



Bulk Delivery Menu



@loluscuisine



www.loluscuisine.com

General Information

About Us

Lolu's Cuisine is a bespoke catering outfit that offers nationwide outdoor catering services, private fine dining, lunch deliveries and bulk food deliveries.

We produce an exhaustive list of high quality and hygienic foods ranging from indigenous Nigerian dishes to specially crafted African cuisines, the most delicious finger foods, soups and starters, desserts and pastries, contemporary delicacies, cocktail drinks and grills for clients. We also help clients plan meals for events to suit their budgets, event theme and dietary requirements.

At Lolū's Cuisine we have a market-pot policy and therefore all ingredients are sourced freshly after payment for orders are confirmed to ensure that our clients get the best quality healthy foods. We offer office delivery services and home stock-ups of our quality meals for clients who do not have time to cook or even for clients who just want to indulge in great quality food. We do this by providing efficient doorstep delivery services at the most affordable rates possible.

We also provide private fine dining for clients who would like the services of a professional chef in the comfort of their homes or any venue of choice without breaking the bank.

Items on the menu can be tweaked to suit any specification or special dietary requirements of clients; therefore clients are expected to notify us early enough if any adjustment needs to be done on the menu. Other protein options not stated or additional proteins can be added subject to availability and at a new cost.

Note that all prices in this document are inclusive of 7.5% Value Added Tax (VAT).

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Nigerian Soups & Sauces

Basic Soup Plan

Choose from Ewedu, Gbegiri or Okro (Ila Asepo).
Basic Soups **do not come with protein**. Please choose additional protein of your choice at a little extra charge.

Minimum order of 2 bowls applies.

- 2 Litres **N8,000**
- 3 Litres **N12,000**
- 4 Litres **N16,000**
- 5 Litres **N20,000**

Standard Soup Plan

Choose from Efo Riro, Egusi or Okro.
All soups come with **either** *inu eran* (shaki, roundabout, abodi, kidney, liver, heart) OR beef, ponmo and smoked fish.

Any additional proteins will attract a little extra charge

Minimum order of 2 bowls applies.

- 2 Litres **N12,000**
- 3 Litres **N18,000**
- 4 Litres **N24,000**
- 5 Litres **N30,000**



Premium Soup Plan

Choose from Ayamase, Efo Riro, or Egusi.

All soups come with **either** *inu eran* (shaki, roundabout, abodi, kidney, liver and heart), ponmo, beef and smoked fish. Riverine soups also come with crayfish and periwinkle.

Any additional proteins will attract a little extra charge

- 2 Litres **N16,000**
- 3 Litres **N24,000**
- 4 Litres **N32,000**
- 5 Litres **N40,000**

Deluxe Soup Plan

Choose from Afang, Atama, Ayamase (Ofada Sauce), Banga, Black soup, Edikaikong, Efo Riro, Egusi, Gbabafa, Ofe Akwu, Ofe Onugbu, Ofe Nsala, Ogbono, Oha soup, Okro soup (Ila Asepo) Owoh soup.

All soups come with inu eran (shaki, roundabout, abodi, kidney, liver, and heart), ponmo, beef, dry fish, smoked fish and crayfish. Riverine soups also come with stock fish and periwinkles.

Any additional proteins will attract a little extra charge

- 2 Litres **N20,000**
- 3 Litres **N30,000**
- 4 Litres **N40,000**
- 5 Litres **N50,000**



Seafood Soups

Choose from Fisherman Soup, Seafood Okro, or Seafood versions of all earlier listed Nigerian soups.

All soups come with calamari, crab, prawns, shrimps and fish fillet or fish cuts (croaker or hake or titus fish).

Additional protein options such as snails, lobsters, could be added at an extra cost subject to availability.

- 2 Litres **N30,000**
- 3 Litres **N45,000**
- 4 Litres **N60,000**
- 5 Litres **N75,000**

Peppersoups

Enjoy your peppersoups with your choice of protein.

Customers can include sides such as yam, sweet potatoes, irish potatoes, boiled plantains, eko, boiled rice etc at a NGN 1,000 extra charge.

Soup	2L (NGN)	3L (NGN)	4L (NGN)	5L (NGN)
Assorted Meat (Inu eran)	18,000	24,000	36,000	45,000
Beef	20,000	30,000	40,000	50,000
Cow Leg	24,000	36,000	48,000	48,000
Catfish	24,000	36,000	48,000	60,000
Chicken	20,000	30,000	40,000	50,000
Croaker Fish	30,000	45,000	60,000	75,000
Goat Meat	24,000	36,000	48,000	60,000
Turkey	36,000	54,000	72,000	90,000
Seafood Peppersoup	30,000	45,000	60,000	75,000



*Other Stews, Soups & Sauces

Soup	2L (NGN)	3L (NGN)	4L (NGN)	5L (NGN)
Assorted Meat (Inu Eran) Stew	20,000	30,000	40,000	50,000
Beef Stew	24,000	36,000	48,000	60,000
Catfish Stew	24,000	36,000	48,000	60,000
Hake Stew	24,000	36,000	48,000	60,000
Mackerel (Alaran) Stew	30,000	45,000	60,000	75,000
Croaker Stew	30,000	45,000	60,000	75,000
Goatmeat Stew	24,000	36,000	48,000	60,000
Chicken Stew	24,000	36,000	48,000	60,000
Turkey Stew	32,000	48,000	64,000	80,000

Traditional Bites

Delicacy	2L (NGN)	3L (NGN)	4L (NGN)	5L (NGN)
Nkwobi	24,000	36,000	48,000	60,000
Isiewu	20,000	30,000	40,000	50,000
Asun	30,000	45,000	60,000	75,000



Savoury Proteins

Select from a range of available proteins in different sizes ranging from standard cuts to super large party sized cuts.

Peppered Protein	Medium (NGN)	Large (NGN)
Peppered beef	1,500	2,500
Titus (Alaran)	2,000	3,000
Catfish	2,000	4,000
Hake	2,000	3,000
Chicken	2,000	3,000
Peppered goat meat	2,000	3,000
Turkey	4,000	6,000
Snails*	2,000	3,000
Croaker	2,000	3,000

*Jumbo Sized Snails available for **N4,000**

Grilled Protein	Medium (NGN)	Large (NGN)
Barbecue Chicken	2,000	3,000
Barbecue Turkey	4,000	6,000
Jerk Chicken	3,000	4,500
Grilled Prawns	-	5,500

Barbecue Fish	Large Cut	Full Fish
Grilled Titus Fish	3,000	7,500
Grilled Catfish	3,000	6,500
Grilled Croaker Fish	4,000	7,500



Continental & oriental sauces

Select from a range of available continental & oriental soups and sauces all served with your choice of protein.

Category 1

- Sweet And Sour Chicken / Fish
- Thai Coconut Curry Chicken Sauce
- Chicken In Veggie Sauce
- Shredded Beef In Oyster Sauce
- Bolognaise Sauce
- Meatballs In Tomato Basil Sauce
- Creamy Italian Meatball Sauce
- Teriyaki Chicken Sauce

- 2 Litres **N24,000**
- 3 Litres **N36,000**
- 4 Litres **N48,000**
- 5 Litres **N60,000**

Category 2

- Sweet And Sour Pork
- Sweet Chili Prawns
- 2 Litres **N30,000**
- 3 Litres **N45,000**
- 4 Litres **N60,000**
- 5 Litres **N75,000**

Rice, Pasta & Other Dishes

- Ewa and Agoyin Sauce with Smoked Fish and Ponmo
- Egbo and Ewa with Titus Fish and Ponmo Sauce
- Ekuru and Eko with Smoked Fish and Ponmo Sauce

- 5 Portions **N20,000**
- 10 Portions **N40,000**



Rice, Pasta & Other Dishes

Food	3 Litre (NGN)	5 litre (NGN)
Boiled Yam	12,000	20,000
White rice	9,000	15,000
Basmati fried rice	18,000	30,000
Fried rice (long grain)	18,000	30,000
Jollof Spaghetti	15,000	25,000
Jollof Rice (Long Grain)	12,000	20,000
Coconut Rice	24,000	40,000
Roasted Potatoes	18,000	30,000
Mashed Potatoes	18,000	30,000
Ofada Rice and Obe Ayamase	24,000	40,000
Signature Spaghetti Stirfry	27,000	45,000
Assorted Beans Porridge	27,000	45,000
Asaro and Assorted Meat Sauce	24,000	40,000
Ikokore	24,000	40,000
Shredded Beef Fried Rice	30,000	50,000
Chicken Vermicelli Noodles	30,000	50,000
Pasta in Tomato Meatball Sauce	36,000	60,000
Native Jollof Rice	27,000	45,000
Native Spaghetti	27,000	45,000
Penne Pasta Delight	36,000	60,000
Creamy Chicken Alfredo Pasta	63,000	105,000
Seafood Fried Rice	51,000	85,000
Seafood Vermicelli Noodles	51,000	85,000
Seafood Alfredo Pasta	72,000	120,000



Swallows

Minimum order of 5 Wraps

- Eba **N800**
- Amala **N1,200**
- Semo **N1,200**
- Wheat **N1,500**
- Pounded Yam **N1,500**

Sides

Moi Moi

Minimum order of 10 pieces

- with fish alone **N900**
- with egg alone **N900**
- with fish and egg **N1,200**
- with corn beef alone **N1,200**
- with corn beef and egg **N1,300**
- with fish, corn beef and egg **N1,500**

Plantain

- 1 liter **N8,000**
- 2 liters **N16,000**
- 3 liters **N24,000**
- 4 liters **N32,000**
- 5 liters **N40,000**

Gizdodo

- 1 liter **N12,500**
- 2 liters **N25,000**
- 3 liters **N37,500**
- 4 liters **N50,000**
- 5 liters **N62,500**



Salads

Enjoy fresh salads with ingredients that you choose, complete with dips and dressing.

Salads	Per Portion	Mini Tray	Medium Tray	Large Tray
Coleslaw	500	2,000	3,000	5,000
Vegetable Salad	2,500	10,000	15,000	25,000
Egg Salad	3,000	12,000	18,000	30,000
Chicken Salad	3,500	14,000	21,000	35,000
Corned Beef Salad	4,000	16,000	24,000	40,000
Tuna Salad	5,000	20,000	30,000	50,000

Salad Vegetable Choices: Cabbage, Carrot, Lettuce, Sweet Corn, Green Peas, Red Kidney Beans, Baked Beans, Cucumber, Onions

Salad Dressing Options: Creamy Dressing or Lolu's Cuisine Special Vinaigrette (Fitfam Complainant)

Add-ons such as Grapes, Bell Peppers, Spring Onions, Apples can be added at an Extra Cost



Starters

Small Chops

- **Large Small Chops Tray:** 10 Spring Rolls, 10 Samosa, 40 Puff Puff, 20 Mosa, 5 Chicken or Corndogs and 10 Gizzard.
- **Medium Small Chops Tray:** 6 Spring Rolls, 6 Samosa, 24 Puff Puff, 12 Mosa, 3 Chicken or Corndogs and 6 Gizzard.
- **Mini Small Chops Tray:** 4 Spring Rolls, 4 Samosa, 16 Puff Puff, 8 Mosa, 2 Chicken or Corndogs and 4 Gizzard.

N19,500

N13,500

N9,000

Add ons/Build your Plate

- | | | | |
|--------------------|-------------|-------------------|---------------|
| • Puff Puff | N100 | • Corndog | N500 |
| • Plantain Mosa | N150 | • Beef Kebab | N1,000 |
| • Peppered Gizzard | N300 | • Chicken Kebab | N1,000 |
| • Samosa | N450 | • Prawn Mayo Roll | N1,200 |
| • Spring Roll | N450 | • Bbq Chicken | N1,200 |
| • Money Bag | N500 | • Crispy Chicken | N1,500 |



Customize your Order

Customers can choose how exactly they want their bulk food with the options below. From oil levels to spiciness, have it your own way!

Spiciness

- ☐ Mild
- ☐ Moderately Spicy
- ☐ Very Spicy

Type of Oil

- ☐ Vegetable Oil
- ☐ Palm Oil
- ☐ Olive Oil
- ☐ Coconut Oil

Oil Level

- ☐ No Oil
- ☐ Low Oil
- ☐ Medium Oil
- ☐ Generous Amount of Oil

Salt & Seasoning

- ☐ Low salt & seasoning
- ☐ Medium salt & seasoning
- ☐ Generous salt & seasoning





**Let us make your
meals memorable.**

Contact Us:

Event Catering and Bulk Orders

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