

Tatale

STARTERS

Plantain, Yam & Cassava Bakes 35
with red pepper sauce (mild or spicy)

Kosayi 35
black-eyed bean fritters, spicy dipping sauce, home-made mayonnaise, spring onions, salad leaves

Tatale Kebabs 35
tofu, sweet potato, mushroom, green pepper, onion, courgette, mayonnaise

Chickpea & Vegetable Salad 35
with a red pesto dressing

Quinoa Salad 35
quinoa, avocado, tomato, cucumber, carrot, basil, olive oil

Pumpkin & Spinach Soup 30
served with brown rice balls
Also available as a main course 50

MAINS

Tatale Stir-Fry 65
seasonal vegetables, marinated tofu, brown rice

Fufu 55
choice of palm nut or almond butter soup, served with sautéed mushrooms, tofu, aubergine & okra

Abolo & Ghanaian Greens 48
corn bake, served with a stew of seasonal greens & black-eyed beans

Ben's Egusi 52
flavoured with Indian spices, served with boiled yam or brown rice

Vegetable Stroganoff 65
seasonal vegetables, cashew nut cream, served with brown rice

Coconut Dhal 50
lentil stew, served with aubergine & cauliflower, brown rice

Carrot Tart 55
served with sweet potato bakes, steamed vegetables, tomato & basil sauce

Red Red 38
Black-eyed bean stew, served with fried plantain

Sweet Potato Potage 48
seasoned with garlic & ginger, served with sautéed vegetables

Tatale Jollof 45
our interpretation of the classic rice dish, served with salad

Chickpea & Vegetable Curry 55
served with brown rice

Tatale Gardens 100
A sharing platter for 2 or more with a selection of our favourite dishes from the menu

SIGNATURE SIDE DISH

Tatale 23
plantain, onion, ginger vanilla, cayenne pepper, served with roasted cashews

Fried Sweet Potato 23
served with spicy sauce

Fried Yam 23
Served with spicy sauce

DESSERTS

Banana & Ginger Cake 35

Pineapple Crumble 35

All desserts are served with our house-made coconut vanilla ice cream

FRESH JUICES

Watermelon / Pineapple & Ginger 16

Carrot / Carrot, Apple & Ginger / Carrot & Beetroot 20

SMOOTHIES

Mango, Pawpaw, Pineapple & Coconut Water 25

Spinach, Cucumber, Apple & Lemon 25

Banana, Soya Milk & Cinnamon 25

COLD DRINKS

Sobolo 15
bisap drink flavoured with ginger, vanilla and a pinch of cayenné

Lamagin 15
millet drink flavoured with ginger, vanilla and a pinch of cayenne

Mineral Water (small/large) 6/12

HOT DRINKS

Cereal Coffee* 10
made with barley, rye & chicory

Fresh Mint Tea 8

All dishes are 100% vegan and organic where possible. If you have any special dietary requests, please let us know and we will prepare something especially for you. Since we use seasonal ingredients, some dishes and drinks may not be available at certain times. Prices are inclusive of all taxes.