



 MENU	● Dish Contains This Product																					✔ Suitable ✗ Unsuitable									
	Fish or Fish Products	Crustaceans, Shellfish or Marine Products	Milk or Milk Products	Gluten (Wheat/Rye/Barley/Oats/Bran)	Mushrooms or Mushroom Products	Onions or Onion Products	Garlic or Garlic Products	Maize or Maize Derivatives	Sesame Seed or Sesame Seed Products	Seeds& Kernels (sesame/pumpkin/sunflower/pine nuts)	Peanuts	Nuts or Nut Trace (brazils/walnuts/hazel/pecans)	Lupin or Lupin Products	Eggs or Egg Trace	Celery/Celery or Products	Mustard or Mustard Products	G.M. Material	Soya Derivatives (excluding soya oil)	E110/E102/E122/E124/E104/E129	MSG	Sulphur Dioxide (if greater than 10mg/kg or l)	Coeliacs	Ovo-lacto Vegetarians	Lactose Intolerants	Vegans	Histamine Intolerance	Vegetarians	Nut Intolerants	Kosher Diet	Halal Diet	
Rice Dishes																															
Jollof Rice			●			●																✔	✗	✗	✗	✔	✗	✔	✗	✔	
Jollof Rice (V)			●			●																✔	✔	✗	✔	✔	✔	✔	✔	✔	
Fried Rice		●	●			●																✔	✗	✗	✗	✔	✗	✔	✗	✔	
Fried Rice (Without Prawns) (V)			●			●																✔	✔	✗	✔	✔	✔	✔	✔	✔	
Rice n Peas (Jamaican) (V)			●																			✔	✔	✗	✔	✔	✔	✔	✔	✔	
White Rice (V)																						✔	✔	✔	✔	✔	✔	✔	✔	✔	
Meats/Poultry/Fish																															
Fried Chicken								●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Fried Beef								●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Assorted Meats in Stew						●		●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Jerk Chicken				●				●										●				✔	✗	✔	✗	✔	✗	✔	✔	✔	
Fried Fish	●							●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Stews																															
Aya Mashe (Designer Stew)	●	●					●	●										●		●		✔	✗	✔	✗	✔	✗	✔	✔	✔	
Fried Beef Stew						●		●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Fried Chicken Stew						●		●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Oxtail Stew (Jamaican)				●		●		●										●				✔	✗	✔	✗	✔	✗	✔	✔	✔	
Curry Goat (Jamaican)						●	●	●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Soups																															
Fish Pepper Soup (Tilapia)	●					●												●		●		✔	✗	✔	✗	✔	✗	✔	✔	✔	
Efo Riro (Assorted Meats)	●	●				●		●										●		●		✔	✗	✔	✗	✔	✗	✔	✔	✔	
Efo Elegusi (Assorted Meats)	●	●				●		●		●								●		●		✔	✗	✔	✗	✔	✗	✔	✔	✔	
Ogbono (Assorted Meats)	●	●				●		●		●	●							●		●		✔	✗	✔	✗	✔	✗	✗	✔	✔	
Other Foods																															
Tray of SDz BBQ				●			●	●										●				✗	✗	✔	✗	✔	✗	✔	✔	✔	
Suya Sticks (Chicken, Beef and Lamb)				●			●	●			●											✗	✗	✔	✗	✔	✗	✗	✔	✔	
Dodo and Gizzard						●		●														✔	✗	✔	✗	✔	✗	✗	✔	✔	
Jamaican Fried Red Snapper Fish	●					●	●	●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Asaro/Yam Porridge with Hot Pepper Stew		●				●		●														✔	✗	✔	✗	✔	✗	✔	✔	✔	
Moi Moi	●	●						●						●				●		●		✔	✗	✔	✗	✔	✗	✔	✔	✔	
Pounded Yam Wraps (V)																						✗	✔	✔	✔	✔	✔	✔	✔	✔	
King Prawn Garlic Kebabs		●				●	●															✗	✗	✔	✗	✔	✗	✔	✔	✔	
Puff Puff (V)				●				●														✗	✔	✔	✔	✔	✔	✔	✔	✔	
Salads																															
Nigerian Salad (V)		●												●								✔	✔	✔	✗	✔	✗	✔	✔	✔	
Coleslaw (V)			●				●							●								✔	✔	✔	✗	✔	✔	✔	✔	✔	
Plain Salad (V)																						✔	✔	✔	✔	✔	✔	✔	✔	✔	

Due to the presence of some ingredients used in our kitchens, we can never guarantee a dish is completely free from cross contamination of any allergens/ specific ingredients. Please inform us of your allergen when placing any order. Please check here for regular up to date information. **Updated 2015**

