

BARCELONA

The Menu

Nigerian home cooking, made fresh to order and delivered to your door.

Delivery every Wednesday and Saturday

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Main Plates

One portion, ready to eat

Main Plates

Each plate shows what comes with it.

Nigerian Jollof Rice *Chicken and plantain included* 10

Nigerian Fried Rice *Chicken and plantain included* 12

Ofada Rice with Ayamase *Beef and egg included* 16

Asaro *Beef included* 13

Rice and Beans *Chicken and stew included* 12

Ewa Aganyin **No protein** 10

Abula *Amala and beef included* 15

Plantain and Egg Sauce 12

From the Grill

Served with fries. Swap your side: fried plantain +2, sweet potato fries +2, fried yam +3, boli +4.

Grilled Seabream 18

Grilled Seabass 20

Grilled Salmon 20

Grilled Mackerel 14

Grilled Chicken 13

Grilled Turkey 16

Stews and Soups

By the plate, about 350 ml

Stews and Soups by the Plate

Swallow is not included, choose one below. Fish pepper soup: seabass +2, salmon +3.

Efo Riro *Beef included* 14

Egusi, with vegetables *Beef included* 14

Egusi Ijebu *Beef included* 14

Buka-Style Stew *Beef included* 13

Chicken Pepper Soup *Chicken included* 14

Fish Pepper Soup, seabream *Fish included* 15

Goat Pepper Soup *Goat included* 18

Swallows and Add-ons

Pounded Yam, made fresh from yam 4

Amala 3

Eba 3

Semo 3

Gbegiri, for Buka Stew 3

Ewedu, for Buka Stew 3

Bulk Bowls

3L and 5L, for sharing

Prices are 3L / 5L. At 300 ml per portion, 3L serves 8 to 10 people and 5L serves 14 to 16. Soups eaten with a swallow go further.

How to read this menu. *Chicken included* means the protein is already in the dish. No protein means the dish is served plain, so add a protein from the extras. No sauce or protein means the bowl is just the rice, beans or yam, so order a sauce or stew and a protein separately.

Rice and Grains

Parboiled long grain rice. Basmati upgrade: +4 for 3L, +6 for 5L.

Nigerian Jollof Rice *Chicken included*	48 / 72
Nigerian Fried Rice *Chicken included*	48 / 72
Ofada Rice No sauce or protein	45 / 68
Rice and Beans No sauce or protein	45 / 68
Asaro No sauce or protein	50 / 75
Ewa Aganyin, beans only No sauce or protein	32 / 48
Aganyin Sauce, 1L is 14 No protein	36 / 55

Fried Stew and Stews

Choose your protein for the fried stew.

Fried Stew (Ata Sisa) *Beef included*	50 / 74
Fried Stew, chicken instead *Chicken included*	48 / 72
Fried Stew, turkey instead *Turkey included*	58 / 86
Fried Fish Stew: hake *Fish included*	52 / 78
Fried Fish Stew: mackerel *Fish included*	50 / 75
Fried Fish Stew: seabream *Fish included*	56 / 84
Fried Fish Stew: seabass *Fish included*	58 / 88
Fried Fish Stew: salmon *Fish included*	58 / 88
Buka-Style Stew *Beef included*	53 / 80
Ayamase Sauce *Beef included, egg extra*	58 / 88

Bulk Bowls

Soups, plantain and pairing guide

Soups

Gbegiri and Ewedu also come in 1L.

Egusi Soup, with vegetables	*Beef included*	53 / 80
Egusi Ijebu	*Beef included*	53 / 80
Seafood Okra Soup	*Prawns, crab and mussels*	58 / 88
Efo Riro	*Beef included*	53 / 79
Gbegiri, also 1L at 18	No protein	41 / 62
Ewedu, also 1L at 15	No protein	34 / 52
Chicken Pepper Soup	*Chicken included*	50 / 75
Fish Pepper Soup, seabream	*Fish included*	50 / 75
Goat Pepper Soup	*Goat included*	60 / 92

Fish pepper soup upgrades from seabream: seabass +7 / +12, salmon +10 / +16. Gbegiri and Ewedu go with Buka Stew and swallows, never rice.

Fried Plantain

Fried Plantain, 1 litre	12
Fried Plantain, 3 litres	30

Pairing Guide

Rice and sauces are sold separately. 3L of rice goes with 3L of Fried Stew or Ayamase Sauce. 5L of rice goes with 3L.

Try 5L Ofada Rice with 3L Ayamase Sauce or 5L Jollof with 3L Fried Stew. Swallows go with Efo Riro, Egusi, Egusi Ijebu or Buka Stew. Gbegiri and Ewedu are for Buka Stew and swallows only, never rice. Pepper soups are enjoyed on their own.

Snacks and Bakes

For parties, offices and everyday cravings

Small Chops

Build your own plate: minimum 3 items per plate, minimum 10 plates. Asun minimum 10 portions.

Veggie Spring Roll	2.50	Panko Prawns	4.00
Beef Samosa	2.50	Chicken Suya Skewer	5.00
Money Bags	2.50	Beef Suya Skewer	5.00
Mini Sausage Rolls	3.50	Plantain Mosa, 3 pieces	3.00
Mini Meat Pies	3.50	Puff-Puff, 3 pieces	2.50
Corn Dogs	4.00	Asun (goat), per portion	8.00

Pastries and Bakes

Sausage Roll, large	4.00	Puff Puff	4.00
Meat Pie, large	4.00	Chin Chin, 500 g bag	5.00
Cinnamon Roll, classic	3.00	Chin Chin, 1 kg	9.50
Cinnamon Roll, glazed	3.25	Chin Chin, 3 kg	27.00
Cinnamon Roll, specialty	3.50	Chin Chin, 5 kg	44.00

Burgers

Chicken Burger, large	9.00	Beef Burger, large	10.00

Peppered Proteins

And drinks

Peppered Proteins

Minimum 10 pieces per type. Every protein is available peppered, except boiled egg.

Chicken	5.00	Fish: hake	7.00
Beef	5.00	Fish: mackerel	6.00
Turkey	7.00	Fish: seabream	8.00
Goat Meat	7.00	Fish: seabass	9.00
Ponmo	6.00	Fish: salmon	9.00
Tofu (Beske)	4.00	Snail	8.00
Wara	4.00	Gizzards, 100 g	4.00

Chapman and Zobo

Chapman, 200 ml pouch	3	Zobo, 200 ml pouch	2.50
Chapman, 500 ml	7	Zobo, 500 ml	6
Chapman, 1 litre	14.50	Zobo, 1 litre	12
Chapman, 3 litres	42	Zobo, 3 litres	35
Chapman, 5 litres	68	Zobo, 5 litres	58

Extras, Catering and Ordering

Add a protein, feed a crowd, place your order

Extras

Per piece. Boiled egg 1 is the add-on for Ayamase bowls.

Moin Moin, mackerel and egg	5
Moin Moin, corned beef and egg	5
Boiled egg	1
Chicken	4
Beef	4
Turkey	6
Ponmo	5
Goat meat	6
Hake	6
Mackerel	5
Seabream	7
Seabass	8
Salmon	8
Snail, medium	7
Tofu (Beske)	3
Wara	3
Fried Plantain, 4 pieces	2

Catering

Mix any bulk bowls for 10 or more guests, 48 hours notice. 50 percent deposit, balance due 5 days before. Sealed buckets, foil trays on request: +3 per 2.7 L, +4.50 per 5 L.

3L rice and 3L stew, serves 8 to 10	98
5L rice and 3L stew, serves 14 to 16	122
5L Ofada and 3L Ayamase, serves 14 to 16	126

Delivery and Ordering

Delivery every Wednesday and Saturday. Wednesday orders close Monday 23:59 and Saturday orders close Thursday 23:59. Delivery from 12 euro in Barcelona and 15 euro in L'Hospitalet, plus a small surcharge for large orders.

Order at **foodprepbylara.com** or on WhatsApp **+34 603 404 828**. Pay by card on the website, or by bank transfer or Bizum on WhatsApp.

Our Kitchen

No pork and no alcohol. Beef from a halal butcher. Everything is cooked fresh in small batches in Barcelona.

Please tell us about any allergies when you order and we will do our best to accommodate them.