



# Le Menu

Monday to Friday 7am to 5pm

Heritage Place  
21 Lugard Avenue, Ikoyi

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All prices Include Tax

# Breakfast Menu

## Healthy Cups

|                                                                                             |         |         |
|---------------------------------------------------------------------------------------------|---------|---------|
| Chia Seeds Coco Mango                                                                       |         | N 5,500 |
| Chia Seeds Coco Berries                                                                     |         | N 5,900 |
| Acai Granola Cup<br>(Acai powder, homemade yogurt and granola)                              |         | N 5,700 |
| Low Fat Yogurt Homemade Tropical Granola                                                    |         | N 5,000 |
| Mango Granola Smoothie Cup<br>(mango, banana, smoothie topped with red berries and granola) |         | N 6,700 |
| Mixed parfait (small) (big)                                                                 | N 6,000 | N 7,800 |
| Large parfait cup                                                                           |         | N 7,000 |
| Small Pafait cup                                                                            |         | N 5,500 |



## Healthy Snacks

|                                       |         |
|---------------------------------------|---------|
| Energy Bar                            | N 3,500 |
| Gluten Free Brownies                  | N 3,600 |
| Gojji Berry Oat Bar                   | N 3,500 |
| Oat Bites Dark Choco Bites Pack       | N 7,000 |
| Oat Bites Raisin Cinnamon Pack        | N 6,400 |
| Oat Bites Cranberry Bites             | N 7,200 |
| Energy Balls                          | N 7,200 |
| Homemade Oat Cookies Choco            | N 3,000 |
| Homemade Oat Cookies Raisins          | N 2,700 |
| Homemade 4 Seeds Danish Crackers      | N 6,800 |
| Homemade 4 Seeds Danish Crackers (gf) | N 8,600 |
| Super Seed GF Box                     | N 8,900 |
| Homemade Cranberry cookies            | N 3,800 |

## Snacks

|                        |         |
|------------------------|---------|
| Homemade Muffin        | N 2,900 |
| Slice Of Homemade Cake | N 2,900 |
| Homemade Choco Muffin  | N 3,600 |



## Healthy Bowls

|                                                                                            |          |
|--------------------------------------------------------------------------------------------|----------|
| Fresh fruit bowl<br>(pineapple, papaya, apple, mango, berries)                             | N 7,500  |
| Chia Bowl<br>(chia seeds, coconut milk, mangoes, berries and coconut flakes)               | N 14,000 |
| Acai bowl<br>(banana, blueberries, acai puree, strawberries, mangoes, granola and coconut) | N 14,500 |
| Granola Parfait Bowl                                                                       | N 12,000 |



# Lunch Menu

## Salads

|                                                                                 |          |
|---------------------------------------------------------------------------------|----------|
| Belta Salad<br>(Bacon, egg, lettuce, tomatoes, avocado)                         | N 13,000 |
| Chicken Caesar Salad                                                            | N 11,000 |
| Celta Salad<br>(chicken, egg, lettuce, tomatoes, avocado)                       | N 12,200 |
| Quinoa Salad (V)<br>(Cranberry, walnut, quinoa)                                 | N 20,000 |
| Prawn Salad<br>(lettuce, prawns, avocado, mango, cherry tomatoes)               | N 15,500 |
| Salmon Salad<br>(Ice berg, mango, avocado, quinoa salmon filet creamy dressing) | N 27,000 |



## Poke Bowl and Buddha Bowl ONLY ON PRE ORDER

|                                                                                                             |          |
|-------------------------------------------------------------------------------------------------------------|----------|
| Poke Bowl Spicy Chicken<br>(sushi rice, spicy chicken, corn, cherry tomatoes, avocado, light soya dressing) | N 16,200 |
| Poke Bowl Spicy Prawns<br>(sushi rice, prawns, avocado, edamame, cherry tomatoes)                           | N 19,200 |
| Buddha Bowl Quinoa Prawns<br>(quinoa, prawns, cherry tomatoes, avocado)                                     | N 21,800 |



## Wraps

|                     |         |
|---------------------|---------|
| Chicken Caesar Wrap | N 8,000 |
| Spicy Chicken Wrap  | N 8,000 |
| Beef Suya Wrap      | N 8,000 |
| Falafel Wrap (V)    | N 8,000 |
| GF AVAILABLE        | N 3,000 |

## Sandwiches

|                                         |         |
|-----------------------------------------|---------|
| Egg Mayo Sandwich (V)                   | N 5,000 |
| Egg Bacon Sandwich                      | N 6,200 |
| Club Sandwich                           | N 8,000 |
| BLT sandwich (bacon, lettuce, tomatoes) | N 6,600 |
| Chicken Cheesy                          | N 7,000 |

## Baguette

|                          |          |
|--------------------------|----------|
| Chicken Avocado Baguette | N 12,000 |
| Club Baguette            | N 13,000 |



## Panini

|                                                   |          |
|---------------------------------------------------|----------|
| Panini Caprese (V)<br>(tomato, mozzarella, pesto) | N 8,400  |
| Panini Turkey/Cheese                              | N 12,500 |
| Chicken Panini                                    | N 10,800 |



## Bagels

|                                                                  |          |
|------------------------------------------------------------------|----------|
| Breakfast Bagel<br>(avocado, egg and bacon)                      | N 7,400  |
| Smoked Salmon Bagel<br>(smoked salmon, cream cheese, avocado)    | N 12,200 |
| Light Bagel<br>(turkey, emmental, tomatoes, lettuce, light mayo) | N 8,800  |

## Tartine (Sourdough WholeWheat Bread)

|                                                                                              |          |
|----------------------------------------------------------------------------------------------|----------|
| Healthy Breakfast Tartine (V)<br>(avocado, poached egg)                                      | N 7,200  |
| Sweet Breakfast Tartine (V)<br>(peanut butter and banana, strawberries, chia seeds)          | N 8,200  |
| Norwegian Tartine With A Side Of Green Salad<br>(smoked salmon, poached egg, avocado, lemon) | N 16,500 |



## Hot Fait Maison (V)



|                                               |         |
|-----------------------------------------------|---------|
| Green soup                                    | N 6,100 |
| Carrot Ginger Soup                            | N 7,500 |
| Fresh Mushroom Soup                           | N 8,800 |
| Broccoli Soup                                 | N 8,800 |
| Special main course of the day<br>(PRE ORDER) | N 9,900 |
| Nigerian fait maison<br>(PRE ORDER)           | N 8,000 |

## Smoothies



|                                                                        |         |
|------------------------------------------------------------------------|---------|
| Strawberry/Banana<br>(strawberry, banana, milk or orange juice, ice)   | N 7,000 |
| Tropical Fruit<br>(banana, mango, pineapple, orange juice, milk, ice)  | N 6,000 |
| Pineapple Kick<br>(banana, pineapple, ginger, ice)                     | N 6,000 |
| Banana Blend<br>(banana, milk and raw honey, cinnamon optional)        | N 6,000 |
| Banana Granola<br>(banana, milk, raw honey, oat, ice)                  | N 6,400 |
| Manga<br>(orange juice, mango, ginger, ice)                            | N 6,000 |
| Apple Delight<br>(banana, apple, ice)                                  | N 6,000 |
| Berries<br>(strawberry, blueberries, acai berry, milk, banana, ice)    | N 8,000 |
| Green Detox<br>(kale, cucumber, apple, avocado, ginger, ice)           | N 7,500 |
| Energy Blast Peanut Butter<br>(banana, milk, oats, peanut butter, ice) | N 7,000 |
| Iron Blast<br>(banana, spinach, milk, yogurt, honey)                   | N 7,000 |
| Milkshake<br>(Choco, strawberry, banana)                               | N 8,000 |



## Fresh Juices



|               |         |
|---------------|---------|
| Orange        | N 4,500 |
| Pineapple     | N 4,500 |
| Lemonade      | N 4,300 |
| Carrot        | N 4,500 |
| Apple         | N 6,500 |
| Cucumber lime | N 4,500 |
| Beetroot      | N 6,100 |



## Mocktails



|                                                                                |         |
|--------------------------------------------------------------------------------|---------|
| Detox Weight Control<br>(cucumber, lime, celery, apple, pineapple)             | N 6,000 |
| Vitamin C Blast<br>(carrot, orange, ginger)                                    | N 5,900 |
| Hot Pink Beautifying<br>(beetroot, carrot, lemon, apple, kale, celery, ginger) | N 6,600 |
| Tropical<br>(mango, pineapple, papaya, orange)                                 | N 5,900 |
| Nestle Water Still/Sparkling                                                   | N 800   |
| Soda                                                                           | N 900   |

## Coffee



|                           |                 |
|---------------------------|-----------------|
| Espresso                  | N 3,900         |
| Double Espresso           | N 5,500         |
| Black Americano Coffee    | N 4,000 N 4,500 |
| Cappuccino                | N 4,600 N 5,800 |
| Caffe Latte               | N 4,600 N 5,800 |
| Macchiato Caramel         | N 5,000 N 6,000 |
| Mocchacino                | N 5,000 N 6,000 |
| Hot Chocolate             | N 4,600 N 5,800 |
| Chai Latte                | N 5,500 N 6,600 |
| Selection of Tea Infusion | N 4,600         |
| Iced Latte                | N 6,000         |
| Frappuccino               | N 7,200         |
| Coffee on the Rocks       | N 4,800         |

