



THE ROLLINS HOTEL & TOWERS

# MENU

SAVOR THE GOODNESS, DAY AND NIGHT



PLOT C 134, TAI SOLARIN  
AVENUE, 5TH AVENUE,  
GWARINPA.  
TEL: 07083844386

*Rollins*

# TRADITIONAL HOT POTS MENU

CATFISH PEPPER SOUP

₦5,000

CROAKER FISH  
PEPPER SOUP

₦5,000

GOAT MEAT  
PEPPER SOUP

₦5,000

CHICKEN PEPPER  
SOUP

₦5,000

ASSORTED PEPPER  
SOUP

₦5,000

OX TAIL PEPPER  
SOUP

₦5,000

COW LEG PEPPER  
SOUP

₦5,000

- ALL ARE SERVED WITH TWO PIECES OF BREAD ROLLS



# SANDWITCHES

Chicken Sandwich

₦5,000

Club Sandwich

₦5,000

Tuna Sandwich

₦5,000



# BURGERS

Chicken Burger

₦4,000

Beef Burger

₦4,000

Double Decker

₦5,500



# PIZZA'S

Chicken Pizza

₦7,000

Peperroni Pizza

₦7,000

Magarita Pizza

₦8,500



## CHOPS

Spring roll & Samosas  
1 spring roll 2 samosas

N3,000

4 Spring rolls

N2,000

4 Samosas

N2,000



## FRIES

yam Chips

Potatoe Chips (french fries)

N2,000

fried Plantain



## SAUCES

Egg Sauce

N2,000

Liver / Kidney Sauce

N4,000

Chicken Sauce

N4,000





# Nigerian Pepper Snacks

PEPPER CAT FISH	N5,000
PEPPER CROAKER	N5,000
PEPPER JUMBO PRAWNS	N7,500
PEPPER CHICKEN	N5,000
PEPPER SNAIL	N8,000
PEPPER BEEF	N4,500
PEPPER GIZZARD	N5,000
PEPPER GOAT MEAT	N5,000
PEPPER ISI EWU (GOAT HEAD MIXED WITH VEGETABLES)	N10,000
PEPPER NKWOBI (MARINATED COWLEG WITH UGBA)	N10,000
PEPPER COMBO (SELECT MIX: GOAT MEAT, BEEF, GRILLED CHICKEN) & FRIED PLANTAIN	N10,000
HOT PEPPER WINGS (6 PIECES)	N4,000
WHOLE GRILLED CROACKER FISH	N12,000
WHOLE GRILLED CATFISH	N12,000
WHOLE GRILLED CHICKEN	N15,000

- ALL GRILLED SNACKS SERVED WITH SALAD

*The*  
**CONTINENTAL**  
*Breakfast*

TOAST BREAD, BUTTER, GLASS OF JUICE, TEA OR COFFE, CORNFLEKES & MILK, CHOICE OF EGGS, & SAUSAGES.

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**₦4,000**

FRESH FRUIT SALAD, TOPPED WITH NUTS AND FILLED WITH LOW FAT YOGHURT AND HONEY

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**₦5,500**

CHOICE OF EGGS (OMLET, SCRAMBLED, POACHED), SAUSAGES, FRENCH TOAST, BAKED BEANS, BACON, JUICE, AND TEA/COFFEE

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**₦7,000**

CHOICE OF EGGS, (SCRAMBLED, OMELETS OR POACHED), BEEF FILLET, SAUSAGES, HASH TOAST, MUSHROOMS, PANCAKES & JAM WITH CHOICE OF TEA, COFFEE OR JUICE

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**₦7,000**

## EGG CHOICES

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**2 BOILED / FRIED EGGS - ₦1,500**

**2 SUNNY SIDES, SCRAMBLED OR  
OMLET - ₦2,000**



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# TEA & DOUGH



TOAST OR FRESH BREAD

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₦2,000

BREAD ROLLS (4PIECES)

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₦2,000

POT OF TEA OR COFFEE

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₦1,500

## SHAWARMA

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CHICKEN	-	3,000
BEEF	-	2,500
COMBO	-	5,000





# Nigerian Breakfast

**BOILED YAM OR FRIED PLANTAIN, LIVER,  
KIDNEY, CHICKEN, FISH, BEEF OR EGG SAUCE,  
WITH PAP & MILK**

**₦7,000**

**CHOICE OF KIDNEY SAUCE, LIVER SAUCE, FISH  
SAUCE, CHICKEN SAUCE, BEEF SAUCE, GOLDEN  
YAM, SUATED POTATOES & STEAMED VEGGIES  
SERVED WITH CHOICE TEA, COFFEE OR JUICE**

**₦7,000**

**MOI MOI, AKARA, YAM, PLANTAIN, SWEET  
POTATOES, SERVED WITH CHOICE OF PAP,  
OATS, CUSTARD**

**₦7,000**







# Starters

## Hot Starters

- CREAM OF TOMATO SOUP WITH GROUTON - ₦4,000**
- CREAM OF CARROT SOUP WITH FRENCH TOAST - ₦4,000**
- MINESTONE SOUP WITH FRESHLY BAKED BREAD ROLLS - ₦4,000**
- PRAWNS AND MAYO: KING PRAWNS WRAPPED AND SERVED WITH TARTAR SAUCE - ₦7,000**
- CREAM OF MUSHROOM: MUSHROOMS COVERED WITH CREAMY SAUCE, BASIL, WHITE PEPPER AND TOPPED WITH AVOCADO - ₦6,000**
- FISH BALLS: BALLS OF TUNA ROLLED WITH FISH PEPPER AND TOSSED IN BREAD CRUMBS, DEEP FRIED AND SERVED WITH PEPPER SAUCE - ₦6,000**
- CHICKEN TORTILLA SOUP: GRILLED CHICKEN BREAST COVERED WITH CREAMY SAUCE, SERVED WITH TORTILLA CHIPS AND TOP WITH AVOCADO - ₦7,000**
- THIRD FLOOR COMBO 3 PIECES OF CRISPY CHICKEN TENDER, 3 PIECES OF JUMBO PRAWNS, 4 CHICKEN WINGS, & CHIPS SERVED WITH HONEY-MUSTARD AND COCKTAIL SAUCE - ₦15,000**



# Starters



## Cold Starters

**PASTA TUNA SALAD:** TUNA FISH, FUSILLI PASTA, CARROTS, CUCUMBERS, JALAPENO, LETTUCE, AVOCADO, SWEET CORN, PICKLES, BEET ROOT & MAYO SAYCE -

₦6,000

**GREEN CEASER SALAD:** ICEBERG LETTUCE, CROUTON, PARMESAN CHEESE, CHERRY TOMATOES, BOILED EGGS, GRILLED CHICKEN BREAST, CARROT, SWEET CORN SERVED WITH CEASER DRESSING -

₦5,000

**RUSSIAN SALAD:** BOILED POTATOE CUBES, PEAS, GREEN BEANS, CUCUMBER CUBES, GREEN PEPPER CUBES, BLACK PEPPER, HEAVY CREAM CARROT CUBE, ONION CUBES -

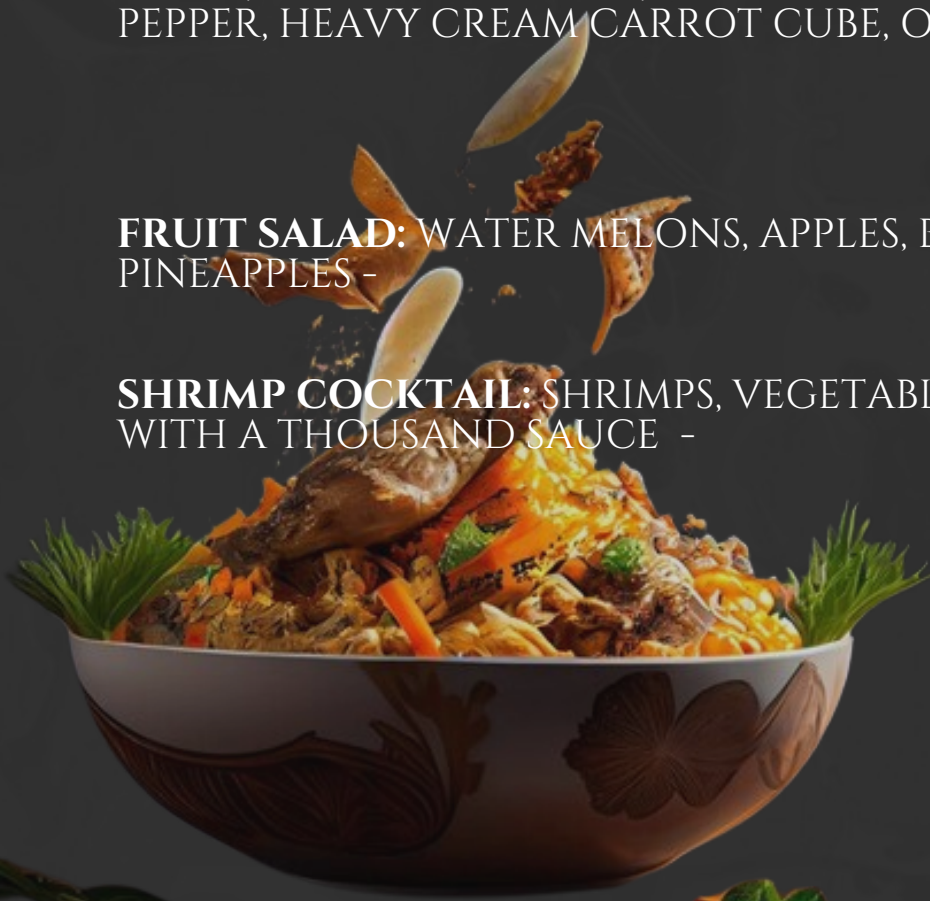
₦7,000

**FRUIT SALAD:** WATER MELONS, APPLES, BANANA, PINEAPPLES -

₦4,000

**SHRIMP COCKTAIL:** SHRIMPS, VEGETABLES SERVED WITH A THOUSAND SAUCE -

₦6,000





## THE ROLLINS HOTEL

*Presents*

# CONTINENTAL DISHES

### **BEEF FILLET**

MARINATED FILLET STEAK WITH YOUR CHOICE OF MUSHROOM OR PEPPER SAUSE, SERVED WITH BAKED POTATOES, SOUR CREAM AND VEGETABLES -  
**₦6,500**

### **ESCALOPE GORDON BLEU**

BEEF STUFF WITH HAM, VEGETABLE & CHEESE - **₦6,000**

### **STIRFRY SHREDDED BEEF**

BEEF ROUSED WITH ASSORTED VEGETABLES, SOY SAUCE, SERVED WITH CHIPS OR RICE OF YOUR CHOICE - **₦6,500**

### **BEEF CURRY MADRAS**

BEEF CUT IN CUBES WITH INDIAN CURRY AND SPICES WITH BUTTERED POTATOES OR STEAMED RICE GARNISHED WITH SEASONED VEGETABLE - **₦6,500**



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*Presents*

# CONTINENTAL DISHES

## **CHICHEN CHASSEUR**

FINE CUT BONELESS CHICKEN WELL SEASONED IN BROWN AND TOMATO SAUCE, GARNISHED WITH PARSLEY, SERVED WITH CHOICE OF RICE OR POTATOES - ₦6,500

## **ROLLINS LOVERS PASTA**

ASSORTED SHREDDED CHICKEN, BEEF, SAUSAGES, SEASONAL VEGGIES, IN ITALIAN FLAVOURS - ₦6,500

## **SEA FOOD PASTA**

PRAWNS, CALAMARI, SHRMPs, WHITE FILLET FISH, SERVED WITH VEGGIES - ₦12,000

## **PASTA ALFREDO**

CHOICE OF CHICKEN OR BEEF, TOSSED IN CREAMY SAUCE- ₦10,000



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# CONTINENTAL DISHERS

## **THE ROLLINS SPECIAL RICE**

BEEF, CHICKEN, SHRIMPS, PRAWNS, CALAMARI, SCRAMBLED EGGS WITH SEASONED VEGGIES - ₱10,000

## **SINGAPORIAN NOODLES**

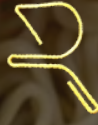
CHINESE RICE STICK, TOSSED IN MIXED PROTEIN OF CHICKEN, BEEF AND EGGS - ₱8,000

## **MANGOLIAN BEEF**

BEEF CUBES, SAUCED IN MANGOLIAN FLAVOUR AND SERVED WITH BASMATTI RICE- ₱12,000

## **STEAK TBONE**

SERVED WITH MASHWD POTATOES OR WHITE BASMATTI RICE - ₱15,000



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# CONTINENTAL DISHERS

**LAMB CHOPS**

WITH A CHOICE OF SIDES - ₱12,000

**GIWA RUWA**

WITH A CHOICE OF SIDES - ₱12,000

**SALMON**

WITH A CHOICE OF SIDES - ₱15,000

**NOODLES**

WITH A CHOICE OF BOILED OR FRIED EGGS - ₱3,500



# RICE DISHES:

**WHITE RICE AND STEW** - **₦7,000**  
with chicken or beef or goat meat & fish

**JOLLOF RICE** - **₦7,000**  
with chicken or beef or goat meat & fish

**COCONUT RICE** - **₦7,000**  
with chicken or beef or goat meat & fish

**ROLLINS MAMA'S RICE: DRIED  
FISH, KPOMO, LOCUST BEANS** - **₦8,000**

**FRIED RICE** - **₦7,000**  
with chicken or beef or goat meat & fish

**JOLLOF SPAGHETTI** - **₦8,000**  
with chicken or beef or goat meat & fish

WHITE, FRIED, JOLLOF & COCONUT  
RICE WITHOUT PROTEIN COSTS -  
2,000

JOLLOF SPAGHETTI WITH NO  
PROTEIN - 3,000



# SOUPS

ANY CHOICE OF BEEF, GOAT MEAT, CHICKEN,  
OR FISH - ₦5,000

SEA FOOD OKRO: SNAILS, PRAWNS, SHRIMPS,  
CHOICE OF CATFISH OR CROAKER,  
CALAMARI PERRIWINKLES (WITH CHOICE OF  
SWALLOW) - ₦15,000

FISHER MAN SOUP: SNAILS, PRAWNS, SHRIMPS,  
CHOICE OF CATFISH OR CROAKER,  
CALAMARI PERRIWINKLES (WITH CHOICE OF  
SWALLOW) - ₦15,000

**AFANG SOUP: - ₦9,500**

WITH CHOICE OF SWALLOW & CHICKEN, BEEF, GOAT MEAT,  
CROAKER, TITUS OR CAT FISH

**BITTERLEAF SOUP: - ₦9,000**

WITH CHOICE OF SWALLOW & CHICKEN, BEEF, GOAT MEAT,  
CROAKER, TITUS OR CAT FISH

**EGUSI SOUP: - ₦9,000**

WITH CHOICE OF SWALLOW & CHICKEN, BEEF, GOAT MEAT,  
CROAKER, TITUS OR CAT FISH

**EDIKA IKONG SOUP: - ₦9,000**

WITH CHOICE OF SWALLOW & CHICKEN, BEEF, GOAT MEAT,  
CROAKER, TITUS OR CAT FISH

**EFO RIRO SOUP: - ₦9,000**

WITH CHOICE OF SWALLOW & CHICKEN, BEEF, GOAT MEAT,  
CROAKER, TITUS OR CAT FISH

**OHA SOUP: - ₦9,000**

WITH CHOICE OF SWALLOW & CHICKEN, BEEF, GOAT MEAT,  
CROAKER, TITUS OR CAT FISH

**OGBONO SOUP: - ₦9,000**

WITH CHOICE OF SWALLOW & CHICKEN, BEEF,  
GOAT MEAT, CROAKER, TITUS OR CAT FISH

\*ANY SOUP DISH WITH SNAIL OR PRAWNS AS SELECTED  
PROTEIN INCURES ANOTHER ₦3,000 CHARGE.







# SWALLOWS

SEMOVITA	<b>₦2,000</b>
POUNDO	<b>₦2,000</b>
EBA	<b>₦2,000</b>
WHEAT MEAL	<b>₦2,000</b>
OAT SWALLOW	<b>₦2,000</b>
PLANTAIN SWALLOW	<b>₦2,000</b>





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