

Tatale

Starters

Plantain, Yam & Cassava Bakes 45

With Red Pepper Sauce (Mild or Spicy)

Kosayi 45

Black-Eyed Bean Fritters, Spicy Dipping Sauce, Home-Made Mayo, Spring Onions, Salad Leaves

Tatale Kebabs 45

Tofu, Sweet Potato, Mushroom, Green Pepper, Onion, Courgette, Mayo

Chickpea & Vegetable Salad 45

With a Red Pesto Dressing

Quinoa Salad 45

Quinoa, Avocado, Tomato, Cucumber, Carrot, Basil, Olive Oil

Pumpkin & Spinace Soup 45

Served with Brown Rice Balls
(Also available as a Main Course)

Coconut Dahl 70

Lentil Stew, served with Aubergine & Cauliflower Brown Rice

Carrot Tart 70

Served with Sweet Potato Bakes, Steamed Vegetables, Tomato & Basil Sauce

Red Red 45

Black-Eyed Bean Stew, served with Fried Plantain

Sweet Potato Pottage 60

Seasoned with Garlic & Ginger, served with Sautéed Vegetables

Tatale Jollof 80

Our Interpretation of the Classic Rice Dish. Served with Salad

Chickpea & Vegetable Curry 75

Served with Brown Rice

Tatale Gardens 175

A Sharing Platter for 2 or more with a selection of our favourite dishes from the menu

Mains

Tatale Stir-Fry 80

Seasonal Vegetables, Marinated Tofu, Brown Rice

Fufu 75

Choice of Palm Nut or Almond Butter Soup, served with Sautéed Mushrooms, Tofu, Aubergine & Okra

Abolo & Ghanaian Greens 60

Corn Bake, Served with Stew of Seasonal Greens & Black-Eyed Beans

Ben's Egusi 70

Flavoured with Indian Spices, served with Boiled Yam or Brown Rice

Vegetable Stroganoff 80

Seasonal Vegetables, Cashew Nut Cream, served with Brown Rice

Signature Side Dish

Tatale 35

Plantain, Onion, Ginger Vanilla, Cayenne. Pepper served with Roasted Cashews

Fried Sweet Potato 35

Served with Spicy Sauce

Fried Yam 35

Served with Spicy Sauce

Desserts

Banana & Ginger Cake 45

Pineapple Crumble 45

(All Desserts are served with our house-made Coconut Vanilla Ice Cream)

Tatale

Fresh Juices

Watermelon/Pineapple & Coconut Water	25
Spinach, Cucumber, Apple & Lemon	40

Smoothies

Mango, Pawpaw, Pineapple & Coconut Water	40
Spinach, Cucumber, Apple & Lemon	40
Banana, Soya Milk & Cinnamon	40

Cold Drinks

Sobolo	25
Bisap Drink flavoured with Ginger, Vanilla and a pinch of Cayenne	
Lamagin	25
Millet Drink flavoured with Ginger, Vanilla and a pinch of Cayenne	
Mineral Water (Small/Large)	8/18

Hot Drinks

Cereal Coffee	15
Made with Barley, Rye & Chicory	
Fresh Mint Tea	12