



CHILOS FOODS



080-331-56908



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BREAKFAST

Overnight Oats <i>Choice of Apples, Blueberries, Bananas</i>	5000
Gluten Free Flatbread Wrap <i>Choice of chicken, shrimp, beef or vegan</i>	7000
Egg Sandwich	6500
Yoghurt, Granola and Fruits <i>Choice of Apples, Blueberries, Bananas</i>	4000
English Breakfast <i>eggs of choice, toast, sausages, toast and baked beans</i>	5500
Nigerian Breakfast <i>Airfried yam and plantain, egg of choice, pepper sauce</i>	6500
	6000

SALAD

Caesar salad	5000
Tuna Pasta Salad	7000
Quinoa Salad	6500
Grilled Chicken Salad	4000
	5500
Seafood Salad	6500

MEN

MAINS

Roasted Veggies	7000
Mashed Potatoes and Roasted or Blanched Veggies	6500
Nigerian Jollof, Stir-fry Vegetables	4000
Beans	5500
<i>Choice of Stir fry, plantain, sweet potatoes sweetcorn add ons</i>	6500
Okro Soup	6000
Bitterleaf Soup	5000
Egusi Soup	6500
Ogbono Soup	6000
Oha Soup	

Note: All Mains come with a choice of chicken, seafood or beef

*Note: All soups come with a choice of garri, pounded yam,
wheat, oats swallow*

