

280degrees

African Restaurant & Bar



STARTERS

AFRICAN NIBBLES (Per Person)

AKARA (<i>Pre-Booked</i>)	£2.50
PUFF PUFF	£2.50
MEAT PIE	£2.50
MASSA WAINA	£2.50
MOI MOI	£3.50
FRIED BEEF	£5.99

280 GRILLED / ROAST

HOT PEPPER CHICKEN	£9.99
SUYA (<i>Beef/Chicken/Ram</i>)	£9.99
SPICY BEEF Deep fried and marinated in red spicy pepper	£9.99
CHICKEN GIZZARD DODO Served with bell pepper sauce	£9.99
GIZZARD DODO	£9.99
ROASTED PLANTAIN Served with pepper sauce	£14.99
SNAIL Marinated in spicy tomato sauce	£14.99
GRILLED FISH Served with fried plantain or yam & pepper sauce	£19.99

PEPPER SOUP

All pepper soup dishes are made from a blend of spicy African pepper, herbs and spices

AFRICAN SPICY PEPPER SOUP Assorted goat meat, chicken or oxtail	£9.99
FRESH FISH / CATFISH OR TILAPIA PEPPER SOUP	£9.99
STOCK FISH OR DRIED FISH PEPPER SOUP	£14.99
YAM PEPPER SOUP With catfish tilapia or assorted goat meat	£15.99
YAM PEPPER SOUP Served with dried or stock fish	£19.99

IBO SPECIALS

NKWOBÌ A meat-based dish marinated in rich spicy and oil based sauce	£9.99
CHICKEN NKWOBÌ	£9.99
ISI EWU An ibo delicacy prepared with goat head marinated and softly cooked in rich, flavoured chilli spices	£19.99

AFRICAN SALADS

Abacha is a by-product of cassava, prepared in succulent palm oil and pepper sauce

ABACHA Served with assorted meat, beef or chicken	£14.99
ABACHA Served with goat meat or oxtail	£15.99
ABACHA Served with fried fish	£17.99
ABACHA Served with stockfish, dried fish, tilapia or cat fish	£19.99

Ugba is an oil-bean seed, a type of African salad prepared in palm oil sauce and very rich in protein, indigenous to Eastern Nigerians

UGBA Served with assorted meat, beef or chicken	£14.99
UGBA Served with goat meat or oxtail	£15.99
UGBA Served with fried fish	£17.99
UGBA Served with stockfish, dried fish, tilapia or cat fish	£19.99

AFRICAN MAIN DISHES

Below listed Meals are served with a side of Garri, Pounded, Wheat, Amala, Semo, Tuwo 0.99
Oat Meal 0.99 Extras available on request. Assorted meat is a mixture of Cow Leg, Tripes & Pomo

	ASSORERTED MEAT	BEEF	CHICKEN	GOAT MEAT/OXTAIL	FRIED FISH	DRIED FISH STOCK/TILARA/CAT FISH
280 HOUSE SPECIAL						
SPECIAL OKRA SOUP Made from freshly cut okra with spinach and a selection of seafood	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OFE OWERRI A mixture of fresh African vegetables	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
MIYAN KUKA	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
MIYAN TAUSHI	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OTHER MAIN DISHES						
OFE AKWU / BANGA Made from palm kemel sauce	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OFE EGUSI	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OFE OGBONO	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
EFO-RIRO	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
EFO-EGUSI	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OFE OHA	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OFE NSALA (<i>White based soup</i>)	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OFE OKAZI	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
OFE ONUGBU A special Ibo cuisine made from bitter veg	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
AFANG A traditional soup from the Southern part of Nigeria Efiks made from veg & spinach	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
EDIKANG-KONG Prepared with fluted pimkin vegetables and spinach suitable for vegetarians	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
PEANUT SOUP	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99

PLATTER TO SHARE

Minimum 2 Person

COMBO X 4 SELECTION OF AFRICAN DISHES **£19.99**

Suya / Spicy Beef / Hot Peppered Chicken
Gizzard / Fried Plantain / Fried Yam / Puff-Puff
Meat Pie & Moi Moi

SUYA AND PLANTAIN PLATTER **£29.99**

Ram Suya, Beef Suya,
Chicken Suya & Plantain

280 GARNISHED OPTIONS

Marinated in mixed spicy peppered sauce

GARNISHED & PEPPERED ASSORTED MEAT/COW FOOT	£9.00
GARNISHED GOAT MEAT OXTAIL/CHICKEN	£9.00
GARNISHED CHICKEN GIZZARD OR BEEF	£9.00
GARNISHED DRIED OR STOK FISH	£14.00
GARNISHED TILAPIA OR CAT FISH	£14.00
GARNISHED SNAIL	£14.00

CHILDREN'S DELIGHT

All Children's Meals are Eat-In Only

JOLLOF / FRIED PLANTAIN	£6.99
<i>Served with chicken</i>	
CHIPS <i>(Served with chicken)</i>	£6.99
PASTA / NOODLES OR CHICKEN	£6.99
GARI (EBA) & SPECIAL OKRA SOUP	£6.99
FRIED YAM / PLANTAIN	£6.99
<i>Served with fried or bold egg</i>	

EXTRAS

ASSORTED MEAT		£4.99
STEW		£4.99
BEEF		£5.99
GOAT MEAT		£6.99
MOI MOI <i>(In leaf)</i>	£3.50	MOI MOI <i>(In foil)</i> £5.00
VEGETABLE SPINACH		£4.99
OATMEAL OR TUWO		£3.99
BELL PEPPER SAUCE		£5.99
WHITE RICE & BEANS		£8.99
FRIED EGG		£4.99
BEANS		£7.99
SPAGHETTI		£7.99
YAM PORRIDGE		£7.99
COCONUT OR FRIED RICE		£7.99
BOILED YAM OR PLANTAIN		£5.99
FRIED YAM / CHIPS OR PLANTAIN		£4.99
JOLLOF OR WHITE RICE & STEW		£5.99
GARRI / POUNDO / WHEAT / AMAIA / SEMO		£2.99

AFRICAN SIDES

	SERVED WITH STEW / ASSORTED MEAT BEEF / CHICKEN	FRIED FISH
FRIED PLANTAIN OR YAM	£9.99	£12.99
BOILED PLANTAIN OR YAM	£10.99	£13.99
YAM PORRIDGE (Asaro)	£11.99	£14.99
BEANS	£11.99	£14.99
YAM PORRIDGE Prepared with vegetables	£13.99	£16.99
BEANS & PLANTAIN	£14.99	£17.99
FRIED YAM & PLANTAIN Served with spicy beef sauce		£19.99

RICE DIHES

	ASSORERTED MEAT	BEEF	CHICKEN	GOAT MEAT/OXTAIL	FRIED FISH	DRIED FISH STOCK/TILARA/CAT FISH
SEAFOOD SAUCE Served with white rice	£14.99	£14.99	£14.99	£15.99	£17.99	£25.00
JOLLOF RICE OR WHITE RICE & STEW	£11.99	£11.99	£11.99	£12.99	£14.99	£16.99
COCONUT RICE OR FIRED RICE	£13.99	£13.99	£13.99	£14.99	£16.99	£18.99
JOLLOF OR WHITE RICE & BEANS	£13.99	£13.99	£13.99	£14.99	£16.99	£18.99
AYAMESE STEW & RICE	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
WHITE RICE With mixed vegetables sauce	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99
WHITE RICE Served with spicy garnished sauce	£14.99	£14.99	£14.99	£15.99	£17.99	£19.99