

# Starters

### Jerk Wings 3.99

Cooked with ginger, garlic and Roots own signature spices

### Peppered Goat 5.00

Bone-in pieces of peppered goat meat

### Moin Moin 2.50 V

Savoury steamed bean pudding made from peeled black eyed peas

### Dodo Gizzard 4.50

Prepared with plantain and chicken, peppers, onions and spices

### Spicy Turkey Gizzard 4.50

### Puff Puff 2.50 V

A popular street snack of deep fried dough

### Asun 6.99

Tasty roasted goat meat with bold flavours

### Goat Suya 6.99

Popular street food from northern west Africa rubbed in Yagi, a blend of spices containing peanut

### Spicy Stewed Beef 6.50

### Pepper Soup

Broth-like, warming soup for the soul. Spicy and moreish.

Mixed Meats (Small) 4.99  
(Regular) 7.50

### Fish 10.00

Tilapia 10.00

Catfish 10.00

### Vegetable Spring Roll 3.99

# African Flavours

## RICE DISHES All our rice dishes are served with a side of Cole slow

### Jollof, Fried, White Rice

Plus Chicken  
Beef  
Assorted Meat  
Fried Fish } 10.00

Plus Stock Fish  
Fresh Fish  
Dried Fish } 13.00

### Jollof Rice

A popular one pot rice dish made with a rich sauce of red pepper and onions

**Fried Rice** A party favourite, contains mixed vegetables and prawns

### White Rice with Ayamase 9.00

Served with fluffy white rice, this popular dish is often referred to as Designer rice with good reason. It is made with green pepper, spicy-hot, bleached palm oil and Iru (Locust beans)

### Fried Yam (Dundun) 9.50

This delicious tuber is similar to potatoes, but more flavoursome, served with choice of meat or fish

### Stewed Beans 8.99 V

Slow-cooked Honey beans in a sauce of tomatoes and chillies, served with plantain or bread



# Caribbean

### Curry Goat Meal 9.00

A flavoursome slow-cooked goat dish, this Indian influenced dish is a Jamaican speciality

### Curry Chicken Meal 8.50

Same curry but with succulent chicken breast

### Jerk Wings 3.99

### Jerk thigh Portion 4.99

# Soup Meals

**Afang** Delicious recipe from Efik with wild Okazi leaves

**Banga** palm fruit soup native to the Niger Delta

**Edikikong** Ugu (pumpkin leaves) and water leaf make this very special

**Eforiro** Stew with spinach and tomatoes, an everyday choice

**Egusi** Protein rich seeds of the melon and squash family blended to thicken. This popular dish is commonly eaten with pounded yam

**Ogbono** Blended bush mango seeds with palm oil and spices (also known as draw soup for its viscous nature)

**Oha** From South East Nigeria, prepared with oha leaves and cocoyam

**Okro mixed (Asepo)**  
Chopped Okra cooked with iru and crayfish, accompanied with tomatoe stew

**Onugbu**  
Another Igbo dish, made with 'bitter leaf'. Fortunately only mildly bitter but delicious!

**Nsala** Known as white soup, mouth watering and made with fresh catfish

with Pounded Yam  
Eba  
Amala (Extra £1)  
Wheat (Extra £1)

with Assorted Meat  
Beef  
Chicken  
Fried Fish } 10.00

with Fresh Fish  
Stock Fish  
Dried Fish } 13.00



## House Specials

Grilled Croaker & Plantain 15.00/20.00

Grilled Tilapia & Plantain 15.00/20.00

Grilled Croaker & Yam 20.00

Grilled Croaker & Chips 15.00/20.00

Grilled Tilapia & Yam 20.00

Grilled Tilapia & Chips 15.00/20.00

Nkwobi 12.00

Isiewu 14.00

Garnished Snails 15.00

Spicy Smoked Fish (Eja Kika) 12.00

Seafood Okro 15.00

# Extras

Fried Plantain 1.99 ✓

Fried Fish 1.50

Chips 1.80 ✓

Rice and Peas 2.50

Caribbean steamed white rice with kidney beans

Coleslaw 1.30 ✓

Beef/Cow Leg/Goat/Tripe 1.75

Stock Fish 8.99

Dry Fish 8.99

Fresh Fish 8.99

Pounded Yam/Garri 2.00

Wheat/Amala 4.00

Extra soup (No meat) 4.50

Tomato Stew (No meat) 3.50 ✓

White Rice 2.00

Jollof Rice 4.99 ✓

Fried Rice 4.99

Fried Yam 5.99 ✓

Children's meal 6.99

Same as grownups, just child-friendly portions

Callaloo 4.00 ✓

Leafy green Amaranth leaves cooked with onions and peppers



# Desserts

(served with a scoop of ice cream)

Carrot Cake 3.50

Sticky Toffee Pudding 3.50

Chocolate Brownie 3.50

3 Ice Cream Scoops 2.75

Single scoop 1.00

