

Tatale

Starters

Plantain, Yam & Cassava Bakes

With Red Pepper Sauce (Mild or Spicy)

60

Kosayi

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

60

Tatale Kebabs

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

60

Chickpea & Vegetable Salad

With a Red Pesto Dressing

60

Quinoa Salad

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

60

Pumpkin & Spinace Soup

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

60

75

Coconut Dahl

Lentil Stew, served with Aubergine & Cauliflower Brown Rice

85

Carrot Tart

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

85

Red Red

Black-Eyed Bean Stew, served with Fried Plantain

60

Sweet Potato Pottage

Seasoned with Garlic & Ginger, served with Sautéed Vegetables

75

Tatale Jollof

Our Interpretation of the Classic Rice Dish. Served with Salad

95

Chickpea & Vegetable Curry

Served with Brown Rice

95

Tatale Gardens

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

200

Mains

Tatale Stir-Fry

Seasonal Vegetables, Marinated Tofu, Brown Rice

95

Fufu

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

90

Abolo & Ghanaian Greens

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

75

Ben's Egusi

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

85

Vegetable Stroganoff

Seasonal Vegetables, Cashew Nut Cream, served with Brown Rice

95

Signature Side Dish

Tatale

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

50

Can also be served with Bambara Bean Stew

70

Fried Sweet Potato

Served with Spicy Sauce

50

Fried Yam

Served with Spicy Sauce

50

Extra Mushrooms

35

Extra Tofu

35

Desserts

Banana & Ginger Cake

60

Pineapple Crumble

60

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

Tatale

Fresh Juices

Watermelon/Pineapple & Coconut Water	30
Spinach, Cucumber, Apple & Lemon	30

Smoothies

Mango, Pawpaw, Pineapple & Coconut Water	45
Spinach, Cucumber, Apple & Lemon	45
Banana, Soya Milk & Cinnamon	45

Cold Drinks

Sobolo	30
Bisap Drink flavoured with Ginger, Vanilla and a pinch of Cayenne	
Lamagin	30
Millet Drink flavoured with Ginger, Vanilla and a pinch of Cayenne	
Mineral Water (Small/Large)	10/20

Hot Drinks

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