

Demba's Dimanche Dish

Sunday 27th September



A Sunday Tradition

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

This September, we are proud to feature a celebrated Senegalese favourite: Firire. This delicious coastal classic features fresh whole fish—seasoned in a punchy marinade of garlic, mustard, citrus, and a hint of chilli—fried to crisp, golden perfection. Served alongside a sharp, savoury onion sauce, sweet fried plantains, and a refreshing salad of sliced cucumbers, tomatoes, and crisp lettuce, it delivers a stunning balance of rich flavours and textures. It is a vibrant, joyous dish that captures the true essence of coastal hospitality in Thiaroye-sur-Mer.

Food with a Purpose

By joining us on Sunday 27th September, 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.

Pre-booking is essential 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.