

# FOOD *menu*

## APPETIZERS

### Flamed Goat Meat (ASUN) 30

Chargrilled goat meat sautéed in pepper sauce with onions and peppers

### Coconut Shrimp 22

Coconut crusted shrimp fried golden brown served with spicy mayo (8pcs)

### Turkey Wings 21

Deliciously seasoned turkey wings tossed in spicy pepper sauce

### Classic Chicken Wings Crispy chicken wings served with your choice of sauce

5 pcs – 15 | 10 pcs – 25 | 15 pcs – 35

#### Sauces:

Hot | BBQ | House Pepper sauce  
Honey Garlic

#### Dry Rubs:

Suya Spice, Salt & Pepper

## AWARD WINNING AFRICAN SUYA

Your choice of protein grilled to perfection in our delicious Suya spice, served with sliced red onion and cabbage

### Build Your Suya Platter

Choose your protein and enjoy it as a starter (meat only) or build a platter with your choice of add on options:

#### Choice of Protein:

Beef 28 | Chicken 25 | Goat 30  
Guinea Fowl (as featured on the CBC Network) – half 40 | whole 75  
Beef Suya Tower 100 (serves 4 to 6)

#### Add-on Options

Coleslaw 4 | French Fries 7 | Fried Rice 11  
Jollof Rice 10 | Plantain 6 | Sweet Potato Fries 8

### Suya Handhelds

Served with your choice of house salad or fries

#### Suya Wraps

•Beef 24 •Chicken 22

#### Regalz Suya Burger 23



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Gratuity is charged to groups of 5 or more

## MAIN COURSES

### Chargrilled Asun Rosé Pasta 32

Pasta tossed in creamy rosé sauce with chargrilled asun, red onions, bell peppers and herbs.

### Beef Suya Pasta 30

Pasta tossed with tender beef Suya, red onions, bell pepper, herbs and topped with garnish

### African Pepper Soup

Zesty spicy soup with a delicious blend of imported African spices served with your choice of protein:

•Goat 30

•Catfish (with boiled plantain) 45

### Goat Head Meat Isi Ewu 52

Slow-braised goat head meat finished in a bold, spicy pepper sauce with onions and traditional seasoning

### Cow Foot Nkwobi 35

Tender cow foot tossed in a rich, spicy palm oil sauce with onions and traditional seasoning

## RICE DINNER

Fried rice or jollof rice served with your choice of protein and coleslaw.

Choice of Protein:

Chicken Quarter 24 | Turkey Wings 26

Add-on Options

Plantain 6 | Moi Moi (steamed bean pudding) 7 | Shrimp Skewer 12

## FUFU AND HEARTY SOUP

Fufu and your choice of hearty soup and protein

Fufu (soft, starchy African dough made from pounded yam or whole grain oats) 4

### Egusi

A rich soup made from ground melon seeds, simmered with palm oil, peppers, leafy greens and traditional spices

### Okro

A hearty okra-based soup cooked with spinach, peppers, palm oil and traditional seasoning

Choice of Protein:

• Chicken 28 • Turkey wings 30 • Goat 32  
• Seafood 45 (crab, shrimp, salmon fillet, mussels and clams)

### Vegetable Soup

A flavorful spinach stew prepared with peppers, palm oil, and traditional spices served with boiled plantain or your choice of Fufu

## SEAFOOD

### Grilled Tilapia

Whole grilled tilapia with house sauce, served with fries or plantain, and coleslaw 40

### Atlantic Salmon Fillet Platter 36

Grilled Atlantic salmon fillet served with plantain, your choice of rice, coleslaw and house sauce.

### Regalz Famous Catfish A.k.a. Point And Kill

Whole African catfish grilled with house sauce served with fries or plantain, coleslaw

•Regular (400 to 800g) 45  
•Large (801 to 1000g) 50

### Tilapia Platter

Whole grilled tilapia served with plantain, your choice of rice, coleslaw and extra house sauce 65

### Catfish Platter

Served with plantain, your choice of rice, fries and coleslaw 75



## SIDES

Coleslaw 4 | French Fries 7 | Fried Rice 11 | House Salad 7 | Jollof Rice 10 | Moi Moi 7  
Plantain 6 | Pub Yam 12 | Sweet Potato Fries 8 | White Rice 8

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## DESSERTS

### Milo Molten Cake 16

Warm molten chocolate cake served with vanilla ice cream and warm milo sauce

### Coconut Cheesecake 14

Classic cheesecake finished with toasted coconut flakes

### Regalz Puff-Puff

Light, fluffy African dough fritters fried until golden brown

### Puff-Puff Bites 10 (serves 1 to 2)

Warm Puff-Puff bites served plain or finished with your choice of strawberry, chocolate, or vanilla drizzle, and toasted coconut flakes or milo

### Puff-Puff Bites 30 (serves 3 to 5)

Build your own favorite Puff-Puffs platter with choice of strawberry, chocolate or vanilla drizzle and toasted coconut or milo



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