Grarifuna Flavours

Main course

Falumou
Coconut milk broth with okra and cilantro served with fried fish (and Pigtail optional)

Hudut - Fulumou
Pounded plantain served in Fulumou

Darasa - Fulumou
Grated and seasoned green bananas boiled in banana leaves served in Fulumou

Alabundiga - Falumou
Green banana dumplings served in Fulumou
Appetizers
- Green banana fritters served with salsa
- Cassava bread with cheese dip
- Cassava chip nachos
- Sahou

Dessert
- Coconut ice cream
- Bemecacule
  (sweet rice cooked in coconut milk spiced with ginger)
- server with black beans
- Cassava pudding
- Sweet potato pound (pudding)

Drinks
- Hiyu (sweet potato and cassava juice)
- Watermelon
- Lime
- Orange