

Demba's Dimanche Dish

Sunday 26th July



A Sunday Tradition

In Senegal, Dimanche (Sunday) is the day the community slows down to share a meal and stories. This July, 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: Chicken Yassa

This month, we are proud to feature a vibrant West African classic: Chicken Yassa. This comforting dish features tender, bone-in chicken marinated in a tangy citrus-mustard blend, slowly braised with plenty of caramelised onions, garlic, green olives, and cornichons. Brightened with green, yellow, and red peppers to beautifully honour the colours of the Senegalese flag, it creates a perfect balance of sweet, sour, and savoury flavours. It is a warm, celebratory dish that captures the true essence of hospitality in Thiaroye-sur-Mer.

Food with a Purpose

By joining us on Sunday 26th July, 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 realise 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.