

A TASTE OF HERITAGE

APPETIZERS

SHRIMPS IN GARLIC SAUCE — Jumbo shrimps sautéed with roasted garlic and fire-kissed peppers. 15

SUYA TACO — Flame-grilled beef, thinly sliced and dusted with traditional suya spice, served in a warm tortilla. 12

FLAVOURS CHICKEN WINGS — Chicken wings glazed in our signature house sauce. 12

FRIED YAM & HOUSE SAUCE — Golden-fried yam served with our house dipping sauce. 12

AKARA — Golden brown bean fritters, crisp outside and tender within. 10

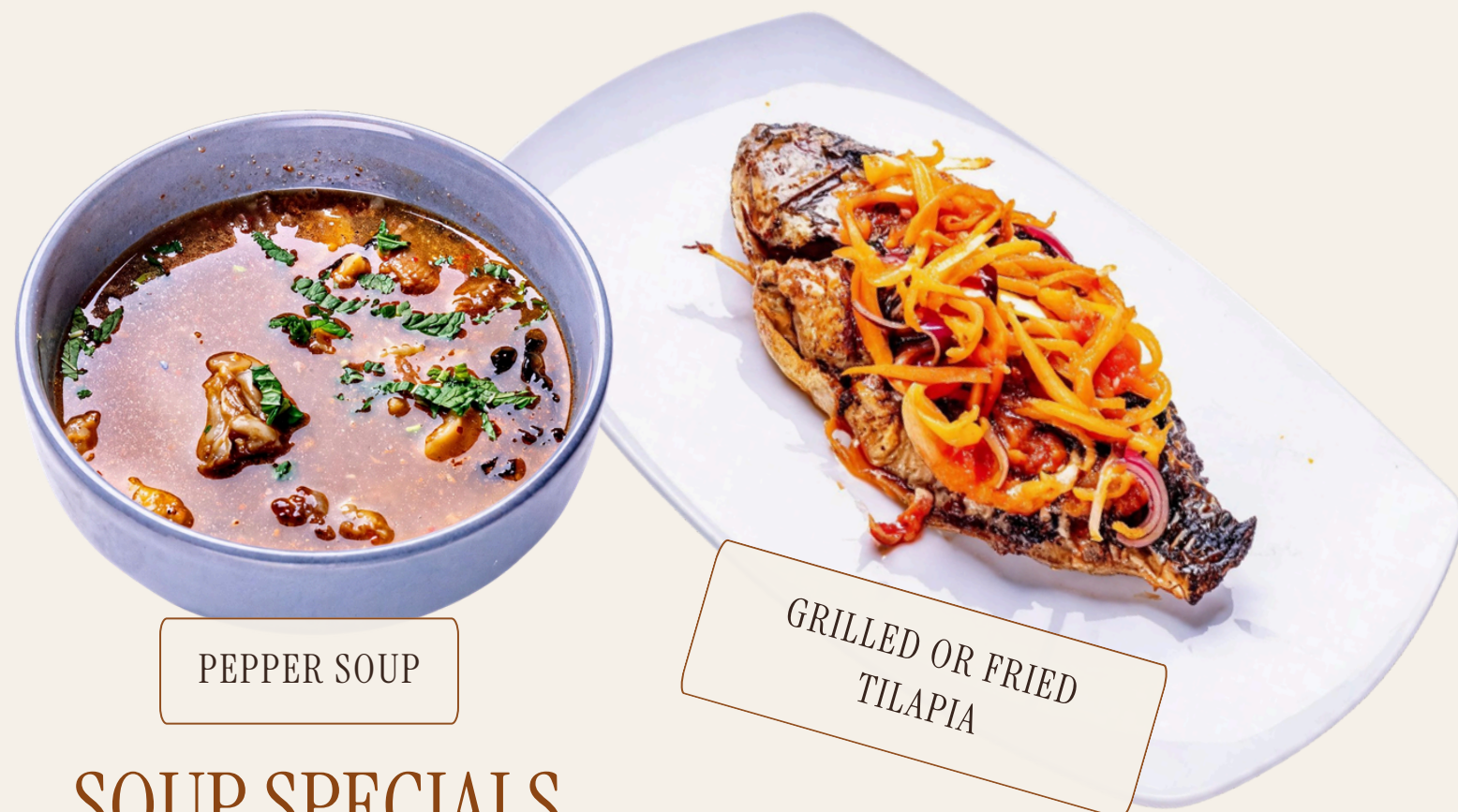
VEGETABLE SPRING ROLLS — Delicately crisp rolls filled with seasoned garden vegetables. 5

◆ **PUFF-PUFF** — Light, airy Nigerian sweet dough bites, fried until golden. 12 pcs 11 | 6 pcs 6 | 3 pcs 3.50



PUFF-PUFF

PEPPER SOUP — Crafted with uziza broth, steeped in African spices and garnished with fresh mint. Choice of Goat, Chicken, or Fish. 15



PEPPER SOUP

GRILLED OR FRIED
TILAPIA

SOUP SPECIALS

BANGA — Traditional Niger Delta palm fruit soup with aromatic spices and assorted meats. Served with your choice of okele. 30

BANKU & OKRA — A Ghanaian favourite of fermented banku served with rich okra stew and your choice of protein. 30

UGALI & SUKUMA WIKI — East African maize meal served with sautéed collard greens. 30 | Add Nyama Choma +5

VEGETABLE TAGINE — A fragrant North African vegetable stew slow-simmered with warming spices. 15

◆ **BITTER LEAF SOUP** — A richly seasoned Nigerian soup served with your choice of okele. 30



SUYA

ASUN

DELICACIES

ISI-EWU — Tender goat head slow-cooked in rich, velvety palm oil sauce with traditional spices. 80

ASUN — Barbecued goat meat tossed in a bold pepper blend with smoky undertones. 15

NKWABI — Slow-cooked cow leg coated in a rich palm oil sauce. 22

CATFISH — Whole catfish expertly grilled and finished with our signature seasoning. 30

◆ **GRILLED OR FRIED TILAPIA** — Whole tilapia, perfectly grilled or golden fried to your preference. 22

STEAMED TILAPIA — Whole tilapia gently steamed with fragrant herbs and spices. 20

◆ **SUYA** — Thinly sliced beef grilled and coated in authentic suya spice. 15

◆ **GIZZARDS** — Tender chicken gizzards sautéed in a vibrant pepper sauce. 12

PEPPERED SNAIL — Tender snails prepared in a bold, aromatic pepper sauce. 21

PASTRIES

DOZEN PASTRY OFFER — Save when you order a dozen. 40

◆ **MEAT PIE** — Flaky, buttery pastry filled with your choice of seasoned meat. Beef, Chicken, or Fish. 4

SAUSAGE ROLL — Flaky golden pastry wrapped around a seasoned sausage filling. 4

CHIN CHIN — Golden pastry bites with a subtle sweetness and an irresistible crunch. 5

KIDS MENU

Chicken or Beef available with any Kids item.

YAM FRIES & HOUSE SAUCE 15

CHOICE OF RICE & MEAT 15

POTATO FRIES 12



Kitchen closes 30 min before closing • Parties of 6+ subject to 18% gratuity • [Allergy concern? Let us know](#)

◆ Flavours Signature

WEST AFRICAN CUISINE, BOLDLY REIMAGINED

RICE DISHES

All dishes served with your choice of protein: Beef · Chicken · Fish · Assorted · Goat Meat (+8) · Cow Leg (+8)

- ◆ **JOLLOF RICE** — Long-grain rice, parboiled and simmered in a richly seasoned tomato and pepper sauce. 26
- ◆ **OFADA RICE & SPICY AYAMASE SAUCE** — Locally grown Ofada rice served with our bold, smoky green pepper stew. A Nigerian classic. 30

RICE & BEANS — Rice and beans slow-cooked together for rich, comforting flavour, served with our signature fried stew. 30

FRIED RICE — Fragrant basmati rice tossed with shrimp, garden vegetables, and aromatic spices. 26

½ **JOLLOF** ½ **FRIED RICE** — The best of both worlds, our signature Jollof and Fried Rice. 26

STEAMED RICE — Steamed rice served with our signature fried stew. 26

RICE PLATTER — (Serves 4) Jollof Rice, Fried Rice & Sweet Plantain with your choice of proteins. The perfect feast for sharing. 105

SPECIALS

LAMB SPECIAL — Barbecued lamb, tender and smoky, with steamed rice and stew. 35

SOUP SAMPLER — A choice of 3 soups with your choice of swallow. The perfect way to explore. 35

BEEF / CHICKEN KEBAB — Barbecued kebabs served with steamed rice and house stew. 30

AMALA OYO — Traditional amala served with authentic abula and your choice of protein. 30

HOT POT FISH — Basa fish filets simmered in a rich fiery sauce with vegetables, spices and served sizzling hot with steamed rice. 30

YAM PORRIDGE (ASARO) — Tender yam slow-cooked in palm oil with our signature pepper sauce. 30

EWA AGOYIN — Ultra-tender, slow-mashed honey beans topped with a rich, smoky palm oil pepper sauce and caramelized onions. 30

- ◆ **BEANS PORRIDGE & PLANTAIN** — Creamy stewed beans served with sweet fried plantain. 30

BOILED YAM — Fresh boiled yam served with eggs or our signature house sauce. 30

ROASTED PLANTAIN & FISH — Fire-roasted sweet plantain served with grilled fish and our signature pepper sauce. 30

OKELE

A cherished Nigerian tradition with soft swallows, enjoyed by hand and paired with richly layered soups. All soups prepared with smoked fish. 26

PICK YOUR SWALLOW

Iyan (Pounded Yam) · Eba (Cassava) · Amala · Semolina · Wheat

- ◆ **PICK YOUR SOUP**

Egusi — Rich African pumpkin seed soup, slow-simmered with peppers and finished with kale.

Efo-Riro — Spinach simmered with peppers and aromatic spices

Okra — Fresh okra cooked with a vibrant blend of peppers

Ogbono — Wild mango seed with a silky texture and aromatic spices.

½ Egusi ½ Efo-Riro — Enjoy two favourites in one bowl

PICK YOUR PROTEIN

Beef | Chicken | Fish | Assorted · Goat Meat (+8) | Cow Leg (+8)



SIDES

MOIN-MOIN — Steamed bean pudding, delicately seasoned. 8

RICE — Your choice of rice. 10

TRADITIONAL SWALLOWS — Iyan | Amala | Eba | Semolina | Wheat. 5

FRIED PLANTAIN — Sweet ripe plantains, fried until golden. 4

HOUSE STEW — Our signature tomato and pepper stew. 4

CHICKEN / FISH / BEEF / ASSORTED — 12

GOAT MEAT / COW LEG — 15

SOUP — Your choice of our traditional Nigerian soups. 16



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◆ Flavours Signature

BEVERAGES, COCKTAILS & DESSERTS

SIGNATURE TROPICAL DRINKS

Vibrant tropical flavours, thoughtfully crafted and served your way, as a mocktail or cocktail.

SAVANNAH GOLD — A golden taste of the tropics. Mango, ginger, and bright citrus with a vibrant, refreshing finish.

Mocktail 8 | Rum Cocktail 12

SAHARA SUNSET — Sunset in a glass. Pineapple and orange layered with grenadine for a sweet, tropical finish.

Mocktail 8 | Rum Cocktail 12

HIBISCUS ISLAND — A tropical escape with hibiscus, pineapple, and fresh lime. Vibrant, floral, and refreshingly tart.

Mocktail 8 | Vodka Cocktail 12

PIÑA COLADA — An island classic. Creamy coconut and pineapple blended into a smooth, indulgent tropical favourite.

Mocktail 8 | Rum Cocktail 12

CHAPMAN — A Nigerian classic, full of character. Citrus, grenadine, cucumber, and aromatic bitters come together in a bright, refreshing pour.

Mocktail 8 | Gin Cocktail 12



BEVERAGES

ZOBO — Ginger, Pineapple, Cranberry. 7

FANTA BOTTLE — 7

PINEAPPLE JUICE — 3.5

MANGO JUICE — 3.5

VITAMALT — 5

BOTTLED WATER — 2

POP DRINKS — Coke, Fanta, Ginger Ale, Sprite, Crush, Diet Coke. 2.5

SORREL — Ginger, Mango Carrot. 5

GINGER BEER — 5



DESSERTS

GOLDEN GRILLED PINEAPPLE — Fire-grilled pineapple finished with warm caramel sauce for a sweet, smoky finale. 6

HOUSE-BAKED CAKES — Freshly baked in-house and served with whipped cream. Choice of Vanilla • Chocolate • Fruit 6



All prices in dollars • Please ask your server about our current selections

WINES, BEERS & SPIRITS

BEERS, CIDERS & COOLERS

- STAR NIGERIAN LAGER — 10
- GUINNESS STOUT — 9
- STELLA ARTOIS — 9
- HEINEKEN — 8
- HEINEKEN 0.0 — 8
- CORONA — 8
- CORONA CERO — 8
- BUDWEISER — 7
- CANADIAN — 7
- SMIRNOFF — 7
- NÜTRL — Lemon, Lime, Cherry, Cranberry. 7
- STRONGBOW APPLE CIDER — 8
- TUSKER KENYAN LAGER — 10
- MODELO — 10
- HEINEKEN LARGE — 15



WINE

6 OZ GLASS | 750 ML BOTTLE

RED WINES

PINOT NOIR

- MEIOMI — 11 | 40
- COPPER MOON — 8 | 30
- BASK 0% SUGAR — 9 | 35

CABERNET SAUVIGNON

- COPPER MOON — 8 | 30

SHIRAZ / SMOOTH RED

- COPPER MOON — 8 | 30

WHITE WINES

CHARDONNAY

- KIM CRAWFORD — 11 | 40
- JACKSON TRIGGS — 8 | 30
- BASK 0% SUGAR — 9 | 35

SAUVIGNON BLANC

- KIM CRAWFORD — 11 | 40
- JACKSON TRIGGS — 8 | 30

ROSÉ

- KIM CRAWFORD — 11 | 40
- JACKSON TRIGGS — 8 | 30
- BASK 0% SUGAR — 9 | 35



SCOTCH

- GLENFIDDICH 14 — 12 | 21 | 180
- GLENFIDDICH 12 — 10 | 18 | 160

WHISKEY

- JACK DANIELS — 9 | 16 | 140

LIQUEURS

- BAILEYS — 7 | 12 | 100

GIN

- BEEFEATER — 8 | 14 | 120

TEQUILA

- CASAMIGOS — 12 | 21 | 180
- EL TEQUILEÑO — 9 | 16 | 140

VODKA

- SMIRNOFF — 8 | 14 | 120

RUM

- BUMBU ORIGINAL — 10 | 18 | 160
- CAPTAIN MORGAN SPICED — 8 | 14 | 120



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