

FOOD MENU

RICE DISHES OPTIONS

Delicious Jollof rice	\$14.99
Fried Rice	\$16.99
Native Rice	\$18.99
White rice with Buka Stew	\$34.99
Ofada rice with Ayamase or Ofada Sauce	\$34.99

COMBO OPTIONS (RICE & PROTEIN)

"Asun Jollof" – Goat meat Jollof rice	\$29.99
Jamaican Jerk Chicken Jollof rice	\$18.99
Beef suya Jollof rice	\$18.99
Chicken wings suya Jollof rice	\$18.99
Turkey wing Barbecue Jollof rice	\$18.99

PROTEIN OPTIONS

Peppered Goat Meat (Asun)	\$24.99
Jamaican Jerk Chicken	\$14.99
Peppered Beef	\$18.99
Peppered Assorted Meat	\$18.99
Soft Quarter Chicken Lap	\$14.99
Peppered Chicken	\$14.99
Peppered Chicken Wings	\$14.99
Peppered Chicken Wings	\$14.99
Peppered Turkey	\$19.99
Peppered Snail	\$34.99
Chargrilled Turkey	\$24.99
Peppered Croacker Fish	\$24.99
Peppered Whiting Fish	\$19.99
Peppered Whiting Fish	\$19.99
Peppered Tilapia Fish	\$19.99

TIC SIGNATURE FLAMED GRILLS, BURGERS AND WRAPS

Beef Suya	\$24.99
Beef Sharwama	\$24.99
Grilled Tilapia with Fried Plantain	\$29.99
Fried Yam with our Signature Pepper Sauce and Plantain	\$29.99

PASTA/NOODLES

Jollof Spaghetti	\$24.99
Native Spaghetti	\$32.99
Jollof Pasta	\$24.99
Creamy Pasta	\$24.99
Stir-Fry Spaghetti	\$24.99
Stir-Fry Fried Rice	\$24.99
Stir-Fry Noodles	\$24.99

TRADITIONAL NIGERIAN DISHES

Your choice of nicely made dough from yam, plantain or cassava – Fufu, Pounded Yam, Amala or Gaari (Eba) with your soup choice from our soup list. **Each bowl comes with one wrap of dough for \$36.99. Extra wrap of dough is \$6.99.**

- | | |
|--|--------------------------------------|
| 1. Egusi soup | 9. Bitter leaf soup – Ofe Onugbu |
| 2. Vegetable soup (Spinach) – Efo riro | 10. White soup – Ofe Nsala – \$39.99 |
| 3. Gbegiri (Bean soup) and Ewedu (Jute leaves) | 11. Palmnut soup (Banga)– Ofe Akwu |
| 4. Seafood Okro soup | 12. Afang soup |
| 5. Ayamase or Ofada Sauce | 13. Fisherman Soup – \$49.99 |
| 6. Oha soup –\$39.99 | 14. Black soup |
| 7. Uziza soup | 15. Edikaikong soup |
| 8. Ogbono soup | |



Powered By



FOOD MENU

PEPPERSOUPS AND SPECIALS

Assorted Meat Peppersoup	\$24.99
Goat Meat Peppersoup	\$29.99
Catfish Peppersoup	\$39.99
Tilapia Peppersoup	\$39.99
Nkowbi – Cow leg delicacy	\$49.99
Isi Ewu – Goat head delicacy	\$49.99
Abacha with Fried/Grilled Fish (African Salad)	\$32.99
Roasted Yam or Plantain with local sauce (Bole) with Ugba	\$32.99
Gizz-Dodo- Diced fried and peppered gizzard and plantain tossed in special sauce	\$17.99
Akara – Fried Bean Cake – 5 pieces for \$ 9.99 – Available on Saturday mornings only	
Yam Porridge with your choice of protein	\$29.99



SIDES

Fried Plantain	\$8.99
French Fries	\$6.99
Coleslaw	\$6.99
Moi-Moi	\$6.99
House Salad	\$6.99



PASTRIES

Puff-Puff – 10 Pieces for \$14.99

Meat Pie – Family Pack of 6 for \$21.99 or Pack of 2 for \$7.99

Jamaican Patties – Your choice of warm beef, chicken, goat or vegetable patty -\$4.99

Spring rolls – 10 Pieces for \$14.99

DRINKS AND SODA

Fanta, Coke, Pepsi, Crush, Sprite, Canada Dry, Ting – \$1.99

Hibiscus Drink / Zobo Drink -\$5.99

BULK ORDERS/CATERING

Your chosen size for STEW and SOUP BOWLS:

Any selection from our soup list – 2L- \$120, 3L- \$150 and 4L- \$200

Buka stew with assorted meat – \$250

Ofada (red pepper) or Ayamase (green pepper) sauce – \$250

RICE / PROTEIN TRAY OPTIONS

	small	medium	large
Jollof Rice	\$50	\$80	\$100
Fried Rice	\$60	\$90	\$120
White Rice	\$40	\$60	\$80
Native Rice	\$80	\$120	\$150
Ofada Rice	\$50	\$70	\$120
Tray of Peppered Chicken	\$50	\$100	\$150
Tray of Peppered Turkey	\$50	\$100	\$150
Tray of Peppered Fish	\$80	\$150	\$300
Tray of Peppered Beef	\$80	\$150	\$300
Tray of Peppered Assorted	\$100	\$170	\$350

