



## *Sample Menus*

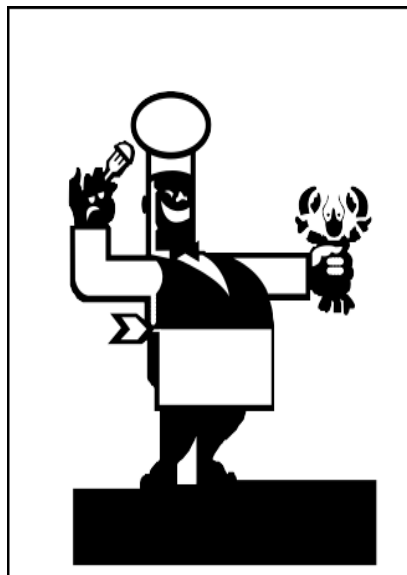
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*ThePUSH@harambee.org*  
*A Social Enterprise of Harambee Ministries*



*The PUSH.....What is The PUSH? It is a Social Enterprise of Harambee Ministries.....Baking and Catering for All of Your Culinary Needs. Our cuisine has a Creole Soul Food flare. Harambee means, "Let's get together and PUSH" in Swahili.*

*Almost 2 years ago, Harlan Redmond our Executive Director, noticed that we have many excellent cooks in the Northwest Pasadena area. This initiative was started to A) To provide culinary training, for youth and adults B) Create jobs and C) Raise funds for Harambee Ministries.*

*Our Chefs can cook anything. If there is something that you don't see on this sample menu, please ask. Your culinary wish is our command! Your palate will be pleasantly delighted you selected: The PUSH by Harambee*





**Breakfast**

\$8 per person

Bacon

Scrambled Eggs

Grits\*

Fruit\*

Coffee, Tea, or Hot Coca



**Breakfast**

\$12 per person

Quiche

Bacon & Sausage

2~Variations of Potatoes \*

Banana & Zucchini Bread\*

Fruit

Coffee, Tea, or Hot Coca



**Breakfast\***

\$15 per person

Scrambled Eggs

Sweet Potato Biscuits

Bacon or Sausage

Breakfast Potatoes \*

Fruit\*

Coffee, Tea, or Hot Coca

*\*See last page for a partial list of delectable delights. Prices listed are for drop off service.*

*\*\*Plastic ware will be extra. If you wish to have a China Package, there's an additional cost*



## *Lunch*

*\$8 per person*

*Smoked Chicken Salad  
Mixed Green Salad\*  
Chips\*  
Coffee, Tea, or Hot Coca*



## *Lunch/Dinner*

*\$10-\$15 per person*

*PUSH Sliders (Choose 1-2: Brisket, Pork or Chicken)  
Cole Slaw \*  
Potato Salad\*  
Coffee, Tea, or Hot Coca*



## *Lunch/Dinner\**

*\$15-\$25 per person*

*BBQ: (Choose 1-3~Brisket, Spareribs or Chicken)  
Macaroni & Cheese\*  
Roasted Corn & Black Bean Salad\*  
Peach Cobbler  
Coffee, Tea, or Hot Coca*

*\*See last page for a partial list of delectable delights. Prices listed are for drop off service.  
\*\*Plastic ware will be extra. If you wish to have a China Package, there's an additional cost*



*Other Delectable Delights*  
*\*Partial List*

*\*Vegetables*

*Candied Yams*  
*Baked Beans*  
*Black Eyed Peas*  
*Fried Corn*  
*Fried Okra*  
*Greens*  
*Green Beans*  
*Loaded Mashed Potatoes*  
*Okra, Corn & Tomatoes*  
*Pinto Beans*  
*2~Variations of Potatoes*  
*Smashed Sweet Potatoes*  
*Spanish Rice*  
*Steamed Cabbage*  
*Squash and Zucchini Medley*

*\*Meats*

*Chicken Drumettes*  
*Chicken Sausage-Homemade*  
*Fried Fish & Shrimp*  
*Fried Turkey*  
*Mini Portabella Mushroom Sliders*  
*Sriracha Honey Chicken Drumettes*  
*Cornish Hen*  
*Pulled Pork*  
*Ribs*  
*Brisket*  
*BBQ Chicken*  
*Fried Chicken*

*\*Appetizers*

*Fruit Skewers*  
*PUSH Creamy Onion Dip w/ Chips*  
*PUSH Mini-Ribs*  
*PUSH Sliders*  
*Stuffed Crudites*  
*3~Variations of Wings*  
*PUSH Black-eyed Pea Dip w/ chips*  
*Fried Mac & Cheese Balls*  
*Mini Pulled Pork Tacos w/Guacamole*

*\*Desserts*

*Banana Pudding*  
*German Chocolate Cake*  
*Lemon Cake*  
*Red Velvet Cake*  
*Spice Cake*  
*Yellow Cake with Chocolate Icing*  
*Peach Cobbler*  
*Sweet Potato Pie*  
*Pumpkin Pie*  
*Chocolate Raspberry Cake*

*\*Signature Drinks*

*The PUSH Signature Punch\*\**  
*Signature Sweet Tea\*\**  
*The PUSH Blend\*\**  
*Colorful PUSH Punch\*\**

*\*\*No-alcohol*

**TASTE THE DIFFERENCE**