XII • XLV

TWELVE FORTY FIVE

FOOD MENU

FIELD OF GREEN SALADS

Afropolitan Caesar



Salad greens with shredded chicken (or bacon), boiled egg, avocado, feta cheese, croutons and mayonnaise dressing.

25,000



Keto Lovers

Shredded chicken tossed with slivers of cucumber, peppers, feta cheese and toasted sesame seeds

25,000

The Naked Avo



Avocado cubes on a bed of lettuce greens and toasted sesame seeds with a balsamic drizzle.

18,000



Seafood Salad

Mixed with Prawns, changu fillet, lettuce, bell pepper, carrot, cucumber and olive oil.

30,000

WINGS

All wings are served with french fries, plantain or salad



Honey Garlic Goodness Wings

Finger lickin' succulent wings fried then basted with honey, soy sauce, ginger and garlic.

20,000

Oven Baked Teriyaki Wings

Wings basted in our house sweet and sour teriyaki sauce.

24,000





Fried Chicken Lollipops

Breaded, lightly spiced and fried, each bite reveals a tender interior.

20,000

BURGER HEAVEN

All burgers are served on homemade buns, lettuce, tomatoes and a slice of cucumber.



BBQ Burger

200gm beef patty charcoal grilled with smokey sweet bbq sauce, caramelised onions, tomatoes and lettuce.

22,000

The Herbivore Burger

Wholesome vegetarian patty made of beans, lentils, cashew nuts, mushroom and topped with cheddar cheese.

20,000





1245 Signature Burger

Chargrilled 200gm pure beef patty with caramelised onions and mayonnaise.

30,000

The Mile High Burger

House specialty beef patty topped with a fried egg and cheddar cheese.

24,000



TOASTIE SANDWICHES

All sandwiches are served with french fries or salad

Baconator B.E.L.T

Crispy bacon, fried egg, lettuce, tomato and cheddar cheese grilled to perfection.

25,000





Tropical Club Mango

Spicy grilled chicken layered with mango slivers, lettuce, tomato, avocado and cheese.

18,000

Beef Eater

Grilled seasoned beef thinly sliced with lettuce, tomato, cheese and mayonnaise.

17,000





Grilled Chicken Salad Toastie

Grilled chicken shredded with chopped onion, lettuce and mayonnaise.

16,000

SUCCULENT SEAFOOD

All dishes are served with either steamed rice, mashed potatoes, french fries, plantain or seasonal vegetables

White Snapper (Changu) Special

Freshly caught Indian Ocean white snapper shallow fried and paired with a secret garlic infusion sauce.

25,000





Mixed Seafood Platter

An assortment of white snapper (changu), calamari and prawns delicately seasoned and grilled to perfection.

45,000

Calamari a la Mode

Lemon, garlic, sweet chilli and pepper seasoned flash grilled squid.

25,000



THE ITALIAN AFFAIR



Spaghetti Bolognese

Comforting homemade tomato sauce with ground beef slow cooked with bay leaves.

25,000

Prawns Neapolitan

Sautéed prawns in a spicy hearty tomato sauce atop penne pasta.

35,000





Spaghetti Carbonara

Spaghetti in a cream mushroom carbonara sauce with bits of smoked bacon (optional) and shaved parmesan cheese and crisped basil.

20,000

THE ITALIAN AFFAIR

Simply Garlic

Spaghetti sautéed in olive oil with garlic. That's it.
For those who like to keep it simple.

15,000





Veggie Harvest Toss Up

Spaghetti and garden fresh vegetables stir fried with light tomato sauce.

20,000

Pasta Provencal with Prawns

Pasta, vegetables and prawns in a creamy tomato sauce, or choice of white sauce.

30,000



FOR THE CARNIVORES

All dishes are served with either rice, mashed potatoes, french fries, green bananas or seasonal vegetables

Goat Ribs

Specially cut and seasoned goat ribs grilled to perfection.

25,000





Beef Ribs

Chuck short ribs slow grilled and finished with our tangy house barbeque sauce.

25,000

T-bone Steak

Perfectly marbled, seasoned and grilled to your preference.

45,000





Beef Skewers (Mishkaki)

Bite-sized cubes of beef marinated and grilled on skewers.

20,000



Chicken Skewers(Mishkaki)

Bite-sized cubes of chicken marinated and grilled on skewers

20,000

FOR THE CARNIVORES

All dishes are served with either steamed rice, mashed potatoes, french fries, plantains or seasonal vegetables



Basted Lamb Chops

Juicy perpendicular cut of spine grilled and basted to bring out its full flavour.

26,000

Tabora Honey Pork Chops

Pork chops soaked in a sweet tangy marinade and grilled golden brown.

25,000





Chicken Curry

Whole pieces of chicken cooked in a spice enriched creamy tomato sauce. Best served with steamed rice.

25,000

Chicken Soup

Chicken soup with soy sauce, potatoes, green bananas,greeb beans and black pepper

25,000



FOR THE CARNIVORES

All dishes are served with either steamed rice, mashed potatoes, french fries, plantain or seasonal vegetables



Grilled Half Chicken

Basted with sweet chilli sauce.

20,000

Pepper Beef Steak

Grilled to your desired preference (medium rare, medium well or well done.) Served with fresh peppercorn cream sauce on the side.

27,000





Makange

Grilled chicken or beef basted with sweet chilli served with crunchy local vegetables and tomato sauce and moruga chilli.

20,000

NIGERIAN CUISINE

Amala with Gbegiri and Ewedu



Bright yellow soup made with honey beans.

Proteins: Turkey or snail

50,000

Proteins: Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

45,000

Egusi with (Amala, Poundo, Eba or Ugali)



Egusi is a protein-rich melon seed. Perfectly grounded and then simmered with kale, scotch bonnet and palm oil.

Proteins: Turkey or Snail

50,000

Proteins: Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

45,000

Jollof Rice with Plantain



Jollof rice is typically made with long-grain rice, tomatoes, onions, spices, vegetables and meat in a single pot.

Proteins: Turkey or Snail

50,000

Proteins: Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

40,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD SPICY HOT

NIGERIAN CUISINE



Fried Rice with Plantain

Cooked rice, vegetables, protein, soy sauce, and aromatics stir-fried in a large pan or wok for even flavor distribution.

Proteins: Turkey or Snail

50,000

Proteins: Chicken, assorted meat, fish, goat, beef, cow leg or oxtail

40,000

Egg Noodles with Flavored Stir Fry

Bulb vegetable that can also come with your choice of chicken, gizzard, beef or turkey.

15,000





Seafood Okro with (Amala, Poun-do, Eba or Ugali)

Fresh okro, calamari and red snapper fish.

60,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?

MILD SPICY HOT

NIGERIAN CUISINE

Peppered Gizzard

Served with a side of fries or plantain.

25,000





Peppered Fish

Served with a side of fries or plantain.

30,000

Peppered Turkey

Served with a side of fries or plantain.

40,000





Fried Plantain

Fried ripe bananas with caramelized texture, sweet in taste served with almost every meal.

10,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?

MILD SPICY HOT

NIGERIAN CUISINE

Peppered Snail

Served with a side of fries or plantain.

45,000





Peppered Goat or Beef

Served with a side of fries or plantain.

30,000

Peppered Chicken

Served with a side of fries or plantain.

25,000



HOW SPICY WOULD YOU LIKE YOUR MEAL?

MILD SPICY HOT

NIGERIAN CUISINE



Grilled Turkey

Served with a side of fries or plantain.

30,000

Peppered Stew Cow Leg

Slow cooked cow legs in aromatic spices mixed with tasty tomato sauce. Served with a side of plantain, steamed rice or fries.

30,000





Ofada Stew with Rice

Native savory stew, flavored with shrimp, assorted meat and fermented beans.

35,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD SPICY HOT

NIGERIAN CUISINE



Ogbono with (Amala, Poundo, Eba or Ugali)

Ogbono is soup made from ogbono seeds cooked with palm oil dry fish.

Proteins: Turkey or snail 50,000

Proteins: Chicken, assorted meat, fish, goat, beef, cow leg or oxtail 45,000

Efo riro with (Amala, Poundo, Eba or Ugali)



Efo riro is a green vegetables or spinach cuisine cooked with palm oil dried fish.

Proteins: Turkey or snail 50,000

Proteins: Chicken, assorted meat, fish, goat, beef, cow leg or oxtail 45,000



Fried Yam with Fish Sauce

Nigerian style fish stewed in a special fish sauce condiment with bell peppers and onions.

30,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?

MILD SPICY HOT

NIGERIAN CUISINE
SOUP

(With an option of Fish, Chicken, Assorted Meat or Goat)



Turkey Pepper Soup

Hot peppered soup.

40,000

Oxtail Pepper Soup

Cooked with onions, ginger, salt, chilli, garlic, maggi and coriander.

40,000





Pepper Soup Cow-leg

Cooked with fresh pepper, onions, tomatoes, ginger, garlic and maggi.

30,000

HOW SPICY WOULD YOU LIKE YOUR MEAL?



MILD SPICY HOT

ASUN "THE HANG OVER CURE"

Served with Plantain, French Fries or Noodles

Without Accompaniment; 15,000



Goat Meat Asun

Onions, green pepper and chilli.

20,000

Pork Meat Asun

Onions, green pepper and chilli.

20,000



HOW SPICY WOULD YOU LIKE YOUR MEAL?

MILD SPICY HOT

SPECIAL

Coconut Puff Puff

Highly addictive deep fried puff pastries infused with coconut.
(Please note this meal takes 90 minutes)

10,000





Zege (Chips Mayai)

Potatoes cut into strips and fried with eggs.

15,000

Beef Samosa

Ground beef infused with spices.

15,000



DESSERTS

Chocolate Oat Cake with Chocolate Topping Sauce



A decadent, moist chocolate oat cake with mango slivers and a chocolate sauce topping.

15,000



Crème Caramel with Toffee Sauce

A sweet caramel custard dessert served with the chef's special double toffee sauce.

15,000

Carrot Cake with Fresh Passion Fruit Sauce



Decadent carrot cake with a generous drizzle of fresh passion fruit sauce.

15,000



A Fruity Ending

An assortment of the freshest seasonal tropical fruits.

15,000