

The Starters Menu

Suya	£12.00
Snails	£10.00
Fried Yam	£7.00
Fried Plantain	£5.00
Nkwobi	£13.00
Garnished Beef	£13.00
Garnished Pork	£13.00
Garnished Turkey	£13.00
Garnished Goatmeat	£13.00
Garnished Chicken	£13.00
Assorted Meat Peppersoup	£15.00

Rice Dishes

All Rice Dishes Are £15.

Jollof Rice With Fried Fish	£15.00
Jollof Rice With Fried Plantain And Chicken	£15.00
Jollof Rice With Fried Plantain And Beef	£15.00
Jollof Rice With Fried Plantain And Assorted Meat	£15.00
White Rice, Stew Sauce And Beef	£15.00
White Rice, Stew Sauce And Chicken	£15.00
White Rice, Ayamase And Meat	£15.00
White Rice, Ayamase And Fish	£15.00
White Rice, Ayamase And Assorted Meat	£15.00

Signature Grills

Our Whole Fish Is Marinated In Helen's Kitchen's Signature Blend Of African Herbs And Spices, Grilled To Perfection, Garnished With Lightly Sautéed Onions And Peppers, And Served With Fried Yam Or Fried Plantain And Our Homemade Spicy Pepper Dipping Sauce.

Whole Tilapia	£30.00 Or £40.00
Whole Croaker	£30.00 Or £40.00

Helen's Signature Dishes

Soup	Description	Price
Isi Ewu	A Traditional Igbo Delicacy Of Tender Goat's Head, Tossed In A Rich, Spicy Palm Oil Sauce And Finished With Authentic Seasonings.	£30.00
Nkwobi	Tender Cow Foot Cooked In A Rich, Spicy Palm Oil Sauce With Traditional Igbo Spices And Served With Fresh Onions.	£15.00
Catfish Peppersoup	Fresh Catfish Simmered In A Fragrant Blend Of Traditional Peppers And Spices.	£20.00
Assorted Meat Peppersoup	A Hearty Selection Of Assorted Meats Cooked In An Aromatic Peppersoup Broth.	£15.00

Helen's Signature Dishes

Soup	Description	Price
Grilled Meat Platter	A Generous Selection Of Tozo, Asun And Grilled Chicken, Served With Your Choice Of Jollof Rice, Fried Yam Or Fried Plantain.	£45.00
Chicken Shawarma	Our Signature Grilled Chicken Shawarma, Wrapped In A Soft Flatbread And Served On A Bed Of Crisp Green Leaf Salad With Your Choice Of Fried Yam Or Fried Plantain	£20.00