



WELCOME TO
SPOONS, HOME
OF THE BEST
AFRICAN
CUISINE.

*****Did You Know***
We Offer!!!**

***Order on-line- Download our
new App- Spoons, Colindale**



***Home Delivery Service From
Just £3** (T & C Applies)

***Friday Buffet- 8pm- Late
Music- Live In-House DJ**

***Customer Loyalty Card**

***Free Wi-Fi**

***Hire Venue- Private Parties &
Business Meetings**



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APPETIZERS

Hot & spicy Goat Meat (Asun)(V.Hot) £8.00

Diced goat meat seasoned with pepper and salt

Garnish Smoked chicken (Mild Pepper) £8.00

Pieces of charcoal-grilled chicken seasoned with
Special chicken homemade sauces

**Suya (Marinated in traditional Suya spices (Mild
Pepper)**

Beef  **£8.00**

Garnished Assorted Meat (Mild) £8.00

Assorted Meat (Beef, Tripe & Cow leg) garnished
With mixed pepper, onions and spices

Garnished Beef £6.00

Garnished with mixed pepper, onions and spices

Hot Chicken wings (Hot) £5.00

Marinated with bbq sauce and spices

Gizzard delish £6.00

Garnished with mixed pepper, onions and spices

Snail (Seasonal) £6.00

Garnished with mixed pepper, onions and spices

Tasty prawns £7.00

Large grilled tiger prawns garnished in a sweet spicy sauce

Isi Ewu (Hot) £15.00

Chopped goat head cooked with utazi leaf, ehuru seeds
And diced onions

Nkwobi (Mild Pepper) £7.00

Chopped Cow mixed in a thick sauce of palm oil,
Ground ehuru seeds (calabash nutmeg), Kaun (edible potash)

MoiN MoiN (Bean Cake) £3.00

Peeled beans blended and cooked with onions,
Mixed peppers & Corned Beef

Dodo Gizzard £5.00

Diced plantain and chicken gizzard seasoned and fried
With blended pepper & spices

Garnished chicken £5.00

Chicken marinated and glazed with special chicken spice
And garnished with green and red pepper.

SIDE ORDERS (PER PORTION)

Fried Plantain £1:50 Pie (Meat/Fish)£2.00

Spring Roll £3.00 
(Prawns or Chicken)

SOLIDS/SOUPS

A choice of: Eba (Cassava flour - White or Yellow) / Pounded Yam / Amala (Yam flour) / Semovita / Wheat / Ghanaian Fufu

The above can be served with a choice of: Beef, Chicken, Assorted Meat, Fried Fish, Steamed Fish:

Efo Riro (Mild Pepper) £12.50

Traditional Yoruba dish - Rich vegetable soup made with Spinach, dry fish, Cray fish and mixed meat.

Efo Egusi £12.50

Bitter leaf and spinach cooked with melon seeds and Enriched with spices and vegetables

Ogbono £12.50

Etima (wild mango) seeds, ground dry and cooked with Vegetable oil and traditional Nigerian spices

Abula £12.50

Ewedu mixed with gbegiri- Bean sauce

Okra Stew (ILA ASEPO) £12.50

Chopped Okra cooked with stew

Ewedu Stew £12.50

Grounded Jute leaves seasoned with local Nigerian spices

Edikang Ikong £12.50

Traditional southern-Nigeria dish made with pumpkin leaves(ugwu), water leaves, Cray fish, dry fish, ponmo

Oha £12.50

Oha, uziza vegetables cooked with stock fish, achi, Dried fish and Cray fish

Bitter Leaf £12.50

Bitter leaf vegetables cooked with dried fish, Cray fish and spices

Banga £12.50

Palm fruit (red oil) concentrate cooked with dried fish and Cray fish & garnished with bitter leaf vegetables

Afang £12.50

Made from a mixture of vegetables (Afang leaves & Water Leaves) assorted fish, meat and spices

Okra Special £15.00

Chopped Okra cooked with stew & mixed seafood, Red Brim, scallop, Squid, prawns Seasoned with spoons special spice

Ofe Nsala (White Soup) £12.50

Delicious white soup made with utazi

Ofe Owerri £12.50

Traditional Imo state soup made with assorted fish & green vegetables

PEPPER SOUP (Hot)

Goat Meat £7.00

Beef £8.00

Assorted Meat (Cow foot, Tripe, Beef) £6.50

Fresh Fish (Tilapia) £10.00

Cat Fish £12.00

RICE DISHES

A choice of: White rice / Jollof rice / Fried Rice / Coconut rice * (Coconut milk cooked with

Prawns mixed with stew (£1 extra will be charged With every Dish)

Served with plantain and a choice of:

Chicken £9.50

Beef £10.00

Assorted Meat £10.00

Goat Meat £10.50

Fried Fish £10.00

Steamed Fish £10.00

Aya Mase (Ofada stew) HOT £10.00

Mixed types of green pepper blended and cooked with Palm oil & served with choice of meat/fish (served with White Rice)

Seafood Jollof Rice £15.00

Jollof rice cooked with mixed seafood with a choice of Beef/Chicken/Fried Fish/Steamed Fish

Seafood Fried Rice £15.00

Fried rice cooked with mixed seafood with a choice of Beef/Chicken/Fried Fish/Steamed Fish

BEANS DISHES

(Ewa Asepo- Stewed Beans)

Delicious mashed black eyed beans cooked With blended pepper spices & palm oil

Served with plantain and a choice of:

Chicken £9.50

Beef £10.00

Assorted Meat (Cow foot, Tripe, Beef) £10.00

Goat Meat £10.00

Fried Fish £10.00

Steamed Fish £10.00

(Ewa Aganyin)

Plain cooked beans served with a special

Fried stew Served with plantain and a

Choice of:

Chicken £9.50

Beef £10.00

Assorted Meat (Cow foot, Tripe, Beef) £10.00

Goat Meat £10.00

Fried Fish £10.00

Steamed Fish £10.00

YAM DISHES

Yam Porridge (Asaro)

Yam cooked with palm oil, blended pepper
And spices served with a choice of:

Chicken	£9.50
Beef	£10.00
Assorted Meat (Cow foot, Tripe, Beef)	£10.00
Goat Meat	£10.00
Fried Fish	£10.00
Steamed Fish	£10.00

Fried Yam (Dun Du - Served with fried stew)

Served with a choice of:

Chicken	£9.50
Beef	£10.00
Assorted Meat (Cow foot, Tripe, Beef)	£10.00
Goat Meat	£10.00
Fried Fish	£10.00
Steamed Fish	£10.00

WANT MORE?

ORDER EXTRA PORTIONS:

Beef	£1:00	Aya Mase Only	£7:00
Chicken	£1:00	All Solids (Eba, P/Yam, Amala)	£2:50
Tripe	£1:00	Fried Yam Only	£4:00
Goat Meat	£1:00	Ewedu Stew	£6:00
Cow foot	£1:00	Okra Stew	£6:00
Fried Stew	£2:00	Efo Riro	£7:00
Fried Fish	£3:00	Efo Egusi	£7:00
Fresh Fish	£4:00	Ogbono	£7.00
Stock Fish	£6:00	Ofe Nsala	£7.00
White Rice	£3:00	Afang	£7.00
W/Rice-Plantain	£4:00	Edikang Ikong	£7.00
Jollof Rice	£4:00	Oha	£7.00
J/Rice+Plantain	£5:00	Bitter Leaf	£7.00
Fried Rice	£4:00	Banga	£7.00
F/Rice+Plantain	£5:00		
Ewa Aganyin	£4:00		
Ewa Asepo	£4:00		

SPOONS SPECIALS

(Pre-order Dishes Only)

Spoons Noodles	£6.00
Noodles cooked with Sardine and served with Boiled egg	
Spaghetti Delight	£10.00
Cooked with mixed vegetables and Mixed sea food	
Ukuodo	£11.00
Boiled yam cooked with soup spices and small Pieces of assorted meat	
Ugba & Stockfish	£12.00
African salad, prepared with special herbs & spices.	
Owoh and starch (usi)	£15.00
Traditional Delta soup served with cooked farina	

FISH SPECIALS

Chef's Recommendation

Spoons Special Fish

Large Grilled Croaker Fish garnished with special spices, with Red, Yellow & Green Peppers with a choice of:

Fried Plantain	£16.00
Fried Yam	£17.00

Garnished Fish

£10.00

Red Brim or Tilapia marinated with pepper

Seafood Special

£18.00

Red Brim served with shrimps, Scallop, Squid, prawns, Green & red peppers seasoned with Spoons special spice

DESSERTS

Ice-Cream (choice of 3 scoops)	£3.50
(Vanilla, Maple Walnut, Chocolate, Strawberry)	

A Spoon full of
Tasty delight

ALCOHOLIC DRINKS COCKTAILS

SPIRITS

BRANDY	25ml/Per Shot	Bottle (70cl)
Martell	£3.50	£50
Courvoisier VS	£3.50	£60
Hennessy	£3.50	£60
Remmy Martin	-	£60
Courvoisier VSOP	-	£90
Alize	-	£35

WHISKY	25ml/Per Shot	Bottle (70cl)
BAILEY'S IRISH CRM	-	£30
JONNY WALKER	£3.50	£35
JACK DANIEL	£3.50	£40
CHIVAS REGAL	£3.50	£40

VODKA	25ml/Per Shot	Bottle (70cl)
Smirnoff (Red Label)	£3.00	£40
Smirnoff (Vanilla)	£3.00	£40
Absolut Blue Label	£3.00	£35
Ciroc	£5.00	£90

GIN	25ml/Per Shot	Bottle (70cl)
Gordons Special Dry	£3.00	£30
Bombay Sapphire	£3.00	£35

RUM	25ml/Per Shot	Bottle (70cl)
Malibu	-	£30
Barcardi Superior	£3.00	£30
Captain Morgan	£3.00	£35

CHAMPAGNE

	Bottle (75cl)
Moet & Chandon Brut Imperial	£50
Bollinger NV	£70
Laurent Perrier Rose NV	£70
Moet & Chandon Rose NV	£60

Chapman £5.00

BEERS

	SMALL	LARGE
Palm Wine	-	£5.00
Star	-	£5.00
Orijin Bitter (Plastic Bottle)	-	£10.00
Orijin Beer	£3.50	£6.00
Guinness	£3.00	£5.00
Gulder	-	£5.00
Stella Artois	-	£5.00
Heineken	-	£5.00
Kopparberg	-	£3.00

WINES

White Wine	Per glass	Bottle (75cl)
Jacobs Creek Chardonnay	£3.00	£20.00
Torres	£3.00	£15.00
Pinot Grigio Pasqua	£3.00	£15.00

Red Wine	Per glass	Bottle (75cl)
Jacobs Creek	£3.00	£15.00
El Prado Valencia DOC Reserva	£3.00	£15.00
Campo Viejo Tempranillo Rioja	£3.00	£15.00

Rose Wine	Per glass	Bottle (75cl)
Mateus Rose	£3.00	£15.00
Echo falls	£3.00	£15.00
Gallo	£3.00	£15.00
Domaine Saint Ferrol	£3.00	£15.00

NON-ALCOHOLIC DRINKS

	0.33L		
Fanta	£1.00		
Sprite/7up	£1.00		
Coca-Cola	£1.00		
Diet Coke	£1.00		
	0.70L		
Still Water	£1.00		
Sparkling Water	£1.50		
Tonic Water	£1.00		
Red Bull	£2.00		
J20	£2.00		
SuperMalt	£2.00		
Maltina	£2.50		
Maltina Guinness	£2.50		
Nigerian Fanta	£2.00		
Nigerian Schweppes (Bitter Lemon)	£2.00		
FRESH JUICE	Per Glass	Per Jug	
ORANGE Juice	£1.50	£4.00	
APPLE Juice	£1.50	£4.00	
PINEAPPLE Juice	-	£4.00	
MANGO Juice	-	£4.00	
CRANBERRY Juice	-	£4.00	

WE HOPE YOU
ENJOY YOUR
MEAL
WE ARE AT
YOUR
SERVICE.

New Food
Labelling/Allergens
Law Dec 2014

If you have any
known allergens to
food, please speak
to a member of staff
to discuss which
options are suitable
for you to eat.



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