

FEEDGOOD FOODS LLC

CATERING MENU



MENU

PARTY PANS • 2.88 L BOWLS • SPECIALTIES

Nigerian & African-Inspired Catering

Caribbean favorites & Southern comfort food

Atlanta • Loganville • Surrounding Areas

WEDDINGS | CORPORATE EVENTS | PRIVATE CELEBRATIONS

Party trays • Individual meals • Takeout

Frozen food shipping available for select items

CALL / WHATSAPP

678-462-7496

GOOD LIFE Goes With GOOD FOOD

678-462-7496 | @feedgoodfoodsllc

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FEEDGOOD FOODS LLC

RICE, PASTA & NIGERIAN SOUPS

RICE, PASTA & MAINS

	FULL PAN	HALF PAN	2.88 L BOWL
Jollof Rice	\$120	\$60	\$35
Vegetable Fried Rice	\$120	\$65	\$40
Shrimp Fried Rice	\$140	\$75	\$45
Coconut Rice	\$220	\$120	\$65
White Rice	\$70	\$40	\$20
Singapore Noodles	\$240	\$125	\$100
Native Rice	\$240	\$125	\$100
Asun Rice	\$240	\$125	\$100
Spaghetti Jollof	\$180	\$100	\$50
Rice & Beans	\$150	\$80	\$60
Yam Porridge (Asaro)	\$230	\$120	\$85
Beans Porridge	\$240	\$125	\$100
Ewa Agoyin with Sauce	\$240	\$125	\$100

NIGERIAN SOUPS

	FULL PAN	HALF PAN	2.88 L BOWL
Efo Riro	\$320	\$160	\$100
Assorted Okro Soup	\$300	\$150	\$100
Seafood Okro Soup	\$340	\$170	\$120
Green Ayamase	\$320	\$160	\$100
Red Ayamase	\$340	\$170	\$110
Afang Soup	\$340	\$170	\$110

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SOUPS, STEWS & PEPPER SOUPS

NIGERIAN SOUPS / CONTINUED

	FULL PAN	HALF PAN	2.88 L BOWL
Edikang Ikong	\$340	\$170	\$110
White Soup (Nsala)	\$320	\$160	\$110
Banga Soup	\$320	\$160	\$110
Ogbono Soup	\$320	\$160	\$110
Egusi Soup	\$320	\$160	\$110
Fisherman Soup	\$360	\$180	\$125
Black Soup	\$320	\$160	\$120
Bitterleaf Soup	\$320	\$160	\$110
Oha Soup	\$320	\$160	\$110
Egusi Ijebu	\$300	\$150	\$100
Vegetable Soup	\$320	\$160	\$100

STEWES & SAUCES

	FULL PAN	HALF PAN	2.88 L BOWL
Goat Meat Stew	\$350	\$180	\$120
Beef Stew	\$320	\$160	\$110
Assorted Beef Stew	\$320	\$160	\$110
Chicken Stew (Hen)	\$280	\$140	\$95
Turkey Stew	\$300	\$150	\$100
Croaker / Tilapia / Mackerel Fish Stew	\$280	\$140	\$95
Catfish / Pompano Fish Stew	\$280	\$140	\$95
Buka Stew	\$320	\$160	\$110

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PROTEINS & PEPPER SOUPS

PEPPERED & ROASTED PROTEINS

	FULL PAN	HALF PAN	QUARTER PAN
Peppered Chicken (Hen)	\$250	\$125	\$65
Peppered Soft Chicken	\$240	\$120	\$75
Peppered Drumsticks	\$160	\$80	\$45
Oven-Baked Chicken	\$280	\$140	\$70
Peppered Turkey	\$260	\$130	\$65
Peppered Whiting Fish	\$250	\$125	\$65
Peppered Croaker Fish	\$300	\$150	\$75
Peppered Tilapia Fish	\$280	\$140	\$70
Peppered Beef	\$400	\$200	\$110
Peppered Goat Meat	\$450	\$225	\$120
Peppered Assorted Beef	\$400	\$200	\$110
Peppered Snails	\$500	\$250	\$140
Peppered Gizzards	\$250	\$125	\$65
Peppered Ponmo	\$400	\$200	\$120

PEPPER SOUPS

	FULL PAN	HALF PAN	2.88 L BOWL
Goat Meat Pepper Soup	\$320	\$160	\$110
Assorted Meat Pepper Soup	\$320	\$160	\$110
Turkey Pepper Soup	\$300	\$150	\$100
Chicken Pepper Soup	\$280	\$140	\$80
Fresh Fish Pepper Soup	\$280	\$140	\$100
Catfish Pepper Soup	\$280	\$140	\$100

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CARIBBEAN, SOUTHERN COMFORT & SIDES

CARIBBEAN & SOUTHERN COMFORT

	FULL PAN	HALF PAN	2.88 L BOWL
Jamaican Oxtail Stew	\$450	\$230	\$150
Jerk Chicken	\$240	\$125	\$70
Caribbean Curry Goat	\$350	\$180	\$120
Rice & Peas	\$100	\$60	\$40
Baked Mac & Cheese	\$180	\$90	-
Southern Fried Chicken	\$200	\$100	-
Cajun Shrimp Pasta	\$250	\$130	\$90
Southern Collard Greens	\$160	\$85	-

SIDES BY PAN

	FULL PAN	HALF PAN	QUARTER PAN
Fried Plantain (Dodo)	\$120	\$60	\$35
Coleslaw	\$120	\$65	-
Garden Salad	\$140	\$75	-

SPECIALTY SAUCES

	FULL PAN	HALF PAN	2.88 L BOWL
Ewa Agoyin Sauce Only	\$180	\$95	\$60
Egg Sauce Only	\$160	\$85	\$55

SPECIALTY FISH

	PER UNIT
Garlic Butter Salmon (per fillet/piece)	\$15
Grilled Red Snapper (per whole fish)	\$30

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SMALL CHOPS, WINGS & SKEWERS

SMALL CHOPS & FINGER FOODS

	EACH	12 PCS	25 PCS	50 PCS	100 PCS
Samosa	\$2.10	\$25	\$50	\$100	\$200
Spring Rolls	\$1.75	\$20	\$40	\$80	\$150
Mini Meat Pies	\$2.50	\$30	\$60	\$120	\$230
Coconut Shrimp	\$1.50	\$18	\$35	\$70	\$140
Tempura Shrimp	\$1.75	\$20	\$40	\$80	\$160
Turkey Pies	\$3	\$35	\$70	\$140	\$290
Fish Rolls	\$2.50	\$30	\$60	\$120	\$230
Scotch Eggs	\$4	\$48	\$95	\$190	\$390
Jamaican Beef Patties	\$3	\$35	\$70	\$140	\$270

CHICKEN WINGS

	25 PCS	50 PCS	100 PCS
Peppered Chicken Wings	\$50	\$95	\$185
Lemon Pepper Wings	\$45	\$85	\$165
Honey BBQ Wings	\$45	\$85	\$165

Minimum 25 per flavor. One piece = one flat or one drumette.

SUYA & BEEF KEBAB

	25 SKEWERS	50 SKEWERS	100 SKEWERS
Beef Suya	\$125	\$240	\$460
Chicken Suya	\$100	\$190	\$360
Beef Kebab	\$100	\$190	\$370

Suya pans: Beef \$450 full / \$230 half • Chicken \$300 full / \$150 half

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SWALLOWS, BREAKFAST & SPECIALTIES

SWALLOWS & BREAKFAST

Pounded Yam • Amala • Wheat • Fufu	\$4 per portion
Semovita • Eba (Garri)	\$4 per portion
Akara	\$1.75 each / \$20 per dozen
Cooked Pap (64 fl oz)	\$20
Fresh Pap (1 lb)	\$25
Yam & Egg Sauce (individual meal)	\$25
Boiled Yam (individual serving)	\$15
Moi Moi - Bowls (15 portions)	\$50
Moi Moi - Leaves (12 portions)	\$75

PUFF-PUFF & SPECIALTY APPETIZERS

Puff-Puff	\$120 full / \$60 half / \$35 quarter
Asun (full pan)	\$450
Nkwobi (full pan)	\$400
Isi Ewu (per head)	\$80
Gizdodo (full pan)	\$230

CATERING SERVICES • CALL FOR A QUOTE

Buffets • Live stations • Amala on the Spot • Plated dinners

Delivery, taxes, staffing, travel and rentals quoted separately.

Catering bookings generally require a 50% deposit; balance before the event.

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