

Supporting Black-Owned Restaurants

Carpoolers meet in BUC parking lot at 11:30 am
Lunch at 12:15 pm

Contact: Mary Masson (mmasson@wowway.com)

SCHEDULE

(first Saturday of the month EXCEPT in October; no lunch in December)

SATURDAY, OCTOBER 14, 2023 **Detroit Soul (8 Mile location)**

2900 East 8 Mile Rd., Detroit; 313-366-5600; detroit soul.net

Detroit Soul, owned and operated by Samuel Van Buren and Jerome Brown and their wives, makes classic soul food with a health-focused twist. Van Buren and Brown are both descendants of parents and grandparents who relocated north from Selma, Alabama during the Great Migration and have reimagined family recipes for greens, fried chicken, smothered pork chops, and catfish.

SATURDAY, NOVEMBER 4, 2023 **Cornbread Restaurant & Bar**

29852 Northwestern Hwy., Southfield; 248-208-1680; cornbread soul food.com

Beans & Cornbread has a new location, a new look, and a new name. The longstanding Southfield soul food restaurant is now called Cornbread Restaurant & Bar and has moved down the street to 29852 Northwestern Hwy. The menu largely remains the same, as does the restaurant's commitment to honoring important Black historical figures through its decor.

(NO LUNCH IN DECEMBER)

SATURDAY, JANUARY 6, 2024 **Maty's African Cuisine**

21611 Grand River Ave., Detroit; 313-472-5885

Maty's is Detroit's first and only Senegalese restaurant and every visit promises to deliver a deeply flavorful dish. If you are lost, the first dish to try is the fish, which they cook whole with ingredients like mustard powder, onion, pepper, and vinegar, with a few twists.

SATURDAY, FEBRUARY 3, 2024
Yum Village (New Center location)

6500 Woodward Ave., Detroit; 313-334-6099; yumvillage.com

Yum Village in Detroit's north end has a menu full of Caribbean and West African dishes like jerk chicken, maafe rice, jollof rice, suya fried chicken, smoked pepper fries, and several vegetarian options.

SATURDAY, MARCH 2, 2024
Baobab Fare

6568 Woodward Ave., Suite 100, Detroit; baobabfare.com

Bringing the vibrant flavors of East Africa to Detroit, Baobab Fare embodies the spirit of "Nu Nyumbani" -- Detroit is Home. With dishes such as mhogo--shredded pan-fried chicken in a tangy mustard-onion sauce--and their signature numbing, meaning "home"--tender beef slow-simmered in ripened tomato sauce--the menu offers unique combinations and complex flavors.

SATURDAY, APRIL 6, 2024
Breadless (Rochester Hills location)

181 S. Livernois Rd., Rochester Hills; 248-834-3860; eatbreadless.com

This innovative restaurant concept focuses on serving low-carb, 100% gluten-free dishes that are absolutely tasty. The founders of Breadless want to provide a home for those struggling to find suitable menu options and change societal views on food choices by making nutritious Breadless meals accessible to everyone. Their approach reimagines traditional dining with chef-crafted sandwiches wrapped in nutrient-rich leafy greens, along with a variety of salads and rice bowls.