



SAROKI CATERING announces a fantastic fusion of French and African cuisine made with fresh herbs, healthy vegetables, lean meat, and tender poultry. We specialize in healthy food that we cook in olive oil. The fresh grown herbs that we cook with induce low blood pressure, contain anti-oxidants, and can lower your cholesterol.

To order:
Call 404-285-4920
E-mail saroki@hotmail.com
Christiane Reaux Grant



Enjoy delectable bursts of refreshing flavors blended into savory homemade sauces, which we make with fresh ginger, cilantro, lemon grass, and garlic, just to name a few, that are delicious and wholesome by themselves, but spread them over sautéed fish, steamed vegetables, or meat and rice, and your taste buds will dance in your mouth.

Health Tidbits:

Web MD and Prevention Magazine say that the fatty acid **MUFA** is a good fat that helps you to lose fat around your middle.

Olive oil, dry roasted peanuts, chunky natural peanut butter, avocados, and black and green olives are packed with **MUFA**, and eating one serving of any of these foods at every meal helps to reduce the accumulation of belly fat.

SAROKI CATERING
Christiane Reaux Grant
404-285-4920
saroki@hotmail.com

Saroki Catering

Menu



Savory & Tasty cuisine that is a healthy and unique fusion of French and African culinary expertise

Eat all you want. Enjoy your favorite foods. No DIETS! How? It's all in the ingredients.

Phone: 404-285-4920
Fax: 678-324-7601
E-mail: saroki@hotmail.com

Appetizers

Egg rolls

(1 bag)
Vermicelli, Green Onion,
Onion, Garlic, Carrots, and
Mushrooms \$2.00
Choice of Chicken or
Shrimp and Crab \$3.50

Fish Patty \$10.00

Fresh Tilapia (1 bag w/ 20)

Tai Salad \$10.00

Fresh made salad with Lettuce,
Tomato, Carrots, Onion,
Cucumber, Garlic, Green
Onion, Lemon Grass, Ginger,
Cilantro, and Lime Juice,
(medium hot dish)

Health Tidbits:

Lemon grass has a calming effect that relieves insomnia and stress, is a diuretic, and helps to lower blood pressure.

Ginger calms upset stomachs, helps with digestion, and reduces circulatory problems. It helps colds and allergies too.

Modern science shows that **Garlic** is a powerful natural antibiotic and has antioxidant effects.

Cilantro helps to control blood sugar and cholesterol.

Entrées

Barbeque Chicken \$10.00

(1 bag)
Vietnamese's Star

Barbeque Chicken Sauté \$10.00

Chicken Stew \$10.00

Chicken and Leek

Curry Sauce with Rice \$15.00

Coconut Milk, Carrots, Onion, Garlic, Green
Onion, Lemon Grass, Ginger, and Cilantro
Choice of Chicken, Shrimp, or Fish

Fried Fish and Plantains \$15.00

Tilapia or Catfish

Fried Rice \$6.00

Choice of Chicken, Shrimp, and Vegetables

Paella \$15.00

Shellfish, Chicken, and Yellow Rice

Peanut Butter Sauce \$15.00

Carrots, Cabbage, Yucca, and Sweet Potato
Choice of Lamb or Chicken

She Kabob \$15.00

Lamb, Onion, Tomato, and Green Onion

Spinach Sauce \$15.00

Spinach, Peanut, Fish, and Crab
Choice of Fish only

Health Tidbits:

Yucca helps inflammation.

Leek is a good source of dietary fiber.

Sweet Potatoes are a great source of protein and fiber.

Deserts

Beignets with Coconut \$5.00

Also a perfect snack
or appetizer

Chocolate Cake \$5.00

Coconut & Caramel Balls \$5.00

(1 bag)
Also available with nuts

Crème Brulee \$5.00

Fruit Salad \$5.00

Fresh fruit with a special sweet
and tangy sauce

Juices

*These stimulating African juices
aid digestion*

Bisap Juice \$3.00

Ginger & Pineapple Juice \$3.00

Limenaïd Juice \$3.00

Lime is a great antioxidant.

Tamarind Juice \$3.00

Tamarind also helps to reduce
fevers and protect against colds.