You have made the changes to the following price/s:

Thank you for ordering from us. We exist to serve you and make you feel at home away from home.

OK

Welcome

Username

Password

Forgot password? click here

Login

New to Taste Full Plate?

Sign up

SIGN UP

Enter Email

Enter Name

Enter Surname

Enter Username

Enter Password

By continuing you accept our private policy and term and conditions.

Sign up

Logout

Nigeria @ the tip of your tongue

TASTE FULL PLATE

Cape Town's most acclaimed home-made Nigerian food delivery service

Delicious meals | Save money and student packages | Ongoing Specials | Choice's & Tourist Exclusives

Delicious meals

"The proof of the pudding is in the eating."

It's time to do away with the rowdiness and attention one gets walking into a regular Nigerian restaurant in Cape Town. Enjoy Nigerian homemade Soups and Stews in the comfort of your space anywhere. One click to ordering and you will be treated to the freshness of Taste Full Plate.

Save Money & Time

Convenience- You save TIME.

Why waste your time hopping from one Nigerian food store to another

HOME | MENU | Basket | Account

Logout

Search

Our Menu List

SOUPS

STEWS

SPECIALS

SEASONAL

Order From Our Menu

SOUPS

- Full pot 5 litres soup with 56 chunks of assorted chewables (Chicken, Cowleg, Shaki, Pomo, Sand Free Dried Fish and Beef).
- Half pot 2.5 litres with 28 pieces of assorted chewables.
- All Soups with only Goat Meat Full Pot 56 chunks. Half pot 28 Chuks .
- All Soups with only Fresh Fish Full Pot is 2 whole fishes cut into 8-10 rings; Half Pot 1 whole fish cut into 4-5 rings.

Oha Soup – 0 +

Bitter leaf Igbo style (Ofe Onugbu) – 0 +

Okro (100% Fresh Okro, no Ogbono added) – 0 +

Egusi soup – 1 +

Vegetable soup – 0 +

Ogbono soup - 100% Ogbono, no Okro added – 0 +

Afang Soup – 0 +

Okazi and Achi Soup – 0 +

Assorted Palm oil stew with Ewedu-Mate – 0 +

Rivers Native Soup with fresh fish – 0 +

Banga (Delta Style) – 0 +

Banga Igbo style (Ofe Akwu stew) – 0 +

PEPPER SOUPS

-full pot 5 litres, half pot 2.5 litres

- All Pepper Soups with only Goat Meat Full Pot 56 chunks . Half pot 28 chunks.
- All Pepper soups with only Fresh Fish Full Pot is 2 whole fishes cut into 8-10 rings; Half Pot 1 whole fish cut into 4-5 rings.

Fresh Fish – 0 +

Goat Meat – 0 +

Assorted Goat Meat – 0 +

Lamb-Roast – 0 +

STEWS

-full pot 5 litres, half pot 2.5 litres

- Regular Red Stew and Ofe Akwu comes with all the assorted chewables (Chicken, Cowleg, Shaki, Pomo, Sand Free Dried Fish and Beef).
- All Stews with only Goat Meat Full Pot 56 chunks. Half pot 28 chunks. All Stews with only Fresh Fish Full Pot is 2 whole fishes cut into 8-10 rings; Half Pot 1 whole fish cut into 4-5 rings.

Regular Red Stew – 0 +

Ofe Akwu Stew – 0 +

Seafood Stew – 0 +

Mincemeat Stew – 0 +

Scrambled Egg Stew – 0 +

Fresh Fish Stew – 0 +

Goat Meat Stew – 0 +

VEGETARIAN/VEGAN

Regular Red Stew – 0 +

Ofe Akwu Stew – 0 +

Seafood Stew – 0 +

Spinach Stew – 0 +

ASSORTED RICE

Fried Rice – 0 +

Fried Rice (darker version) with livers and kidney – 0 +

Coconut Rice – 0 +

Jollof Rice – 0 +

SPECIALS

MOIN-MOIN WITH AKAMU OR AGIDI
Size: Regular (4 Portions Moin-moin and 500ML Akamu/Agidi) – 0 +

AKARA WITH AKAMU OR AGIDI
Size: Regular (25 balls of Akara and 500ML Akamu/Agidi) – 0 +

FRIED PLANTAIN
Size:
- Standard 1,5 litres bowl – 0 +
- Large 2,5 litres bowl – 0 +

PORRIDGE BEANS
Size:
- Full Pot 5 litres – 0 +
- Half pot 2.5 Litres – 0 +

PORRIDGE YAM
Size:
- Full pot 5 litres – 0 +
- Half pot 2.5 litres – 0 +

This order is subject to availability of Yam

ROASTED PLANTAIN (BOLE) OR YAM AND FISH
Size:
- A portion of roasted Plantain and Fish – 0 +
- A portion of roasted Yam and Fish – 0 +

This order is subject to availability of Plantain and/or Yam

SEASONAL

NON-NIGERIAN CUISINES

Chow-Mein (Stir Fried Noodles)
- Beef – 0 +
- Chicken – 0 +
- Prawns – 0 +
- Seafood – 0 +

Chinese Fried Rice
- Beef – 0 +
- Chicken – 0 +
- Prawns – 0 +
- Seafood – 0 +

Battered Hake/Snoek and Hot Chips – 0 +

Macaroni Bake+Cheese – 0 +

These orders come in 1 liter bowls

SALAD
- Green Salad – 0 +
- Assorted Lettuce Salad – 0 +
- Prawn Salad – 0 +
- Tomato Salad – 0 +

All our Salads come in 1 litrebowls

PASTRY

Assorted Pies (A portion of 4) – 0 +

Sausage Rolls (A portion of 4) – 0 +

Scotch Eggs (A portion of 4 jumbo size) – 0 +

Banana Loaf – 0 +

Fruit Cake – 0 +

Chocolate Cake – 0 +

Vanilla Cake – 0 +

3-in-1 Sugar Bread – 0 +

Puff-puff (10 balls) – 0 +

All cakes come in the goodness of our 9×5 inch pan.

Your Basket

Taste Full Plate ®, Bellville

Egusi soup
Size: Full pot 5 litres soup
University: CPUT
1 +
Please exclude Shaki chewables

AKARA WITH AKAMU OR AGIDI
Size: Regular (25 balls of Akara and 500ML Akamu/Agidi)
University: CPUT
1 +
Add note max 50 characters +

Assorted Pies
Size: Assorted Pies (A portion of 4)
University: CPUT
1 +
Add note max 50 characters +

Place your order

Add Items

About Us

"Whatever we can't get from Nigeria in its original, fresh, dried or grounded form and can't get a trusted local dealer to provide, we improvise"

Over the last 12 years we have studied and mastered The How in blending indigenously grown South African fresh food produce with imported food produce from Nigeria in such a way that you get the same home taste you would get eating homemade food in Nigeria. This means that we know the right water content needed for each food and know the exact cooking methods that bring out the best flavours in each food. This is why we are the number one and trusted name in Soup and Stew delivery to the choicey food loving West African community and friends in Cape Town.

The Secret of our taste
We understand that most foods in their natural state are saturated with chemicals. Even the so called organic foods are not 100 % organic as they say. Have you wondered why some foods like tomatoes, onions and potatoes could decay easily in a couple of weeks if not consumed? Have you observed that the cow leg in Nigeria is harder than the ones available in the market in South Africa? How about the chicken injected with liquid to enhance its size before it is displayed on the shelf? These things happen because Genetically Modified Organisms (GMOs) are widely used in food technology which alters the natural process of growing foods and maturing livestock and how we manage these foods when cooking them are very important to our health.

FROM THE DEPTHS OF WEST AFRICA
Perhaps we could start by saying things a little differently. Like let's pretend Nigeria is a woman and is married to many husbands (that is the ethnic nationalities). now the DNA of each husband would run in his child and the child can be easily traced to the father (that way (that is the delicacy peculiar to each ethnicity). That's exactly how it is. For example, fresh fish and seafood cuisines are the specialty of Rivers people.
This doesn't mean that Rivers people can't do justice to other delicacies but Rivers soup, obviously will be a walk over for them. Like I know of some tribes where you don't give that big fish head to a man but "who born you to chop fish head when Rivers man dey house?". You can go and check it out. Fresh fish head pepper soup is the most expensive pepper soup in Port Harcourt.
There are bones of some small fishes like mudskippers and sardines that a Rivers person will chew and swallow but others can't. So somehow, the kind of dishes we love and the passion and ease with which we cook them is traceable to where we come from or the people we have lived with for a long time. It is almost impossible for a Rivers person to cook soup without periwinkles (tiam) and it doesn't matter if it is egusi or okro, it's just something Rivers people love to eat so much.
So if you have never had a taste of real Rivers homemade sea food and fresh fish native soup thickened with cocoyam or the goat meat and dried fish version then walahi you are yet to explore the best of Nigerian food. ~~~Taste Full Plate

Feed Back

We also encourage you to give us your thoughts about our services; and if you have eaten our food, you can give comment about your experience.

We also solicit suggestions from you in order to service you better.

Here is our contact information:

Email :capetown@tastefullplate.com
Call/SMS :0839930032
WhatsApp :0839930032
Facebook: Taste Full Plate Cape Town

Account Details

@username

Update Information

Payment Information

Address Information

History

#222159		2023/10/15
Regular Red Stew	x1	R75.00
		R75.00
#223417		2023/10/21
Lamb Roast	x2	R95
		R190
#223387		2023/10/26
Egusi Soup	x2	R55
Lamb Roast	x1	R95
		R205

Address Information

Apt,flat or floor number

Hanover St, District Six, Cape Town, 7925

Business or building name

Address Label

Add a label (ex.school)

Save Address

Payment Information

Cards

Mark Felton — 5589 **** **** 5589 — 03/26 — Delete

Card Details

Card Number

Name on Card

MM | YY | CVV

Add Card

Account Details

Username — Account_Username

Email — Account_Email

Name — Account_Name

Password — Password

New Password — New_Password

Confirm Password — Confirm_Password

Update

Gallery

Our Soups and Stews

Egusi soup

Amala and Ewedumate

Spinach Stew

Assorted Meat Stew

Special Deliveries

Pan-cooked Fish Parsley Sauce and wedges

Coconut Rice

Japanese style Chow- mein

Chips and Battered Hake

Our Sumptuous Meals

Ogi and Moin-Moin

Prawn Salad

Akara and Akamu

Akara Burger

Home
Menu
Basket
Gallery
Order & Delivery
Account
About Us

Ordering and Delivery

For Events

Order 2 weeks to your event, pay upfront and leave the rest to us. Our prices exclude waitress services or any kind of food serving at the event. We deliver at least 30 minutes before the time food will be served at the event.

Our Standard Deliveries

- Main: Our Main Deliveries consists of Full and Half Pots Soups and Stews. Deliveries are made Mondays to Fridays from 13:00 to 15:30. Orders should be placed a day before the delivery by 12 noon.
- Special: Our special deliveries made from 13:00 to 15:30. Orders should be placed by 12 noon a day before delivery.
- Week Days: Week days deliveries are for these areas: Bellville, Belhar, Tygervalley, Oakdale, Kenridge, Parow, Lovenstein, Welgemoed, Boston and other where we have 10 or more orders. Deliveries are made from Mondays to Fridays from 12:00 to 13:30.
- Any delivery requested outside our standard delivery times will attract an additional charge of R100.00

How to Order

- Simply look at the Menu and decide what you want to order by clicking the " + " and adding that to your basket once you are happy with your selection in your basket click place order.
- Our Soups and Stews are heavily loaded with chunks of Chicken, Beef, Fish, Cow Leg, Tripe (Shaki) and Fresh Cow Skin (Pomo). If there is any complementary chewables that you want us to take out of your order kindly let us know when messaging us.
- For Student Orders please use name of institution in abbreviations or Nick names like UCT,UWC,CPUT,STELLIES, UNISA etc., then your first name and cell number. Example: CPUT Joseph 0839930032

Not Tampered
Your safety is our concern. Always check that your bowl seal is intact and food received warm.

Week Days Orders

- YOU SAVE R25 ON OUR WEEKLY ORDER.Menu is updated regularly so please check to see if there are changes.
- These deliveries are made to Bellville, Belhar, Tygervalley, Oakdale, Kenridge, Parow, Lovenstein, Welgemoed and Boston.
- Standard price for our weekly menu is R60. Extra on menu +R25, Any orders outside what's on the menu for the week is considered a special order and will be R80.
- All orders for the week are paid latest on Wednesday before the week the order is needed.

WEEK 1

Monday
Veggies Sauce on Spaghetti +Fish Balls

Tuesday
Egusi Soup with Assorted Meat and Fish +Wheat Semolina or Garri

Wednesday
Wedges+Red Stew+Spinach Stir Fry

Thursday
Porridge Brown Beans + Chicken Sauce over Grilled Sweet Potato

Friday
Okro Soup with assorted meat and fish+ Wheat Semolina or Garri

WEEK 2

Monday
White Rice and Stew with assorted meat

Tuesday
Afang Soup with Assorted Meat and Fish +Wheat Semolina or Garri

Wednesday
Potatoes, Butternut and Squash +Veggies and Minced meat stew

Thursday
Moin-moin + Akamu or Agidi or Sipping Garri

Friday
Bitter Leaf Soup with assorted meat and fish+ Wheat Semolina or Garri

Back to top

HOME | MENU | Basket | Account