

Demba's Dimanche Dish

Sunday 28th June



A Sunday Tradition

In Senegal, Dimanche (Sunday) is the day the community slows down to share a meal and stories. This June, Demba is bringing this tradition to Gairloch, sharing a signature recipe from his home village. We invite you to join the "Nio Far" spirit—the Senegalese idea that "We Are One"—and experience a taste of West African hospitality.

The Dish: Maafe

This June, we are proud to feature a true Senegalese soul-food classic: Maafe. This comforting, deeply savoury stew features tender meat slow-cooked in a rich, velvety peanut and tomato base, layered with aromatic spices, garlic, and onions. Simmered until perfectly thick and hearty, it is served over a bed of fluffy rice alongside a medley of tender garden vegetables. It is a warm, vibrant dish that captures the true essence of hospitality in Thiaroye-sur-Mer

Food with a Purpose

By joining us on Sunday 28th June, you are directly contributing to the **Nio Far** project. A portion of every dish sold will be donated to support the school in **Thiaroye-sur-Mer** and help Demba realize his dream of building a **Sanctuary for the Talibé**. Your meal today helps build a brighter future for the children of his home village.

We would recommend pre-booking to avoid disappointment.

Book online at theoldinn.net, call us on 01445 712006, or simply drop by and reserve a table.

Proudly supported by the kitchen team at The Old Inn.