



Le Menu

Monday to Friday 7am to 5pm

Heritage Place
21 Lugard Avenue, Ikoyi

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Delivery Service to Victoria Island
Lekki, Ikoyi, Banana Island, Parkview, Dolphin Estate.

Place your order

by WhatsApp: 09021527538

For Event Catering Services

email: info@hmc-catering.com

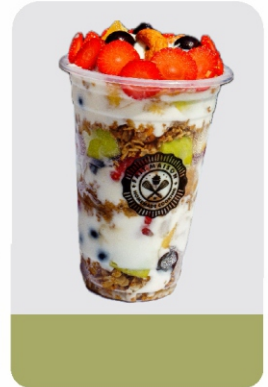
All prices Include Tax

WITH THE BEST DISCOUNT AVAILABLE

Breakfast Menu

Healthy Cups

Chia Seeds Coco Mango	N 3,400
Chia Seeds Coco Berries	N 3,600
Acai Granola Cup (Acai powder, homemade yogurt and granola)	N 4,800
Low Fat Yogurt Homemade Tropical Granola	N 3,600
Mango Granola Smoothie Cup (mango, banana, smoothie topped with red berries and granola)	N 4,800
Fresh Fruit Salad	N 3,400
Large parfait cup	N 4,900
Small Pafait cup	N 3,600



Healthy Bowls

Fresh fruit bowl (pineapple, papaya, apple, mango, berries)	N 5,600
Chia Bowl (chia seeds, coconut milk, mangoes, berries and coconut flakes)	N 9,800
Acai bowl (banana, blueberries, acai puree, strawberries, mangoes, granola and coconut)	N 10,800
Granola Parfait Bowl	N 9,200

Healthy Snacks

Energy Bar	N 2,400
Gluten Free Brownies	N 2,400
Goji Berry Oat Bar	N 1,900
Oat Bites Dark Choco Bites Pack	N 4,800
Oat Bites Raisin Cinnamon Pack	N 4,800
Oat Bites Cranberry Bites	N 5,600
Energy Balls	N 5,600
Homemade Oat Cookies Choco Or Raisins	N 2,000
Homemade 4 Seeds Danish Crackers	N 5,000
Homemade 4 Seeds Danish Crackers (gf)	N 6,800
Super Seed GF Box	N 7,000



Snacks

Homemade Muffin	N 2000
Slice Of Homemade Cake	N 2,000

Lunch Menu

Salads

Belta Salad (Bacon, egg, lettuce, tomatoes, avocado)	N 8,700
Chicken Caesar Salad	N 7,200
Celta Salad (chicken, egg, lettuce, tomatoes, avocado)	N 8,500
Quinoa Salad (V) (Cranberry, walnut, quinoa)	N 16,000
Prawn Salad (lettuce, prawns, avocado, mango, cherry tomatoes)	N 13,500



Poke Bowl and Buddha Bowl ONLY ON PRE ORDER

Poke Bowl Spicy Chicken (sushi rice, spicy chicken, corn, cherry tomatoes, avocado, light soya dressing)	N 13,000
Poke Bowl Spicy Prawns (sushi rice, prawns, avocado, edamame, cherry tomatoes)	N 16,800
Buddha Bowl Quinoa Prawns (quinoa, prawns, cherry tomatoes, avocado)	N 19,000



Wraps

Chicken Caesar Wrap	N 6,300
Spicy Chicken Wrap	N 6,300
Beef Suya Wrap	N 6,300
Falafel Wrap (V)	N 6,300
GF AVAILABLE	N 2,000

Sandwiches

Egg Mayo Sandwich (V)	N 3,200
Egg Bacon Sandwich	N 3,800
Club Sandwich	N 6,800
BLT sandwich (bacon, lettuce, tomatoes)	N 4,100
Chicken Cheesy	N 5,000

Baguette

Chicken Avocado Baguette	N 8,500
Club Baguette	N 9,200



Panini

Panini Caprese (V) (tomato, mozzarella, pesto)	N 6,000
Panini Turkey/Cheese	N 9,200



Bagels

Breakfast Bagel (avocado, egg and bacon)	N 5,000
Smoked Salmon Bagel (smoked salmon, cream cheese, avocado)	N 9,800
Light Bagel (turkey, emmental, tomatoes, lettuce, light mayo)	N 6,000

Tartine (Sourdough WholeWheat Bread)

Healthy Breakfast Tartine (V) (avocado, poached egg)	N 4,200
Sweet Breakfast Tartine (V) (peanut butter and banana, strawberries, chia seeds)	N 5,800
Crunchy Crab Tartine With A Side Of Green Salad & Mango Sorbet (Crab, cucumber, cocktail sauce)	N 9,100
Norwegian Tartine With A Side Of Green Salad & Lemon Sorbet (smoked salmon, poached egg, avocado, lemon)	N 14,000



Hot Fait Maison (V)



Green soup	N 4,800
Carrot Ginger Soup	N 5,600
Fresh Mushroom Soup	N 6,500
Broccoli Soup	N 6,500
Special main course of the day (PRE ORDER)	N 8,800

Smoothies



Strawberry/Banana (strawberry, banana, milk or orange juice, ice)	N 5,000
Tropical Fruit (banana, mango, pineapple, orange juice, milk, ice)	N 4,200
Pineapple Kick (banana, pineapple, ginger, ice)	N 4,200
Banana Blend (banana, milk and raw honey, cinnamon optional)	N 4,200
Banana Granola (banana, milk, raw honey, oat, ice)	N 4,600
Manga (orange juice, mango, ginger, ice)	N 4,200
Apple Delight (banana, apple, ice)	N 4,200
Berries (strawberry, blueberries, acai berry, milk, banana, ice)	N 6,000
Green Detox (kale, cucumber, apple, avocado, ginger, ice)	N 5,500
Energy Blast Peanut Butter (banana, milk, oats, peanut butter, ice)	N 5,000
Iron Blast (banana, spinach, milk, yogurt, honey)	N 5,000
Milkshake (Choco, strawberry, banana)	N 6,000



Homemade Ice Cream



1 Scoop	N 1,200
2 Scoops	N 2,300
3 Scoops	N 3,800

Fresh Juices



Orange	N 3,400
Pineapple	N 3,400
Lemonade	N 3,200
Carrot	N 3,400
Apple	N 5,000
Cucumber lime	N 3,400
Beetroot	N 4,600



Mocktails



Detox Weight Control (cucumber, lime, celery, apple, pineapple)	N 4,500
Vitamin C Blast (carrot, orange, ginger)	N 4,400
Hot Pink Beautifying (beetroot, carrot, lemon, apple, kale, celery, ginger)	N 4,800
Tropical (mango, pineapple, papaya, orange)	N 4,400
Nestle Water Still/Sparkling	N 600/700
Soda	N 700

Coffee



Espresso	N 2,500
Double Espresso	N 3,500
Black Americano Coffee	N 3,000 N 3,500
Cappuccino	N 3,000 N 4,000
Caffe Latte	N 3,000 N 4,000
Macchiato Caramel	N 3,500 N 4,500
Mocchacino	N 3,500 N 4,500
Hot Chocolate	N 3,000 N 4,500
Chai Latte	N 4,000 N 5,000
Selection of Tea Infusion	N 3,000
Iced Latte	N 4,000
Frappuccino	N 5,000
Coffee on the Rocks	N 3,000

