



Eating out



Enterprise Newspapers visited Roger's Seafood Restaurant in Crouch End to experience the delights in exquisite food.



A specially prepared seafood platter by the man himself Roger Robar was truly mouth watering by sight and taste, served by our personal waiter of the night - 'isn't he gorgeous?' in the company of none other than Lindsey de Paul and friends.

teeth and the rest of the team got stuck into their own culinary delights.

Well the only way you are going to find out what a great time we had at Roger's is to try it out.

If you are a real seafood connoisseur, then Roger's is the place to be - we'll certainly be back.



sampled the Edikan Ikong, a sharply flavoured selection of meats served with pepper stew. The Ogbono Soup (pumpkin seeds, water leaf, dried prawns, peppers, tomato and hot pepper) could not be resisted as well as the Egusi (bitter leaf, hot pepper and tomatoes) - simply delicious.

The tilapa steamed fish was an experience we would recommend that you try. Unfortunately, there was no room in our stomachs to sample the European menu on that occasion let alone any desserts.

Located on the Cambridge Heath Road in East London five minutes from Bethnal Green Station, the Cyber Kitchen is the new thing in internet surfing and eating out.

THE Cyber Kitchen, open 24 hours a day, boasts a cross-over Anglo, African and Caribbean menu. On Saturdays and Sunday mornings, organic English breakfasts are served. From 10am to 2pm a Caribbean luncheon is served every day and after 6pm an African menu is served. Fully licensed, it serves a full range of hot beverages and beers ranging from palm wine, Malina, Guinness Malt, Guilder, as well as a fine selection of wines, spirits, cocktails, champagne and liqueurs.



On our visit to the Cyber Kitchen we met a soft intimate atmosphere, warm decor of orange and brown colours and the relaxing sounds of jazz music in the background which was just what me and my eating partner were looking for after a long hectic day. Three individuals were enjoying the delights of surfing the Internet while we ventured downstairs to find a splendid area, where international telephone calls can be made, and where IT training and word processing courses take place. What a mixture - winning, dining and surfing in pleasant surroundings.



The service was first class and when we finally made our way back upstairs our coats were taken, we were shown to our seats and were kindly served our drinks of sprite lemonade and a huge container of freshly squeezed grapefruit juice with crushed ice. From the Caribbean menu we sampled the stewed beef and stewed chicken, delicately flavoured rice and peas served with superbly seasoned coleslaw salad. There was hardly any room for the African menu but we

hurry away, you can check your e-mails, surf the Web, make a telephone call and even arrange a function at the venue which is available to hire for literary functions, poetry readings, play readings, discussion, private parties.

The Cyber Kitchen is located at 343-345 Cambridge Heath Road, London E2 9RA

Telephone 0207 257 4705 www.cyberkitchen1.co.uk

Exquisite foods

By Lola Aouni

The next time you are visiting the East end of London and your stomach is calling for some feeding, call yourself a favour and call into Suva Obalende Barbeque Restaurant.

When you step into the ultra modern, 100 seater, fully air conditioned luxurious diner you may be fooled if you are just ordering a take out away from the take out area which looks almost like and upmarket



Obalende in Peckham, Elephant & Castle and will shortly be opening a brand new wine bar and banqueting suite in Peckham.

McDonalds or Kentucky Fried Chicken restaurant with the catering staff wearing smart red uniforms and the giant colourful menus that are displayed above your head. Go inside the dining area! Really it is amazing. Quoted by John Fashanu as probably the best African restaurant in Europe, he is most probably right.

It is almost like a shrine dedicated to the late legendary Fela Kuti. His music plays almost 24/7 and the walls are adorned with prints of the artist, his family, fans and his homes. Once you have seated yourself in the dining area, which has a stimulating, warm and not too formal atmosphere, you are treated to TV on a massive 10ft x 10ft TV screen or you may watch the catering staff cook exquisite foods at the open plan barbeque area.

Suva Obalende have obviously found a niche in the market although there are little suva takeouts here and there, they are not the same and are not as authentic as Suva Obalende. Just like Kentucky has the secret recipe for its seasoning, so does Suva.

The restaurant is managed and owned by Lara Odebumi and her husband Tokunbo who also have branches of Suva

I can taste the food right now, and there is simply nothing like it. Specialising in barbecued chicken, goat, fish and other west African dishes. I would recommend that you try the joll of or fried rice, barbeque chicken suva, or goat suva which are all served with fried or boiled plantain garnished with a little salad or vegetables. All of which are cooked in minimal amounts of oil. The meats are well cooked, extremely tasty and are not hard, as a lot of us may have experienced with African cooked food, which makes a change. For those of you that prefer the more filling types of cuisine I would recommend that you try the moin moin, a blend of blended beans, onions, herbs, egg and beef. The menu also includes those old traditional African favourites from amala with pepper stew, okra, or egusi soup, ground rice, pounded yam or panla, a dried fish. For those who are vegetarians, you will be well catered for but you must try the plantain with the pepper stew, it is, as we say it in Africa, emout waterini. Suva Obalende have a vast range of alcoholic and non-alcoholic drinks and juices that will satisfy the most choosy but enough of this for now because I can tell you getting hungry for real!!

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