

# EKO BAR & RESTAURANT

## À LA CARTE MENU

### STARTERS

<b>BUFFALO   LEMON PEPPER (G,S)</b> CHICKEN WINGS	10	<b>DUCK SPRING ROLLS (G,S,N)</b> DEEP FRIED DUCK ROLLS WITH SAUCE	14	<b>MOIN MOIN (G,V)</b> STEAMED BEANS CAKE	7
<b>ASUN (G,S,N)</b> BARBEQUED GOAT MEAT	14	<b>BEANS &amp; PLANTAIN (V)</b> BLACK EYED BEANS WITH SLICED PLANTAIN AND SAUCE	10	<b>PLANTAIN (V)</b> FRIED & SLICED PLANTAIN	7
<b>SUYA OR SUYA TOZO (G,S,N)</b> GRILLED BEEF WITH SUYA SPICES	14	<b>SNAILS (G)</b> (SEASONAL) SPICY GARNISHED SNAILS		<b>FRIED YAM (V)</b> SERVED WITH FRIED STEW	8
<b>CALAMARI</b> FRIED SQUID WITH TAR TAR SAUCE	14	<b>EKO NATTY (G,S)</b> DEEP FRIED PRAWN DUMPLINGS	25	<b>NKWOBÌ (G,S)</b> DICED COW FOOT DISH (HOT)	14

### MAIN COURSE

(MAIN COURSES ARE SERVED WITH: POUNDED YAM | AMALA | OR EBA ) £3

<b>EFO RIRO   EGUSI   OKRO   OGBONO   EWEDU OR ABULA WITH: (G,S)</b>		<b>EDIKIKONG SOUP WITH: (G,S)</b>		<b>ILA ASEPO SOUP WITH: (G,S)</b>	
ASSORTED MEAT STEW	12	ASSORTED MEAT STEW	21	ASSORTED MEAT STEW	13
BEEF STEW	12	BEEF STEW	21	BEEF STEW	13
FISH STEW	12	FISH STEW	21	FISH STEW	13
CHICKEN STEW	12	CHICKEN STEW	21	CHICKEN STEW	13
STOCKFISH STEW	15	STOCKFISH STEW	24	STOCKFISH STEW	18

### SOUPS (G,S,C)

<b>ASSORTED MEAT PEPPER SOUP</b> DICED TRIPE, COW FOOT AND BEEF	14	<b>FISH PEPPER SOUP</b> TILAPIA OR CATFISH	24	<b>TURKEY WINGS PEPPER SOUP</b> SPICY TURKEY WINGS	14
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### SEAFOOD & GRILL

<b>SIZZLING SIRLOIN STEAK (G,S)</b> SERVED WITH PEPPERCORN SAUCE, CHUNKY CHIPS & SIDE SALAD	25	<b>GRILLED FISH (G,S,C)</b> CROAKER OR TILAPIA FISH SERVED WITH PLANTAIN OR YAM	25	<b>GRILLED CHICKEN (G,S)</b> HALF GRILLED CHICKEN SERVED WITH CHUNKY CHIPS & SIDE SALAD	16
<b>JUMBO GRILLED PRAWNS (G,S,C)</b> (SEASONAL) JUICY GARLIC PRAWNS		<b>CHICKEN OR BEEF SIZZLE (G,S)</b> DICED MEAT GARNISHED WITH PEPPERS AND ONIONS ON A HOT SKILLET	14	<b>GRILLED LAMB CHOPS (G,S)</b> JUICY LAMB CHOPS WITH PEPPER SAUCE AND CHOICE OF TWO SIDES	18

### RICE DISHES

<b>JOLLOF RICE (V)</b>	5
<b>FRIED RICE (V)</b>	5
<b>BOILED RICE (V)</b>	5

### CHOICE OF STEWS

<b>FISH STEW (G,S,C)</b>	10	<b>ASSORTED MEAT STEW (G,S)</b>	10
<b>BEEF STEW (G,S)</b>	10	<b>STOCKFISH STEW (G,S,C)</b>	14
<b>CHICKEN STEW (G,S)</b>	10	<b>AYA-OLE STEW OR AYAMASHE STEW (G,S)</b>	10

### SIDES

<b>CREAMY MASH POTATOES (V,D)</b>	7	<b>GRILLED CORN (V)</b>	5	<b>ROASTED NEW POTATOES (V,D)</b>	7
		<b>CHUNKY CHIPS (V)</b>	5	<b>MIXED SALAD (V)</b>	5

A DISCRETIONARY 10% SERVICE CHARGE WILL BE ADDED TO YOUR FINAL BILL.

**ALLERGY DESCRIPTIONS: (S) - SOYA | (G) - GLUTEN | (N) - NUTS | (D) - DAIRY | (E) - EGGS | (C) CRUSTACEAN**

**FOOD ALLERGIES & INTOLERANCE:** BEFORE ORDERING YOUR FOOD AND DRINKS, PLEASE SPEAK TO A MEMBER OF STAFF IF YOU HAVE ANY ALLERGIES OR WOULD LIKE TO KNOW MORE ABOUT THE INGREDIENTS. WE CANNOT GUARANTEE THAT ALL OF OUR DISHES ARE 100% FREE FROM NUTS, DAIRY OR THEIR DERIVATIVES. SOME ITEMS MAY CONTAIN GLUTEN.