

TasteNaija

Authentic Nigerian home cooking, delivered across Harrow

Call to order **07846789414**

SOUPS



Afang Soup

£70.00

Hearty and rich soup made from shredded Afang leaves, waterleaves, palm oil, crayfish, meats, shaki (tripe) and dry fish. Delivered in a 2 litre bowl



Atama Soup

£70.00

Rich, aromatic soup popular in southern Nigeria, prepared with palm fruit extract, Atama leaves, periwinkles, stockfish, and meats and Snails (Optional at extra cost) 2L bowl



Bitterleaf Soup (Ofe Onugbu)

£70.00

Authentic Igbo soup made from bitterleaves, thickener, palm oil, stockfish, dried fish, and rich assorted meats. 2L bowl



Edikang Ikong (Vegetable Soup)

£75.00

Traditional (Calabar (efik) recipe) vegetable soup prepared with fresh pumpkin leaves (ugwu) and waterleafs, cooked with palm oil, periwinkles(optional), stockfish, dry fish and meats. 2L bowl.



Efo Riro

£75.00

Cooked with unrefined palm oil, locust beans (iru), ground crayfish, and a rich assortment of proteins like beef, tripe, cow skin (ponmo), and smoked fish.



Egusi Soup (Family Size)

£70.00

Rich melon seed soup cooked with fresh spinach, red bell peppers, crayfish, and tender chunks of beef and tripe. 2L bowl.



Fisherman Soup

£80.00

Riverine style fresh seafood soup cooked with fish, Shrimps, Crabs, Periwinkles (optional) and fresh uziza leaves. 2L bowl



Ogbono Soup

£70.00

Thick, flavourful African mango seed soup cooked with green vegetables, okro, palm oil, stockfish, tripe, and beef. Paired well with pounded yam. 2L bowl.



Oha Soup

£75.00

Oha leaf, Achi, Meat, Fish, Assorted meat (Optional), Crayfish, Palm oil, etc.



Seafood Okro (Family Pack)

£80.00

Rich, okra soup loaded with freshly sourced crabs, jumbo prawns, fish chunks, and traditional spices. Made with love and delivered piping hot or Frozen. 2L bowl



White Soup (Afia Efere)

£75.00

Traditional Efik white soup cooked without palm oil, thickened, seasoned with local spices, dry catfish, and meat or chicken. 2L bowl.



White Soup (Ofe Nsala)

£75.00

Spicy, aromatic Igbo white soup prepared with fresh catfish, stockfish, and local herbs (uziza, utazi). 2L bowl.

RICE MEALS



Creamy Coconut Rice

£70.00

Rice cooked in coconut milk, stock, shredded fish, prawns, and local seasonings. Served 4Litres.



Fried Rice

£70.00

Rice, diced liver, chicken or beef stock, and mixed vegetables. Served in a Tray.



Jollof Rice (Large Container)

£50.00

Classic Nigerian Jollof rice cooked in a rich, seasoned tomato and pepper base. Served in a large family-size foil tray. 4Litre tray.



Jollof Rice (Medium)

£35.00

Well spiced Jollof rice, properly seasoned and cooked to taste with hearty flavours. 2 Litre tray

EXTRAS



Ayamase Stew

£70.00

Bell peppers and scotch bonnets, rich bleached palm oil, fermented locust beans (iru), assorted meats, and hard-boiled eggs.



Isi Ewu (Spiced Goat Head)

£25.00

A traditional Eastern delicacy of goat head cooked in palm oil, seasoned with local spices and garnished with onions, vegetables and ugba.



Peppered Fish

£50.00

Well season peppered fish.. Deep fried or Grilled to perfection.



Spiced Nkwobi (Cow Foot)

£25.00

Tender, gelatinous cow foot cutlets simmered in a warm, spicy palm oil and garnished with Utazi leaves.



Spicy Ofada Sauce (2L)

£75.00

Spicy stew made with oil, bell peppers, locust beans, boiled eggs, and assorted bite-size meats. Extremely aromatic.



Turkey Wings

£75.00

12 pieces of Well seasoned and baked turkey wings.



Ugba (Oil Bean Salad)

£40.00

Fermented oil bean seeds prepared in spicy palm oil paste, mixed with dried fish, stockfish, garden egg slices, and fresh green vegetables.

DRINKS



Guinness Malt (UK import)

£3.50

Chilled can of rich, non-alcoholic Guinness Malta. Dark, sweet malt beverage import, perfect accompaniment to spicy soups.



Zobo Hibiscus Drink (1L)

£5.00

Homemade Rich hibiscus flower drink cooked with spices and fresh fruits. Served cold in a 1-litre bottle.