

FOOD MENU



SANDWICHES / PANCAKES / TOASTS / BREAD

	Price N	Points	Discount
PLAIN BREAD	800.00	50	320
TOASTED BREAD	1,000.00	60	400
WHEAT BREAD	1,000.00	60	400
BREAD OMELETTE / VEGETABLE HONEY BREAD	2,500.00	135	1,000
BREAD PIZZA (TOMATOES, LETTUCE, CABBAGE, CHEESE)	2,500.00	135	1,000
POTATOE OMELETTE	2,500.00	135	1,000
BANANA BREAD TOAST	2,500.00	135	1,000
PARATHA / YAM BALL	2,500.00	135	1,000
FRENCH PANCAKE	2,500.00	135	1,000
SPANISH EGG ROLL	2,500.00	135	1,000

RICE DISHES

	Price N	Points	Discount
STEAM / WHITE RICE	2,500.00	135	1,000
JOLLOF RICE	2,500.00	135	1,000
FRIED RICE / COCONUT RICE	3,000.00	160	1,200
VEGETABLE BASE RICE	3,000.00	160	1,200
CHINESE FRIED RICE	3,500.00	185	1,400
CARROT RICE	3,500.00	185	1,400

SWALLOW

	Price N	Points	Discount
GARRI (EBA) / AGIDI	1,500.00	85	600
WHEAT / SEMOVITA / OGIDI	1,500.00	85	600
POUNDO YAM	2,000.00	110	800
POUNDED YAM / AMALA	2,500.00	135	1,000
OATMEAL / PLANTAIN MEAL	2,500.00	135	1,000

SOUP

	Price N	Points	Discount
OGBONO OR OKRO	2,000.00	110	800
EGUSI OR EWEDU	2,000.00	110	800
BITTER LEAF	2,000.00	110	800
AFANG OR VEGETABLE	2,000.00	110	800
WHITE SOUP	4,000.00	210	1,600

PROTEIN (BOILED OR FRIED)

	Price N	Points	Discount
BEEF	1,800.00	100	720
GOAT MEAT	2,000.00	110	800
ASSORTED MEAT	3,500.00	185	1,400
CHICKEN	3,500.00	185	1,400
FRESH FISH	3,500.00	185	1,400

PEPPERED MEAT

	Price N	Points	Discount
KPOMO	3,000.00	160	1,200
BEEF / GOAT MEAT	5,000.00	260	2,000
CHICKEN / FISH / ASSORTED MEAT	6,000.00	310	2,400

PEPPER SOUP

	Price N	Points	Discount
GOAT MEAT	6,000.00	310	2,400
CHICKEN	6,000.00	310	2,400
FRESH FISH	6,000.00	310	2,400
ASSORTED MEAT	6,000.00	310	2,400
COW TAIL	6,000.00	310	2,400

SAUCE

	Price N	Points	Discount
VEGETABLE SAUCE	1,500.00	85	600
ONION SAUCE	1,500.00	85	600
TOMATO SAUCE	2,000.00	110	800
EGG SAUCE	2,000.00	110	800
SARDINE VEGETABLE SAUCE	3,000.00	160	1,200

PASTA & NOODLES

	Price N	Points	Discount
PLAIN INDOMIE NOODLES	1,200.00	70	480
VEGETABLE INDOMIE NOODLES	1,500.00	85	600
SPAGHETTI BOLOGNESE	2,500.00	135	1,000
SPICY MACARONI	2,500.00	135	1,000

SIDES / OTHER MEALS

	Price N	Points	Discount
BAKED BEANS	1,000.00	60	400
BEANS CAKE (AKARA)	1,000.00	60	400
COLESLAW SALAD	1,000.00	60	400
PLAIN OMELETTE	1,000.00	60	400
BOILED EGGS	1,000.00	60	400
SALISAGE	1,000.00	60	400
FRIED PLANTAIN	1,000.00	60	400
CUSTARD / QUAKER OAT / PAP	1,500.00	85	600
VEGETABLE OMELETTE	1,500.00	85	600
MOI-MOI	1,500.00	85	600
SMALL CHOPS	1,500.00	85	600
GARDEN SALAD	2,000.00	110	800
FRENCH FRIES / CHIPS	2,500.00	135	1,000
BOILED POTATO	2,500.00	135	1,000
FRIED / BOILED YAM	2,500.00	135	1,000
BOILED SWEET YAM	2,500.00	135	1,000
BOILED WATER YAM	2,500.00	135	1,000
BOILED UNRIPE PLANTAIN	2,500.00	135	1,000
BEANS	2,500.00	135	1,000
STEAMED VEGETABLES	2,000.00	110	800
MIXED VEGETABLES	2,500.00	135	1,000
STEAMED PRAWNS	5,000.00	260	2,000
SHREDDED VEGETABLE BEEF	6,000.00	310	2,400
SHREDDED VEGETABLE CHICKEN	7,000.00	360	2,800

SPECIAL DIET MENU

BREAKFAST

	Price N	Points	Discount
BEANS CAKE (AKARA) & PAP	2,500.00	135	1,000
STEAMED VEGETABLE NOODLES & BOILED EGGS	2,500.00	135	1,000
MOI-MOI & QUAKER OAT	3,000.00	160	1,200
TOAST BREAD & VEGETABLE SANDWICH	3,500.00	185	1,400
WHEAT BREAD, BOILED EGGS & VEGETABLE SANDWICH	3,500.00	185	1,400
BOILED WATER YAM & MIXED VEGETABLES	5,000.00	260	2,000
BOILED POTATO, BOILED EGGS & STEAMED VEGETABLES	5,500.00	285	2,200
GRILLED POTATO & STEAMED PRAWN SAUCE	6,500.00	335	2,600
BOILED SWEET YAM, STEAMED VEGETABLES & TUNA SAUCE	7,000.00	360	2,800

LUNCH / DINNER

	Price N	Points	Discount
TOMATO VEGETABLE PASTA	2,500.00	135	1,000
WHEAT & VEGETABLE SOUP	3,500.00	185	1,400
AGIDI WITH TOMATO VEGETABLE STEAMED STEW	3,500.00	185	1,400
PORTAGE PLANTAIN & STEAMED VEGETABLES	4,500.00	235	1,800
PORTAGE BEANS & STEAMED VEGETABLES	4,500.00	235	1,800
BASMATI JOLLOF RICE & MOI-MOI	4,500.00	235	1,800
BASMATI STEAMED RICE & VEGETABLES	5,500.00	285	2,200
OATMEAL OR PLANTAINMEAL & WHITE SOUP	6,500.00	335	2,600
BROWN RICE & MIXED VEGETABLES PRAWN SAUCE	7,500.00	385	3,000

SALAD

	Price N	Points	Discount
SHREDDED VEGETABLE SALAD	2,500.00	135	1,000
CUCUMBER, TOMATO & AVOCADO SALAD	4,000.00	210	1,600
GARDEN SALAD	5,000.00	260	2,000
AMERICAN CORN SALAD	5,000.00	260	2,000
AVOCADO TUNA SALAD	6,000.00	310	2,400