



# Le Menu

Monday to Friday 7am to 5pm

Heritage Place  
21 Lugard Avenue, Ikoyi

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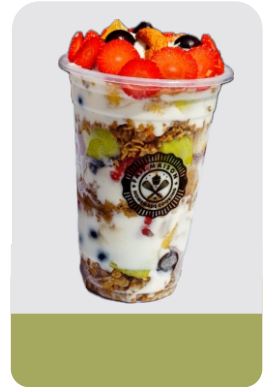
email: [info@hmc-catering.com](mailto:info@hmc-catering.com)

All prices Include Tax

# Breakfast Menu

## Healthy Cups

- Chia Seeds Coco Mango N 4,500
- Chia Seeds Coco Berries N 4,900
- Acai Granola Cup  
(Acai powder, homemade yogurt and granola) N 5,700
- Low Fat Yogurt Homemade Tropical Granola N 4,100
- Mango Granola Smoothie Cup  
(mango, banana, smoothie topped with red berries and granola) N 5,700
- Fresh Fruit Salad N 4,000
- Large parfait cup N 6,100
- Small Pafait cup N 4,500



## Healthy Snacks

- Energy Bar N 2,500
- Gluten Free Brownies N 2,600
- Gojji Berry Oat Bar N 2,500
- Oat Bites Dark Choco Bites Pack N 6,200
- Oat Bites Raisin Cinnamon Pack N 5,900
- Oat Bites Cranberry Bites N 6,400
- Energy Balls N 6,200
- Homemade Oat Cookies Choco N 2,400
- Homemade Oat Cookies Raisins N 2,200
- Homemade 4 Seeds Danish Crackers N 5,800
- Homemade 4 Seeds Danish Crackers (gf) N 7,600
- Super Seed GF Box N 7,900
- Homemade Cranberry cookies N 2,800

## Snacks

- Homemade Muffin N 2,400
- Slice Of Homemade Cake N 2,400
- Homemade Choco Muffin N 2,600

## Healthy Bowls

- Fresh fruit bowl  
(pineapple, papaya, apple, mango, berries) N 6,500
- Chia Bowl  
(chia seeds, coconut milk, mangoes, berries and coconut flakes) N 11,400
- Acai bowl  
(banana, blueberries, acai puree, strawberries, mangoes, granola and coconut) N 12,200
- Granola Parfait Bowl N ,10,800



# Lunch Menu

## Salads

- Belta Salad  
(Bacon, egg, lettuce, tomatoes, avocado) N 11,400
- Chicken Caesar Salad N 9,400
- Celta Salad  
(chicken, egg, lettuce, tomatoes, avocado) N 10,200
- Quinoa Salad (V)  
(Cranberry, walnut, quinoa) N 18,200
- Prawn Salad  
(lettuce, prawns, avocado, mango, cherry tomatoes) N 15,500
- Salmon Salad  
(Ice berg, mango, avocado, quinoa salmon filet creamy dressing) N 24,000



## Poke Bowl and Buddha Bowl ONLY ON PRE ORDER

- Poke Bowl Spicy Chicken N 15,200  
(sushi rice, spicy chicken, corn, cherry tomatoes, avocado, light soya dressing)
- Poke Bowl Spicy Prawns N 18,200  
(sushi rice, prawns, avocado, edamame, cherry tomatoes)
- Buddha Bowl Quinoa Prawns N 20,800  
(quinoa, prawns, cherry tomatoes, avocado)



## Wraps

- Chicken Caesar Wrap N 7,500
- Spicy Chicken Wrap N 7,500
- Beef Suya Wrap N 7,500
- Falafel Wrap (V) N 7,500
- GF AVAILABLE N 2,000

## Sandwiches

- Egg Mayo Sandwich (V) N 4,200
- Egg Bacon Sandwich N 5,200
- Club Sandwich N 7,800
- BLT sandwich (bacon, lettuce, tomatoes) N 5,600
- Chicken Cheesy N 6,100

## Baguette

- Chicken Avocado Baguette N 10,400
- Club Baguette N 12,100



## Panini

- Panini Caprese (V)  
(tomato, mozzarella, pesto) N 7,400
- Panini Turkey/Cheese N 11,500
- Chicken Panini N 9,800



## Bagels

- Breakfast Bagel  
(avocado, egg and bacon) N 6,400
- Smoked Salmon Bagel  
(smoked salmon, cream cheese, avocado) N 11,200
- Light Bagel  
(turkey, emmental, tomatoes, lettuce, light mayo) N 7,800

## Tartine (Sourdough WholeWheat Bread)

- Healthy Breakfast Tartine (V)  
(avocado, poached egg) N 6,200
- Sweet Breakfast Tartine (V)  
(peanut butter and banana, strawberries, chia seeds) N 7,200
- Norwegian Tartine With A Side Of Green Salad  
(smoked salmon, poached egg, avocado, lemon) N 15,500



## Hot Fait Maison (V)

Green soup	N 5,700
Carrot Ginger Soup	N 6,500
Fresh Mushroom Soup	N 7,800
Broccoli Soup	N 7,800
Special main course of the day (PRE ORDER)	N 9,900



## Smoothies

Strawberry/Banana (strawberry, banana, milk or orange juice, ice)	N 6,000
Tropical Fruit (banana, mango, pineapple, orange juice, milk, ice)	N 5,000
Pineapple Kick (banana, pineapple, ginger, ice)	N 5,000
Banana Blend (banana, milk and raw honey, cinnamon optional)	N5,000
Banana Granola (banana, milk, raw honey, oat, ice)	N 5,400
Manga (orange juice, mango, ginger, ice)	N 5,000
Apple Delight (banana, apple, ice)	N 5,000
Berries (strawberry, blueberries, acai berry, milk, banana, ice)	N 7,000
Green Detox (kale, cucumber, apple, avocado, ginger, ice)	N 6,500
Energy Blast Peanut Butter (banana, milk, oats, peanut butter, ice)	N 6,000
Iron Blast (banana, spinach, milk, yogurt, honey)	N 6,000
Milkshake (Choco, strawberry, banana)	N 7,000



## Fresh Juices

Orange	N 4,000
Pineapple	N 4,000
Lemonade	N 3,800
Carrot	N 4,000
Apple	N 6,000
Cucumber lime	N 4,000
Beetroot	N 5,600



## Mocktails

Detox Weight Control (cucumber, lime, celery, apple, pineapple)	N 5,000
Vitamin C Blast (carrot, orange, ginger)	N 4,900
Hot Pink Beautifying (beetroot, carrot, lemon, apple, kale, celery, ginger)	N 5,600
Tropical (mango, pineapple, papaya, orange)	N 4,900
Nestle Water Still/Sparkling	N 800
Soda	N 900

## Coffee

Espresso	N 2,900
Double Espresso	N 4,500
Black Americano Coffee	N 3,000 N 3,500
Cappuccino	N 3,600 N 4,800
Caffe Latte	N 3,600 N 4,800
Macchiato Caramel	N4,000 N 5,000
Mocchacino	N 4,000 N 5,000
Hot Chocolate	N 3,600 N 4,800
Chai Latte	N 4,500 N 5,600
Selection of Tea Infusion	N 3,600
Iced Latte	N 5,000
Frappuccino	N 6,200
Coffee on the Rocks	N 3,800

