as a side dish.

## EBA

Made from garri (cassava flour)

## FUFU

a starchy dough made from fermented cassava, pounded until smooth and elastic

## PUFF PUFF

deep-fried dough ball. Sweet and fluffy



\*= £1 extra per person

\*\*= £2 extra per person

# NIGERIAN MENU.

## RED STEW\*

A tomato-based stew that can include various proteins such as chicken, beef, or fish. It's typically seasoned with spices, onions, and peppers, giving it a rich and savory flavor.

## AYAMASE\*

Also known as Ofada stew or designer stew, it's a green bell pepper-based sauce with assorted meats.

## ASUN\*

Spicy smoked goat meat, often served as a snack or appetizer. The goat meat is marinated, smoked, and then sautéed with spicy pepper sauce.

## SPICY STEWED MEAT (BEEF)\*

Beef stewed in a spicy tomato and pepper-based sauce until tender. The meat is often marinated and cooked to absorb the flavors deeply

## SPICY STEWED HARD CHICKEN

Chicken stewed in a spicy tomato and pepper-based sauce until tender. The meat is often marinated and cooked to absorb the flavors deeply

## PEPPER SOUP (FISH, ASSORTED MEAT, GOAT)\*

A spicy and aromatic broth made with a variety of meats or fish  
Made from garri (cassava flour)

## NIGERIAN BEANS

Usually refers to a dish made with black-eyed peas or honey beans, cooked with palm oil, onions, and sometimes tomatoes

## EFO RIRO

A rich, spinach-based stew cooked with tomatoes, bell peppers, onions  
meat or fish option available



\*= £1 extra per person

\*\*= £2 extra per person



# NIGERIAN MENU.

## EGUSI SOUP

cooked with leafy greens, assorted meats, and often seasoned with crayfish and local spices

## OKRA

A mucilaginous soup made from finely chopped okra

*Cooking Pot*

\* = £1 extra per person

\*\* = £2 extra per person





# SALADS.

AFRICAN SALAD

POTATO SALAD

PASTA SALAD

MIXED LEAF SALAD

COLESLAW

with steamed jasmine rice, red Thai curry glaze & coriander emulsion

*Cooking Pot*

\* = £1 extra per person

\*\* = £2 extra per person

# DESSERTS.

partnering with Purpose Bakery

## MINI CRUMBLING APPLES

Sweet pastry shell, mixed spice apples, oat crumble\*

## CHOCAV\*\*

Dark Belgian chocolate and avocado mousse, milo soil crumbs

## PROSECCO TALE

Seasonal berries, strawberry champagne jelly

## SALTED BRÛ\*

Baked salted caramel custard, caramelised sugar, berries, sable biscuit

## CITRUS CREAM\*

Vanilla and orange panna cotta, coconut granola, orange segments

## TOFFEE PUD

Warm moist black treacle and date sponge, sticky toffee sauce  
Served with cream

## LITTLE LEMON

Citrus pie crust, lemon curd, golden meringue, fresh raspberries (seasonal), served  
with raspberry coolie

## EXOTIC FRUIT TRIO\*\*

Mini passion fruit, mango and coconut cheesecakes

## NO-BAKE CAKE

Shortbread crumb, vanilla cheesecake, cherry compote

## TART\*

Chocolate feuilletine base, Belgian dark chocolate ganache, caramel

## DONUT BAR

bespoke pricing - available directly from Purpose Bakery  
(priced separately)



\* = £1.50 extra per person

\*\* = £2.50 extra per person

# EVENING MENU.

## CHICKEN WINGS

option of fried, grilled or mango and habanero

## BEEF SUYA KEBAB\*

Marinated meat on skewers accompanied with peppers and onions

## BEEF BURGER SLIDERS

accompanied with lettuce and our CP mayo

## FRIED RED BREAM FILLET WITH SAUTÉED PEPPERS\*

contains wheat, fish

## FRIED WHOLE SHRIMPS

lightly seasoned with salt and pepper

## SHRIMP TEMPURA\*\*

seafood dipped in batter and fried

## FRIES (V)

option of suya fries available

## FRIED PLANTAIN (V)

option of kelewele available

## YAM BALLS\* (V)

lightly seasoned and coated with breadcrumbs

## SPRING ROLLS (V)

Vegetable option only

## FRIED YAM (V)

served with red pepper

The logo for 'Cooking Pot' is written in a stylized, cursive script. The word 'Cooking' is on the top line and 'Pot' is on the bottom line, with the 'P' in 'Pot' being significantly larger and more decorative, featuring a loop that extends upwards.

\*= £1 extra per person

\*\*= £2 extra per person

feel free to request options that are not listed here

# OUR SERVICE.



## BUFFET

GUEST QUEUE TO SELECT FROM A RANGE OF OPTIONS

## DROP OFF

FOOD IS DISHED INTO SERVING BOWLS AND PLACED ON TABLES FOR SHARING.



## WAVE SERVICE

WAITERS MOVE AROUND THE ROOM TO SERVE GUEST WITH PLATED FOOD. PERFECT FOR A SET MENU

# MAIN PACKAGES.

## BUFFET

STARTING FROM\*

**£24 PER PERSON**

- 2 STARTERS/CANAPES
- 2 ENTREES/MAINS
- 3 ACCOMPANIMENTS
- 1 SALAD
- 1 DESSERT

STARTING FROM\*

**£27 PER PERSON**

- 3 STARTERS/CANAPES
- 3 ENTREES/MAINS
- 3 ACCOMPANIMENTS
- 1 SALAD
- 1 DESSERT

STARTING FROM\*

**£30 PER PERSON**

- 3 STARTERS/CANAPES
- 4 ENTREES/MAINS
- 4 ACCOMPANIMENTS
- 1 SALAD
- 1 DESSERT

## DROP OFF

STARTING FROM\*

**£26 PER PERSON**

- 2 STARTERS/CANAPES
- 3 ENTREES/MAINS
- 3 ACCOMPANIMENTS
- 1 SALAD
- 1 DESSERT

STARTING FROM\*

**£29 PER PERSON**

- 3 STARTERS/CANAPES
- 3 ENTREES/MAINS
- 4 ACCOMPANIMENTS
- 1 SALAD
- 1 DESSERT

STARTING FROM\*

**£32 PER PERSON**

- 3 STARTERS/CANAPES
- 4 ENTREES/MAINS
- 4 ACCOMPANIMENTS (INCLUDING SALADS)
- 1 DESSERT

**Wave (Plated) Service**  
bespoke pricing

# TERMS AND CONDITIONS.

- COMPLIMENTARY SHITO IS PROVIDED WITH ALL MENUS
- CROCKERY AND DRINKS ARE NOT PROVIDED.
- THERE IS A SURCHARGE FOR VENUES OUTSIDE OF LONDON (OUTSIDE M25)
- WAITING SERVICE CAN BE PROVIDED AT £13 PER PERSON, PER HOUR

FOR FOOD TASTINGS, PLEASE SELECT 3 DISHES FROM THE ABOVE &  
**EMAIL [INFO@THECOOKINGPOT-UK.COM](mailto:INFO@THECOOKINGPOT-UK.COM).**

PLEASE NOTE THAT FOOD TASTINGS COST **£50 FOR TWO PEOPLE**

## **ADDITIONAL PRODUCTS & SERVICES**

CANAPES MENU (ON ITS OWN) - 3/4/5/6 DISHES  
£14/£17/£20/£23 per person

EVENING MENU - 3 DISHES  
£12 per person

MENU CARDS  
£0.60p per card (gloss, a5)

DONUT WALL  
bespoke pricing

CHIN CHIN  
£5 per table

\*PRICES WILL INCREASE IF  
STARRED DISHES ARE SELECTED