



Menu

Welcome/Ska: noh

Thank you for being our guest today and we hope you will enjoy our offering of just some of our traditional culinary staples of Six Nations

Soups

Dried Corn Soup, usually a winter treat this soup is hearty and engaging. Typically, after harvest sweet corn would be dried and stored until needed in the winter months, the drying process caramelizes the corn imparting a deep earthy taste. Other ingredients include lean pork, kidney beans and dumplings.

Three Sisters Soup, corn, beans and squash compliment each other in this enjoyable sweet tasting light soup. Sweet corn, green beans and butternut squash come together along with potatoes, lean pork meat and broth.

Scones

A traditional Native style of bread served with meals

Cookies

A common treat, this style of cookie is hearty and tasty

Strawberry Juice

Traditionally the wild strawberry is a plant that grows throughout Six Nations and is a sweet tasting gift from the creator and also has medicinal properties.

The juice we have today is from commercial strawberries but this form of juice is used in ceremony.

