

THE MENU / PRICE LIST

JOLLOF/WOLOF RICE

“like a Spanish Paella on steroids “

Hot 20

Level of heat: Covid fever busting hot!

Mild 20

Level of heat: Mild

Pick your protein 10

Pick your protein

AKARA

“An evening snack that checks every doctor’s box “

Hot 20

Level of heat: Covid fever busting hot!

Mild 20

Level of heat: Mild

SOUPS TO PAIR WITH ASSORTED PRE EXERCISE CARBO-LOADING

Exotic Soups that get the job done

Egusi Soup - Hot 20

Egusi Soup - “West Coast Style”; it brings the heat along with a plate load of crushed melon seeds you won’t notice you’ve just eaten!

Egusi Soup - Mild 20

Egusi Soup - “East Coast Style”; mild heat, a plate load of crushed melon seeds and greens mixed in

Ogbono Soup - Hot 20

Ogbono; this soup comprises - primarily - of a soup derived from a seed that is ground to a powder, mixed in a light amount of Palm Oil after which it takes on the viscosity of Okra x 10! A Covid/Flu obliterator!

Ogbono Soup - Mild 20

Ogbono (Mild); this soup comprises - primarily - of a soup derived from a seed that is ground to a powder, mixed in a light amount of Palm Oil after which it takes on the viscosity of Okra x 10! A Covid/Flu obliterator!

Bitterleaf Soup - Hot 20

#ScotchBonnet/ #Habanero pepper hot! The African bitter leaf is a miracle drug, used in wellness for centuries

Bitterleaf Soup - Mild 20

Bitterleaf Soup, mild

Fish Pepper Soup - Hot 20

Made with the catch of the day. A delicious, spicy soup that is made with fish, herbs, and spices. Enjoy it as a main course, a starter or appetizer.

Fish Pepper Soup - Mild 20

Fish Pepper Soup, mild

STEW TO PAIR WITH ASSORTED STAPLE FOODS LIKE RICE AND PASTA

A versatile dish, often served with rice, yam, pasta, mashed potatoes or other staple foods.

Stew - Hot 20

Made with a blend of tomatoes, onions, peppers, and other seasonings.

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| Stew - Mild | 20 |
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Mild heat. Customized to suit individual tastes and preferences.

PROTEIN CATEGORY

Pick your protein

| | |
|------|---|
| Tofu | 5 |
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Tofu; add this soybean based protein boost to any Soup or Rice dish

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|-----------|---|
| Goat meat | 7 |
|-----------|---|

Goat meat

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| Beef | 7 |
|------|---|

Beef

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| Tripe / Shaki | 7 |
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Tripe/Shaki

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| Codfish | 7 |
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Codfish (fresh)

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|--------------------------|---|
| Codfish (dried) / Kpanla | 7 |
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Codfish (dried)/Kpanla

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| Fish | 7 |
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Fish: Catch of the day

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| Escargot Grande / Giant Snail | 10 |
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Escargot Grande/Giant Snail

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| Chicken | 7 |
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Chicken, broiled in stew, then air fried

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| Seafood | 7 |
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seafood combinations *(depending on season)

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| Lobster | 25 |
|---------|----|

Lobster

MAPLE

Amber Maple

| | |
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| Maple Sugar | 9.95 |
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From Spirits to Coffee, Amber Maple Sugar at 54 on the glycemic index is a natural healthy option for sweetening a drink.

African Star Apple

(Superfoods, Superfruit)

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|--------------------------|----------------|
| Udala / Otien / Agbalumo | 50.00 - 100.00 |
|--------------------------|----------------|

FIVE TO TEN PIECES in a box. A popular and delicious fruit with numerous health benefits. In every 100 grams, it has 25.9 milligrams in vitamin C, a whopping 43% of the daily intake.

*No returns, no refunds; buyer must sign on delivery, delivery must be immediately refrigerated