		www
	Starters	
Vel	come! Get your taste buds off to a good star	t!
	1. Dodo Gizzard	£5.00
2300000	Fried plantain and chicken gizzard sautéed in a spicy tomato sauce	
	2. Assorted Meat Pepper Soup	£9.50
	A broth-like savoury and spicy soup with	
	assorted meat	
	3. Fish Pepper Soup  A broth-like savoury & spicy soup with fish	£10.50
	4. Puff Puff x4 \/	£1.20
	Fluffy and spongy snack similar to	
	doughnut	
	5. Pies / Patties // (5a) Meat /Beef pie	£1.50
	(5b) Chicken pie	£1.70
	(5c) Fish pie	£1.70
	6. Buns x3 New	£1.20
	Tasty snack from flour crunchy on the outside and soft on the inside	
	7. Fried Small Sprats with chilli dip	£3.50
	8. Fried Prawns with chilli dip	£2.99
	9. Peppered Turkey Pieces	£1.70
	10. Chicken Full Leg   Peppered or Jerked	£2.00
	11. Spicy Chicken Wings x4	£2.00
	12. Peppered & Spicy Beef with peppered & onions	£2.00
	13. Akara (Fried Bean Balls x 4) New 🗸	£1.60
	A delicious fried snack from black-eyed	
	peas from Nigeria , West Africa & Brazil  14. African Sweet Bread	£1.80
	14. Aircan Sweet Dieau	21.00
	20 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	
	15. Moin Moin (Bean Cake)	£2.00
	A steamed bean pudding seasoned with Nigerian herbs. Choose to have it with egg,	
	fish or plain as a perfect meat alternative	
	for vegetarians and vegans	
	16. Fried Plantain with chilli dip	£2.00
	17. Fried Yam with chilli dip	£3.99
	18. Plantain Chips √ (18a) Unsalted Green / Unripe	£1.00
	(18b) Green / Unripe	

(18c) Ripe

(18d) Ripe Chilli

19. Chin chin (Crunchy sweet flour snack)
Choose from plain or coconut flavour

L £1.50

M £1.00

ww.c	hezafrique.com - 01206 563781 / 07459 460 715	Mains	
	20. Jollof Rice with Plantain	(20a) + Assorted Meat (L) £8.50	
	Slowly cooked rice in a fusion of tomato, peppers &	(20b) + Beef (L) £8.50	
	specially selected African herbs.	(20c) + Chicken (L) £8.50	
		(20d) : Fish (I)	
	20e. Fried / Seasoned Rice with Chicken or Beef £6.00		
	21. Fried / Seasoned Rice with Fried Plantain £6.00		
	Popular Nigerian party rice sautéed in a	(21b) + Beef (L) £8.50	
	sizzling mix of veg and spices	(21c) + Chicken (L) £8.50	
	21f. Fried / Seasoned Rice with Chicken or Beef £6.00	(21d) + Fish (L) £10.00 (21e) +Moin moin (Bean Cake) \7(L) £8.50	
	22. Nigerian Red Stew / Sauce with White Rice and Plantain 7.46.00	(L) (22a) + Assorted Meat (L) £8.50	
	A mildly spicy tomato and pepper based stew with specially	(22b) + Beef (L) £8.50	
	selected African herbs	(22c) + Chicken (L) £8.50	
		(22d) + Fish (L) £10.00	
	22f. Nigerian Red Stew / Sauce with Chicken or Beef £6.00	(22e) + Beans \/ (L) £8.50	
	23. Ayamase / Ofada Stew (Designer Stew)	£8.50	
	A tasty traditional stew made with green peppers for ayamase and re	ed for ofada, scotch bonnet,	
	assorted meat & the star of the dish locust beans		
10.5	23a. Ayamase / Ofada Stew (Designer Stew) with Rice £8.50		
10	Chez Afrique spec		
	OTICE MITITURE SHAP	121- 1821	
	Enjoy some of our favourites!	ials (	
	EUJOA 201116 or on Languittezi		



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On't feel shy to use your fingers!	Soup Only	With Swallow	
24. Egusi Soup	£9.99	£10.99	
A flavourful combination of meats with ground egusi (melon seeds) and finely chopped spinach with a hint of bitter leaf.  Choose Assorted Meat or Fish	(24a)	(24b)	
25. Okra and Red Stew 🥖	£9.00	£9.99	
Lightly blended okra, and Red Stew. Choose Assorted Meat or Fish	(25a)	(25b)	
26. Ogbono Soup 🧪	£9.00	£9.99	
A tasty draw soup made with ogbono (wild African bush mango seed) and assorted meat	(26a)	(26b)	
27. Leafy Soup (Efo Riro) 🥖			
A leafy soup of spinach & pumpkin leaves in a mix of sizzling of	(27a)	(27b)	
seafood and Nigerian herbs. Choose Assorted Meat or Fish	£9.99	£10.50	
V Vegetarian / Vegan	(27c) £7.50	(27d) £8.50	
28. Banga Soup 🥖	£10.99	£11.99	
Deliciously made palm nut sauce. Choose Assorted Meat or Fish	(28a)	(28b)	
29. Afang Soup	£10.99	£11.99	
A rich and leafy soup with crayfish. Choose Assorted Meat or Fish	(29a)	(29b)	
30. Edikang Ikong 🥖 (*** Subject to availability)	£10.99	£11.99	
This is a highly nutritive delicacy made with waterleaf & pumpkin leaves in a mix of sizzling meats. <i>Choose Assorted Meat or Fish</i>	(30a)	(30b)	
31. Oha Soup / (*** Subject to availability)	£9.99	£10.99	
A delicate tasting soup made with oha leaves which has a mouth-	(31a)	(31b)	
watering aromatic flavour with assorted meat			
SOUP ACCOMPANIMEN	Ts		
na suitable for			

Accompanied with Fried Plantain or Fried Yam with pepper sauce  34. Whole Fried Fish £10.9  (*** Subject to available type of fish)  Accompanied with Fried Plantain, Kenkey or Banku  (Kenkey & Banku are a Ghanaian delicacy from corn or cassava)  35. Ewa Agoyin £5.0  Beans with a traditional pepper sauce  (35a) + Fried Plantain £7.0  (35b) + Fried Yam £7.9  (35b) + Fish, Beef or Chicken £9.0  36. Asaro (Yam Porridge) (Order placed 24hrs before)  A stewed mashed Yam delicacy in a spicy tomato sauce  (36a) + Beans £7.5  (36b) + Beef £8.5  (36c) + Chicken £8.5  (36d) + Fish £9.0		£10.0
Accompanied with Fried Plantain or Fried Yam with pepper sauce  34. Whole Fried Fish (*** Subject to available type of fish)  Accompanied with Fried Plantain, Kenkey or Banku (Kenkey & Banku are a Ghanaian delicacy from corn or cassava)  35. Ewa Agoyin (*** Subject to available type of fish)  Beans with a traditional pepper sauce (35a) + Fried Plantain (\$5.0 Beans with a traditional pepper sauce (35b) + Fried Yam (\$5.0 Fried Y		
(*** Subject to available type of fish)  Accompanied with Fried Plantain, Kenkey or Banku (Kenkey & Banku are a Ghanaian delicacy from corn or cassava)  35. Ewa Agoyin  \$\frac{1}{2}\$  Beans with a traditional pepper sauce (35a) + Fried Plantain  \$\frac{1}{2}\$  (35b) + Fried Yam  \$\frac{1}{2}\$  (35b) + Fish, Beef or Chicken  36. Asaro (Yam Porridge)  \$\frac{1}{2}\$  Order placed 24hrs before)  A stewed mashed Yam delicacy in a spicy tomato sauce (36a) + Beans  \$\frac{1}{2}\$  (36b) + Beef  (36c) + Chicken (36d) + Fish  59.0	Accompanied with Fried Plantain or Fried Yam with	£15.9
(Kenkey & Banku are a Ghanaian delicacy from corn or cassava)  35. Ewa Agoyin		£10.99
Beans with a traditional pepper sauce  (35a) + Fried Plantain \( \frac{1}{2} \)  (35b) + Fried Yam \( \frac{1}{2} \)  (35b) + Fish, Beef or Chicken  36. Asaro (Yam Porridge) \( \frac{1}{2} \)  (Order placed 24hrs before)  A stewed mashed Yam delicacy in a spicy tomato  sauce  (36a) + Beans \( \frac{1}{2} \)  (36b) + Beef  (36c) + Chicken  (36d) + Fish  £9.0	(Kenkey & Banku are a Ghanaian delicacy from corn or	
(35a) + Fried Plantain   (35b) + Fried Yam   (35b) + Fish, Beef or Chicken    36. Asaro (Yam Porridge)   (Order placed 24hrs before)   A stewed mashed Yam delicacy in a spicy tomato   sauce   (36a) + Beans   (36b) + Beef   (36c) + Chicken   (36d) + Fish   (36d) + Fish   (57.0   (60   (1		£5.0
(35b) + Fish, Beef or Chicken £9.0  36. Asaro (Yam Porridge) (Order placed 24hrs before) £6.0  A stewed mashed Yam delicacy in a spicy tomato sauce (36a) + Beans (36b) + Beef £8.5 (36c) + Chicken £8.5 (36d) + Fish	(35a) + Fried Plantain V	£7.0
A stewed mashed Yam delicacy in a spicy tomato  sauce (36a) + Beans   (36b) + Beef (36c) + Chicken (36d) + Fish (36d) + Fish (36d) + Fish		£7.9
(36a) + Beans ✓ £7.5 (36b) + Beef £8.5 (36c) + Chicken £8.5 (36d) + Fish £9.0		£6.0
(36b) + Beef       £8.5         (36c) + Chicken       £8.5         (36d) + Fish       £9.0		£7.5
(36d) + Fish £9.0		£8.5
	(36c) + Chicken	£8.5
37. Waakye / £6.9	(36d) + Fish	£9.0
	37. Waakye	£6.9

SIDES & SOUP	ACC	
38. Fried Plantain (Dodo) √ Sweet similar to deep fried banana, suitable for savoury meals	£2.00	
39. Fried or Boiled yam V Starchy plant tuber similar to potato but contains more fibre	£3.99	
40. Moin Moin (Steamed Bean Cake) A steamed bean pudding seasoned with Nigerian herbs. Choose to have it with egg, fish or plain as a meat alternative for vegetarians & vegans	£2.00	
41. Kenkey & hilli dip with fish 42. Banku	£2.00 £2.50	0 re
43.Nigerian Red Stew / Sauce (43a) + Assorted Meat (43b) + Beef (43c) + Chicken (43d) + Fish	£4.00 £7.00 £7.00 £7.00 £8.99	5 A a
	£6.00 (b) M £2.50	
	(b) M £3.99 (b) M £3.99	

Choose from a selection of swallows (similar to £1.50 mashed potato consistency) for your soup. 48. Pounded yam / Iyan in Yoruba 49. Eba / Garri (from dried cassava) 50. Ghanian Banku 51. Kenkey (from fermented maize or cassava) Traditional Our traditional meals are only available on request. Please allow up to 48 hours 52. Nkwobi (52a.) L £10.00 Cow foot in a spicy palm oil paste (52b.) M £6.00 53.lsi-Ewu 🧪 £12.99 A deliciously spicy goat head delicacy amongst the Igbo people of Nigeria

Ask for vegan and vegetarian options Too hot for you?

Ask for a reduced chilli in some of our meals.

Medium 🥖 Hot