



## What is Eba, Pounded, Amala?

1. Eba (West African processed Cassava )
2. Pounded (Pounded yam is a Nigerian staple dish made from yam flour and is an alternative form of pounded yam which is made using fresh yam that is cooked and then pounded using a mortar and pestle.
3. Amala is a local indigenous Nigerian swallow food, native to the Yoruba ethnic group in the western states of the country. It is made from yam and/or cassava flour, or unripe plantain flour. Yams are peeled, sliced, cleaned, dried and then blended into a flour, also called èlùbó.

## ABOUT OUR MENU

### SOUPS \*\*ALLERGY ALERT

All soups contains ground shrimp, palm oil and dried fish.  
EXCEPT THE RED STEW.

1. Efo-riro- spinach stirred in a blend of scotch bonnet, bell peppers, onions  
+ other seasoning, palm-oil ,dry fish, ground shrimps, locusts beans.
2. Egusi soup- spinach + Egusi (African melon) stirred in a blend of scotch bonnet, bell peppers, onions +other seasoning, Palm-oil, dry fish, ground shrimps, locusts beans.
- 3.Ogbono- blended mango seed cooked with ground dry pepper +other seasoning, Palm-oil, dry fish, ground shrimps, locusts beans+ spinach.
4. Okra-Okra also known as gumbo or lady's finger, is diced and cooked with ground dry pepper, other seasoning, Palm-oil, dry fish, ground shrimps, locusts beans+ spinach.
5. Red stew -a blend of -blend of scotch bonnet, bell peppers, onions, tomatos, canola oil & other seasonings
- 6.Ewedu-(jute leaves) blended and cooked with ground shrimps + locusts beans + seasonings
7. Gbegiri is made with Nigerian brown beans washed and peeled, blended with scotch bonnet and cooked with palm oil +ground shrimps, locusts beans and other seasonings.



# MAIN DISHES



- Amala with either Efo riro, Egusi, Okro, Ogbono + 3 assorted meats (beef, cow-foot, tripe) **\$20**

- Amala with either Efo riro, Egusi, Okro, Ogbono + beef only (2pcs) **\$20**

- Amala + Gbegiri soup + Ewedu (jute leaves) Stew + 3 assorted meats (beef, cow-foot, tripe) **\$22**

- Amala + stew + 3 assorted meats (beef, cowfoot, tripe) + ewedu (jute leaves) **\$20**

- Amala+stew +Ewedu+2 whitening fish **\$22**

- Amala+Gbegiri soup + Ewedu (jute leaves) Stew + 2 whitening fish **\$24**



- Eba or pondo +stew + 2 whitening fish+ Ewedu **\$20**

- Eba or pondo with either Egusi, Okro, Ogbono + 2 whitening fish **\$20**

- Eba or pondo + stew + 3 assorted meats (beef, cowfoot, tripe) + ewedu (jute leaves) **\$18**

- Eba or pondo with either Egusi, Okro, Ogbono + 3 assorted meats (beef, cow-foot, tripe) **\$18**

\*Extra Eba **\$4**, Pondo **\$4**, Amala **\$5**

\*Extra soups Ogbono, Efo riro, Egusi, Okra without meat **\$12**  
Can ONLY be added to main food.

\*Extra tripe **\$3.50**, beef **\$3.50**, cowfoot **\$3.50**, Fish **\$4.50**



**Jollof rice is long grain parboiled rice cooked in a sauce of blended fresh tomatoes, scotch bonnet, red bell peppers, onions, tomato paste + seasonings. (West African Celebration dish).**

- Jollof rice + 2pcs of chicken **\$15**

- Jollof rice + 3 assorted meats(beef, cow-foot, tripe) **\$18**

- Jollof rice + 2 pcs of beef **\$18**

- Jollof rice + 2 pcs of whitening fish (fried &stewed) **\$20**



**- Nigerian Fried rice - cooked with meat stock, seasoning, canola oil, mixed veggies and shrimps ONLY ON SATURDAYS**

- Fried rice +2 pcs of chicken **\$18**

- Fried rice + 3 assorted meats(beef, cow-foot, tripe) **\$21**

- Fried rice +2 pcs of whitening fish (fried & stewed) **\$22**



# MAIN DISHES



- White rice + Ayamase Stew (special spicy blend of green bell peppers, scotch bonnet, onions, bleached palm-oil, ground shrimps, locust beans, seasonings + chunks of beef, tripe, cow-foot) **\$20**

- White rice & Stew + 3 assorted meats (beef, cowfoot, tripe) **\$20**

- White rice & Efo riro or Egusi + 3 assorted meats (beef, cow-foot, tripe) **\$20**

- White rice+Stew + 2 pcs of chicken **\$18**

- White rice+stew + 2 pcs whitening fish **\$22**

- White rice only **\$6**



- Ewa Agoyin + sauce (Nigerian honey beans, boiled & mashed) + special sauce cooked with palm oil, red peppers, onions and ground shrimps) **\$12.50**



**- Asaro - Yam porridge (West African yam cooked with peppers, onions, seasonings + ground shrimps)**

- Asaro + 3 assorted meats (beef, cow-foot, tripe) **\$20**

- Asaro + 2 pcs of chicken **\$18**

- Asaro + 2 pcs of whitening fish **\$22**



- Fried plantain (12pcs) + Efo riro + 3 assorted meats (beef, cow-foot, tripe) **\$22**

- Fried plantain (12pcs) + Efo riro + 2 pcs of beef **\$22**

- Fried plantain (12pcs) + Efo riro + 2 pcs of whitening fish **\$24**

- Fried plantain (12pcs) + stew + 3 assorted meats (beef, cow-foot, tripe) **\$20**

- Fried plantain (12pcs) + stew + 2 pcs of beef **\$20**

- Fried plantain (12pcs) + stew + 2 pcs of whitening fish **\$22**

- Fried Tilapia fish with potato fries, plantain + shitto (Ghanaian sauce) **\$25**

- Extra potato **\$4** - Extra plantain **\$3.50**



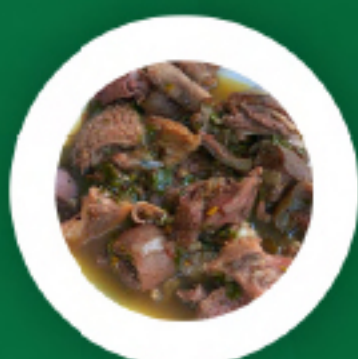
# SIDE/ADD ONS/SNACKS



- Moin-moin (Nigerian honey beans pudding) made from a blend of bell peppers, scotch bonnet, onions, ground shrimps + mackerel **\$3.25**



- Fried Plantain 6pcs **\$3.50**



- Goat pepper soup (boiled chunks of goat meat with Nigerian spices + red pepper, ground shrimps and seasonings) **\$15**



- T&T Chin-chin - is a snack, an appetizer or a dessert. Can be eaten alone or with tea, coffee, juice, can also be sprinkled on ice cream, yoghurt and lastly sprinkle some on your salad as crouton! **\$3.25**



- Fish pepper soup -Tilapia fish boiled with Nigerian spices + red pepper, ground shrimps and seasonings **\$18**



- Nigerian Meat-pie (pastry stuffed with seasoned lean ground beef filling) **\$3.50**



- Chicken Gizzard-boiled, fried and stir fried with peppers and seasonings **\$10**



- Nigerian Fish roll (baked) **\$4**



- Isi-ewu (Goat head cut into pieces and cooked with Nigerian spices + red pepper, ground shrimps and seasonings. Half head) **\$30**



- Chicken Sausage **\$3**



- Beef suya (Grilled thinly sliced beef marinated in ginger, garlic, red pepper and peanut powder and other Nigerian spices) **\$14**



- T&T mini puffs(Nigerian dessert or snack dough balls, minimal sugar, vanilla flavoured and contains milk. 15pcs) **\$10**



- Chicken wings suya (Grilled chicken wings marinated in ginger, garlic, red pepper and peanut powder and other Nigerian spices) **\$14**



# DRINKS

Pop (Can): Coke, Ginger Ale, Sprite, **\$1.75**

Arizona fruit punch, Watermelons **\$2.50**

Arizona Tea (Ginseng+Honey) **\$2.50**

Island Soda(pineapple) **\$2.50**

Vitamalt **\$3**

Tiger malt **\$2.50**

Grace Tropical juice mango flavour **\$2.75**

Ting grapefruit **\$2**

Tropik Splash pineapple ginger flavour **\$2.50**

Tropik Splash mango carrot flavour **\$2.50**

Tropik Splash mango flavour **\$2.50**

Tropik Splash-Guava flavour **\$2.50**

Tropik splash coconut flavour **\$2.50**

Bottle Water **\$1.50**