



## VEGETERIAN MEALS

JELOFF RICE WITH FRIED PLANTAIN - R120

BEANS WITH YAM (FRIED OR BOILED) - R120

BEANS WITH BOILED RICE - R120

KOKI BEANS WITH BOILED PLANTAIN - R140

STIR FRY SPINACH WITH SIDE - R120

Boiled Plantain, Pap or Semolina

KOKI CORN -R100

Sweet Corn Cooked with Spinach and Red Oil

MASHED POTATOES WITH BEANS -R80

Cooked with Palm Oil

## JUICE

BISSAP/ZOBO/ROSELLE JUICE - R30

GINGER JUICE - R30



## Light Meals

### MILD OR HOT PEPPER SOUP- BOUILLON

(Assorted/R80, Fish/R120, Goat meat/R120) Local mixtures of herbs with local spices

### PUMPKIN SOUP -R60

Pumpkin cooked and mashed to puree, flavored with onions and garlic.

## Meals

### YAM PORRIDGE - R140

Mashed yam mixed in tomato sauce, dry fish and tripe

### FRIED RICE (WITH VEGETABLE) - R80

Rice cooked in mixed vegetables, cranberry, smoked chicken Vienna

### BEANS COOKED IN LOCAL BROTH

Red beans R100, Black beans R110, Honey beans R120

### JELOFF RICE - R80

Rice cooked in tomato and pepper infused puree

### KOKI BEANS - R80

Grounded beans cooked with Palm oil

### POULET DG - R140

Stir fried plantain with chicken breast



## Vegetables

**PONDU/ SAKA SAKA - R140**

**OKRA - R150**

Chopped okra cooked in local broth with tripe and dried fish infused flavored

**ERU (AFANG SOUP) R150**

Eru cooked with beef and fish

**Ndole Bitterleaf Soup – R180**

Cooked with groundnut, onion, bitter leaf with choice of protein (dry fish or beef ) **R200 with Prawns**

**Egusi Bitterleaf Soup - R200**

Bitter leaf cooked in a broth infused flavor from dried fish, cow leg, and tripe

**Stir fry spinach/Kale - R120**

Cooked with onion, green pepper, spring onion, and tomato with fish or smoked chicken

**EGUSI SOUP - R180**

**GROUNDNUT SOUP - R140**

Fried peanut puree with smoked chicken, beef or fish.



## Sides/ Choice of Starch

MIONDO/BOBOLO – R40

PLANTAIN (FRIED BOILED) - R60

PLAIN RICE - R40

GARRI/ EBA - R50

POUNDED YAM - R60

PAP - R35

SEMOLINA - R40

PUFF PUFF(WHEAT OR PLANTAIN)- R5 EACH

## Choice Of Protein (With Stew Or No Stew)

BEEF - R80

FRIED FISH( HAKE OR ANGLE) - R60

TURKEY WINGS - R120

TURKEY - R60 (PER PORTION)

GOAT MEAT - R100

FRIED CHICKEN - R60

GRILLED CHICKEN GRILLED FISH - SQ