

XII • XLV

TWELVE FORTY FIVE

FOOD MENU

# FIELD OF GREEN SALADS

## Afropolitan Caesar

Salad greens with shredded chicken (or bacon), boiled egg, avocado, feta cheese, croutons and mayonnaise dressing.

25,000



## Keto Lovers

Shredded chicken tossed with slivers of cucumber, peppers, feta cheese and toasted sesame seeds

25,000

## The Naked Avo

Avocado cubes on a bed of lettuce greens and toasted sesame seeds with a balsamic drizzle.

18,000



## Seafood Salad

Mixed with Prawns, changu fillet, lettuce, bell pepper, carrot, cucumber and olive oil.

30,000

# WINGS

*All wings are served with french fries, plantain or salad*



## Honey Garlic Goodness Wings

Finger lickin' succulent wings fried then basted with honey, soy sauce, ginger and garlic.

20,000

## Oven Baked Teriyaki Wings

Wings basted in our house sweet and sour teriyaki sauce.

24,000



## Fried Chicken Lollipops

Breaded, lightly spiced and fried, each bite reveals a tender interior.

20,000



# BURGER HEAVEN

*All burgers are served on homemade buns, lettuce, tomatoes and a slice of cucumber.*



## BBQ Burger

200gm beef patty charcoal grilled with smokey sweet bbq sauce, caramelised onions, tomatoes and lettuce.

22,000

## The Herbivore Burger

Wholesome vegetarian patty made of beans, lentils, cashew nuts, mushroom and topped with cheddar cheese.



20,000



## 1245 Signature Burger

Chargrilled 200gm pure beef patty with caramelised onions and mayonnaise.

30,000

## The Mile High Burger

House specialty beef patty topped with a fried egg and cheddar cheese.



24,000

# TOASTIE SANDWICHES

*All sandwiches are served with french fries or salad*

## Baconator B.E.L.T

Crispy bacon, fried egg, lettuce, tomato and cheddar cheese grilled to perfection.

25,000



## Tropical Club Mango

Spicy grilled chicken layered with mango slivers, lettuce, tomato, avocado and cheese.

18,000

## Beef Eater

Grilled seasoned beef thinly sliced with lettuce, tomato, cheese and mayonnaise.

17,000



## Grilled Chicken Salad Toastie

Grilled chicken shredded with chopped onion, lettuce and mayonnaise.

16,000

# SUCCULENT SEAFOOD

*All dishes are served with either steamed rice, mashed potatoes, french fries, plantain or seasonal vegetables*

## White Snapper (Changu) Special

Freshly caught Indian Ocean white snapper shallow fried and paired with a secret garlic infusion sauce.



25,000



## Mixed Seafood Platter

An assortment of white snapper (changu), calamari and prawns delicately seasoned and grilled to perfection.

45,000

## Calamari a la Mode

Lemon, garlic, sweet chilli and pepper seasoned flash grilled squid.

25,000



# THE ITALIAN AFFAIR



## Spaghetti Bolognese

Comforting homemade tomato sauce with ground beef slow cooked with bay leaves.

25,000

## Prawns Neapolitan

Sautéed prawns in a spicy hearty tomato sauce atop penne pasta.

35,000



## Spaghetti Carbonara

Spaghetti in a cream mushroom carbonara sauce with bits of smoked bacon (optional) and shaved parmesan cheese and crisped basil.

20,000



# THE ITALIAN AFFAIR

## Simply Garlic

Spaghetti sautéed in olive oil with garlic. That's it. For those who like to keep it simple.

15,000



## Veggie Harvest Toss Up

Spaghetti and garden fresh vegetables stir fried with light tomato sauce.

20,000

## Pasta Provençal with Prawns

Pasta, vegetables and prawns in a creamy tomato sauce, or choice of white sauce.

30,000





# FOR THE CARNIVORES

All dishes are served with either rice, mashed potatoes, french fries, green bananas or seasonal vegetables

## Goat Ribs

Specially cut and seasoned goat ribs grilled to perfection.



25,000

## Beef Ribs

Chuck short ribs slow grilled and finished with our tangy house barbeque sauce.



25,000

## T-bone Steak

Perfectly marbled, seasoned and grilled to your preference.



45,000

## Beef Skewers (Mishkaki)

Bite-sized cubes of beef marinated and grilled on skewers.



20,000

## Chicken Skewers(Mishkaki)

Bite-sized cubes of chicken marinated and grilled on skewers

20,000



# FOR THE CARNIVORES

All dishes are served with either steamed rice, mashed potatoes, french fries, plantains or seasonal vegetables



## Basted Lamb Chops

Juicy perpendicular cut of spine grilled and basted to bring out its full flavour.

26,000

## Tabora Honey Pork Chops

Pork chops soaked in a sweet tangy marinade and grilled golden brown.

25,000



## Chicken Curry

Whole pieces of chicken cooked in a spice enriched creamy tomato sauce. Best served with steamed rice.

25,000



## Chicken Soup

Chicken soup with soy sauce, potatoes, green bananas, greeb beans and black pepper

25,000



# FOR THE CARNIVORES

*All dishes are served with either steamed rice, mashed potatoes, french fries, plantain or seasonal vegetables*



## Grilled Half Chicken

Basted with sweet chilli sauce.

20,000

## Pepper Beef Steak

Grilled to your desired preference (medium rare, medium well or well done.) Served with fresh peppercorn cream sauce on the side.

27,000



## Makange

Grilled chicken or beef basted with sweet chilli served with crunchy local vegetables and tomato sauce and moruga chilli.

20,000

# NIGERIAN CUISINE

## Amala with Gbegiri and Ewedu

Bright yellow soup made with honey beans.

**Proteins:** Turkey or snail

50,000

**Proteins:** Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

45,000



## Egusi with (Amala, Pounded, Eba or Ugali)

Egusi is a protein-rich melon seed. Perfectly grounded and then simmered with kale, scotch bonnet and palm oil.

**Proteins:** Turkey or Snail

50,000

**Proteins:** Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

45,000



## Jollof Rice with Plantain

Jollof rice is typically made with long-grain rice, tomatoes, onions, spices, vegetables and meat in a single pot.

**Proteins:** Turkey or Snail

50,000

**Proteins:** Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

40,000



HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD SPICY HOT

# NIGERIAN CUISINE

## Fried Rice with Plantain



Cooked rice, vegetables, protein, soy sauce, and aromatics stir-fried in a large pan or wok for even flavor distribution.

**Proteins:** Turkey or Snail

50,000

**Proteins:** Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

40,000

## Egg Noodles with Flavored Stir Fry

Bulb vegetable that can also come with your choice of chicken, gizzard, beef or turkey.

15,000



## Seafood Okro with (Amala, Poundedo, Eba or Ugali)

Fresh okro, calamari and red snapper fish.

60,000



HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD

SPICY

HOT

# NIGERIAN CUISINE

## Peppered Gizzard

Served with a side of fries or plantain.

25,000



## Peppered Fish

Served with a side of fries or plantain.

30,000

## Peppered Turkey

Served with a side of fries or plantain.

40,000



## Fried Plantain

Fried ripe bananas with caramelized texture, sweet in taste served with almost every meal.

10,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD SPICY HOT

# NIGERIAN CUISINE

## Peppered Snail

Served with a side of fries or plantain.

45,000



## Peppered Goat or Beef

Served with a side of fries or plantain.

30,000

## Peppered Chicken

Served with a side of fries or plantain.

25,000



HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD

SPICY

HOT

# NIGERIAN CUISINE



## Grilled Turkey

Served with a side of fries or plantain.

30,000

## Peppered Stew Cow Leg

Slow cooked cow legs in aromatic spices mixed with tasty tomato sauce. Served with a side of plantain, steamed rice or fries.



30,000



## Ofada Stew with Rice

Native savory stew, flavored with shrimp, assorted meat and fermented beans.

35,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD

SPICY

HOT



# NIGERIAN CUISINE



## Ogbono with ( Amala, Pounded, Eba or Ugali)

Ogbono is soup made from ogbono seeds cooked with palm oil dry fish.

**Proteins:** Turkey or snail **50,000**

**Proteins:** Chicken, assorted meat, fish, goat, beef, cow leg or oxtail **45,000**

## Efo riro with (Amala, Pounded, Eba or Ugali)

Efo riro is a green vegetables or spinach cuisine cooked with palm oil dried fish.

**Proteins:** Turkey or snail **50,000**

**Proteins:** Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

**45,000**



## Fried Yam with Fish Sauce

Nigerian style fish stewed in a special fish sauce condiment with bell peppers and onions.

**30,000**

HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD SPICY HOT

# NIGERIAN CUISINE SOUP

*(With an option of Fish, Chicken, Assorted Meat or Goat)*



## Turkey Pepper Soup

Hot peppered soup.

40,000

## Oxtail Pepper Soup

Cooked with onions, ginger, salt, chilli, garlic, maggi and coriander.

40,000



## Pepper Soup Cow-leg

Cooked with fresh pepper, onions, tomatoes, ginger, garlic and maggi.

30,000



HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD

SPICY

HOT

# ASUN “THE HANG OVER CURE”

*Served with Plantain, French Fries or Noodles*

*Without Accompaniment; 15,000*



## Goat Meat Asun

Onions, green pepper and chilli.

20,000

## Pork Meat Asun

Onions, green pepper and chilli.

20,000



HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD

SPICY

HOT

# SPECIAL

## Coconut Puff Puff

Highly addictive deep fried puff pastries infused with coconut.  
*(Please note this meal takes 90 minutes)*

10,000



## Zege (Chips Mayai)

Potatoes cut into strips and fried with eggs.

15,000

## Beef Samosa

Ground beef infused with spices.

15,000



# DESSERTS

## Chocolate Oat Cake with Chocolate Topping Sauce

A decadent, moist chocolate oat cake with mango slivers and a chocolate sauce topping.



15,000



## Crème Caramel with Toffee Sauce

A sweet caramel custard dessert served with the chef's special double toffee sauce.

15,000

## Carrot Cake with Fresh Passion Fruit Sauce

Decadent carrot cake with a generous drizzle of fresh passion fruit sauce.



15,000



## A Fruity Ending

An assortment of the freshest seasonal tropical fruits.

15,000