



UNDER  
*the Mango Tree*  
CATERING  
*Delight in every bite*

# *Catering Menu*

All prices plus tax

Delivery at an extra cost

Disclaimer: our kitchen is not a gluten or nut free facility

 902.401.8235

 enquiries@utmt.ca

[www.utmt.ca/catering](http://www.utmt.ca/catering)



## A La Carte Event

Feeds 10 people

### Rice Dishes

**Jollof Rice \$150**

Jasmine rice or long grain parboiled rice cooked in peppers, tomatoes, herbs and spices.

**Fried Rice \$250**

choice of rice stir fried with prawns, kidney, vegetables and spices. Please ask for vegetarian option with out prawns.

**Tropical Fried Rice \$250**

A flavorful and vibrant dish that combines the elements of traditional fried rice with a tropical twist. Features a combination of coconut milk, mango, macadamia nuts, pineapples, prawns with spices and vegetables, for a fragrant savoury dish with a subtle taste of coconut.

**Native Jollof Rice (Iwuk Edesi) \$200**

A hearty palm oil version of jollof cooked dried fish, crayfish, peppers, chillies, and traditional spices.

**Ofada \$250**

A traditional rice with a unique nutty flavour served with ayamase pepper sauce.

**White Rice \$20**

Steamed rice of choice: jasmine, basmati, long grain

**Rice and Beans \$150**

A perfect ratio of rice and beans, goes with a choice of stew.

### Try This



**UTMT Ultimate Seafood Jollof Rice \$300**

Jasmine rice cooked in peppers, tomatoes, herbs and spices with an assortment of seafoods.



**Ceebu Jen / Thiéboudienne \$400**

A Senegalese version to jollof rice, a delicious meal with rice, fish and a variety of vegetables, salsas, relishes and sauces.

### Bean Dishes

**Moi Moi – Steamed Bean Pudding \$80 per dozen**

Steamed pureed peeled African beans or black-eyed beans with onion, and peppers; garnished with a smoked mackerel, and eggs.

**Nigerian Stewed Beans – Ewa Riro \$120**

African honey beans cooked in peppers and palm oil, garnished with smoke mackerel.

**Nigerian Stewed Beans with Plantains – \$120**

A scrumptious blend of Nigerian honey beans and ripe plantains cooked in peppers and palm oil, garnished with smoke mackerel.

### Try This



\$150

*Jollof Rice & Fried Fish with Plantain, Salad and Moin Moin*



\$100

*Peppered Grilled Fish with Plantain*



\$120

*Red Ayamase*



## A La Carte Event

Feeds 10 people

### Porridge Dishes

#### Yam Porridge – Asaro - \$180

Semi mashed yam chunks in peppers and herb, garnished with dried fish, smoked mackerel, and thin slices of spinach leaves. Can be served with choice of stewed fried fish or meats.

#### Plantain Porridge \$120

Semi mashed plantain chunks in peppers and herb, garnished with dried fish, smoked mackerel, and thin slices of spinach leaves. Can be served with choice of stewed fried fish or meats.

#### Adalu (Beans and Corn Porridge) \$150

A perfect blend of African Honey beans and sweet corn with peppers, onion, and palm oil. Served with fried plantain and fried fish. Can be cooked with a choice of smoked mackerel, please ask.



### Try This



**UTMT Special Chicken Stuffed with fried Rice**  
**\$150**

Feeds 4

### Out of the Box Dishes

#### Ikokore – Water Yam Porridge \$150

Grated water yam chunks steamed with peppers and traditional spices, garnished with dried fish, smoked mackerel. Ideally served with served eba.

#### Ebiripo and Ata Dindin – Steamed Edoes with Pepper Sauce \$150

Steamed pureed edoes with fried palm oil pepper sauce

#### Ekuru And Ata Dindin (white moin moin with pepper sauce) \$120

Steamed pureed peeled African Honey Beans(White moi moi) with fried palm oil pepper sauce.





## Soups

### Basic soup feeds 10

comes with an option of Pounded Yam, Eba (Garri), Amala, Semolina or Wheat

#### Ewedu \$20

Steamed finely chopped Ewedu leaves (Jute Leaves, Molokhia, Corchorus oltorius) with African spices served with tomato stew.

#### Plain Okra \$20

Chopped ladyfingers steamed with African spices and served with tomato stew

#### Gbegiri (Bean Soup) \$20

Pureed African beans with traditional spices and a dash of palm oil for a delicious, velvety, and mildly flavoured soup.

### Try This

#### Abula



A delectable mixture of Gbegiri (blended beans sauce), Ewedu and obe ata (tomato-based stew).

Chicken Stew.....\$160

Fried Fish or Fresh Fish Stew.....\$250

**Choice of : Croacker/ Tilapia/ Catfish/ Red Tilapia**

Red Snapper.....\$300

Assorted Meat Stew.....\$300

**Includes: Goat Meat, Kidney, Heart, Shaki, Tonge, Cow Leg**

Goat Meat Stew.....\$280

#### Ogbono Soup \$150

A rich blend of the finest ground ogbono seeds (African wild mango seeds) cooked exquisitely with palm oil, pumpkin leaf, and traditional spice, garnished with crayfish, stock fish, dried fish, shaki, and cow leg.

Add On per dozen:

Tilapia.....\$60 per dozen

Whole Dry Fish.....\$70 per 6 pieces

Goat Meat.....\$60 per dozen

#### Mixed Okra (Ila Asepo) \$200

A mixture of okra (ladyfingers), cooked exquisitely with palm oil, pumpkin leaf or spinach, and traditional spice, garnished with crayfish, stock fish, dried fish, shaki, and cow leg.

Add On per dozen:

Tilapia.....\$60 per dozen

Whole Dry Fish.....\$70 per 6 pieces

Goat Meat.....\$60 per dozen



## Soups

### Basic soup feeds 10

comes with an option of Pounded Yam, Eba (Garri), Amala, Semolina or Wheat

#### **Egusi \$250**

Grounded melon seed cooked with African spices, garnished with crayfish, stock fish, dried fish, shaki, cow leg. Choice of spinach or bitter leaf garnish. Please ask for egusi without spinach.

Add On per dozen:

Chicken (portioned).....	\$30 per dozen
Tilapia.....	\$60 per dozen
Whole Dry Fish.....	\$70 per 6 pieces
Goat Meat.....	\$70 per dozen

#### **Banga (Ofe Akwu) \$200**

A palm nut cream-based soup, cooked with traditional spices and garnished with Scent leaves and or Bitter leaves and Crayfish), garnished with dry fish, catfish, and tiger prawns.

Add on per dozen:

Whole Dry Fish.....	\$70 per 6 pieces
Goat Meat.....	\$70 per dozen

#### **Efo Elegusi - \$250**

Grounded melon seed steamed with pumpkin leaves or spinach and African spices, garnished with crayfish, stock fish, dried fish, shaki, and cow leg.

Add On per dozen:

Chicken (portioned).....	\$30 per dozen
Tilapia.....	\$60 per dozen
Whole Dry Fish.....	\$70 per 6 pieces
Goat Meat.....	\$70 per dozen

#### **Efo Riro (Mixed Vegetable Soup) \$250**

A rich delectable traditional vegetable soup made with locust beans, palm oil and leafy spinach mixed together with aromatic spices in a special red pepper and onion-based sauce; garnished with crayfish, stock fish, dried fish, shaki, and cow leg.

Add On per dozen:

Chicken (portioned).....	\$30 per dozen
Tilapia.....	\$60 per dozen
Whole Dry Fish.....	\$70 per 6 pieces
Goat Meat.....	\$70 per dozen





## Soups

### Basic soup feeds 10

comes with an option of Pounded Yam, Eba (Garri), Amala, Semolina or Wheat

#### Ofe Nsala

A very rich broth-based fish soup or choice of meat cooked with traditional spices.

Add on per dozen:

Chicken.....\$100

#### Fresh Fish

Tilapia.....\$150

Red Tilapia.....\$160

Catfish.....\$200

Sea Bass .....\$220

Red Snapper.....\$250

Whole Dry Fish.....\$250

#### Groundnut Soup

A creamy thick peanut-based soup cooked with thinly sliced spinach, traditional spices, garnished with your choice of protein.

Stock Fish or Whole Dry Fish.....\$160

Assortment of Meat.....\$150

Goat Meat.....\$200

Ox Tail.....\$250



*Try This*

#### Oha Soup



#### Oha Soup (Ofe Oha) \$160

Tender oha leaves combined with dramatic okazi leaves, cooked in palm nut cream and other traditional spices and ingredients, garnished with an assortment of meats, stock fish, dried fish, snails and crayfish for a delicious yet fragile soup.

*Comes with your choice of sawflow*



## *Soups*

### **Basic soup feeds 10**

comes with an option of Pounded Yam, Eba (Garri), Amala, Semolina or Wheat

#### **Bitter Leaf (Onobu) \$200**

Bitter leaves and pepper base, palm oil and African spices. garnished with crayfish, stock fish, dried fish, shaki, cow leg, an assortment of meats.

#### **Edikan Ikong \$250**

Vegetable soup made from mixed greens water leave and pumpkin cooked with crayfish, periwinkle, dry fish, an assortment of meats with traditional spices for a robust and bold flavourful soup

#### **Afang Soup (Afere Afang) \$250**

Vegetable soup with Afang leaves and spinach cooked with an assortment of meats, dried whole prawns, periwinkle and traditional spices for a silky fragranced soup

#### **Oha Soup (Ofe Oha)\* \$200**

Tender oha leaves combined with dramatic okazi leaves, cooked in palm nut cream and other traditional spices and ingredients, garnished with an assortment of meats, stock fish, dried fish and crayfish for a delicious yet fragile soup.

#### **Ofe Owerri \$300**

Thinly sliced ugu leaves (pumpkin leaves) and Okazi leaves steamed with traditional spices, chunks of stock fish (Okporoko) and Azu Asa(Eja Osan, dried fish), and other assorted meat for a beautifully rich soup. For snail options, please be advised that this item is seasonal.

#### **Rivers Native Soup \$350**

A seafood lovers delight, a blend of the freshest seafoods, mussels, clams, prawns, jumbo shrimps, periwinkles and red snapper with traditional vegetables and spices for a rich velvety and completely engaging soup.

#### **Rivers Native Soup \$400**

A seafood lovers delight, a blend of the freshest seafoods, mussels, clams, prawns, jumbo shrimps, Periwinkles, Lobster, and red snapper with traditional vegetables and spices for a rich velvety and completely engaging soup





## Stews

### Basic stew feeds 10

#### Obe Ata Dindin (Fried Pepper Sauce, Stew)

A blend of tomatoes, peppers, chillies, and seasonings for a delicious pepper sauce. Can be garnished with a choice of

Chicken.....	\$150
<b>Fried Fish</b>	
Tilapia.....	\$170
Red Tilapia.....	\$180
Croaker.....	\$200
Red Snapper .....	\$250
Stock Fish.....	\$300
Assortment of Meats.....	\$250
Goat Meat.....	\$250

#### Obe Imoyo (Light Pepper Sauce, Stew)

A blend of tomatoes, peppers, chillies, little to no oil and seasonings for a delicious light pepper sauce that retains the true flavours of your choice of protein, ideally fresh fish. Can be garnished with a choice of

Chicken.....	\$150
<b>Fresh Fish</b>	
Tilapia.....	\$170
Red Tilapia.....	\$180
Croaker.....	\$200
Red Snapper .....	\$250
Sea Bass.....	\$250
Stock Fish.....	\$300
Whole Dry Fish.....	\$300
Assortment of Meats.....	\$250
Goat Meat.....	\$250

*Try This*

#### Lafenwa Stew



#### Obe Ata Dindin – Lafenwa Stew \$250

A blend of red sweet peppers, dried chillies, palm oil, shawa (smoked herring), crayfish, traditional spices, garnished with assorted meats, eggs, for a distinctive flavourful pepper sauce. Option for snails.





## Stews

Basic stew feeds 10

### Ayamase – Designer Stew- Ofada Sauce \$250

A blend of roasted green sweet peppers, green chillies, onion, palm oil, crayfish, traditional spices, garnished with assorted meats, option for eggs, for a tasty smoky pepper sauce.

### Buka Stew... Iya Basira's Stew \$200

A blend of tomatoes, peppers, chillies, onions, palm oil, and seasonings garnished with assorted meats for a delicious smoky pepper sauce



### Locust Bean Smoked Fish Stew – Obe Iru \$180

A blend of tomatoes, red peppers, chillies, palm oil, locust beans, smoke mackerel, dried prawns, crayfish, for a smoky flavourful pepper sauce

### Obe Eja Kika – Whole Dry Fish Stew \$300

A blend of tomatoes, peppers, chillies, onions, palm oil, and seasonings garnished with whole dried catfish for a delicious smoky pepper sauce





## Joint Chops

Feeds 10

**Asun** .....\$250  
Spicy flamed goat chopped small, served with pounded raw peppers, herbs and spices.

**Assorted Meat Pepper Soup**.....\$300  
A zesty spicy soup with chunks of beef, lamb, goat and tripe, made with fresh herbs and Nigerian spices.

**Goat Meat Pepper Soup**.....\$250  
A spicy soup with chunks of goat meat, made with fresh herbs and Nigerian spices.

**Chicken Pepper Soup**.....\$180  
A zesty spicy soup with cuts of chicken, made with fresh herbs and Nigerian spices.

**Catfish Pepper Soup**.....\$200  
A zesty spicy soup with chunks of catfish made with fresh herbs and Nigerian spices.



**Nkwobi**.....\$200  
From South-Eastern Nigeria, slow-cooked to tender chopped cow foot seasoned with, onion, edible potash, calabash nutmeg, habanero, utazi leaves and palm oil.

**Isi Ewu – (Goat Head) \***.....\$200  
From South-Eastern Nigerian, chopped goat head seasoned and cooked with onion, edible potash, calabash nutmeg (Ehuru), habanero, oil bean seeds, utazi leaves and organic palm oil. (\* SEASONAL: PLEASE CALL FOR AVAILABILITY)

**Pepper Duck Gizzard\***.....\$80  
Gizzard in tasty pepper sauce. (\* SEASONAL: PLEASE CALL FOR AVAILABILITY)

**Peppered Assorted Meat**.....\$250  
An assortment of meat pieces (cow leg, beef and shaki) in a fried tomato-based sauce.

**Pepper Snail\***.....\$400  
(\* SEASONAL: PLEASE CALL FOR AVAILABILITY)  
Large African snails in tasty pepper sauce.



*Suya*  
Feeds 15



**Beef Suya**  
12" Pan.....\$250  
Thinly sliced grilled prime beef cut marinated in Nigerian seasonings, topped with yaji spice. Served with fresh tomatoes, iceberg, cucumbers & onions

**Goat Suya**  
12" Pan.....\$300  
Thinly sliced grilled lamb marinated in Nigerian seasonings, topped with yaji spice. Served with fresh tomatoes, cucumbers & onions

**Lamb Suya**  
12" Pan.....\$300  
Thinly sliced grilled lamb marinated in Nigerian seasonings, topped with yaji spice. Served with fresh tomatoes, cucumbers & onions

**Assorted Suya**  
12" Pan.....\$250  
Suya spiced kidney, Gizzard, Shaki, Goat meat, beef, Lamb, Chicken, iceberg, tomatoes, onions

**Chicken Suya**  
12"  
Pan.....\$180  
Spiced chicken half or whole grilled chicken marinated in Nigerian seasonings, topped with yaji spice. Served with fresh tomatoes, iceberg, cucumbers & onions

**Spicy Suya Wings**  
12" Pan.....\$70  
Spiced chicken wings grilled with Nigerian with yaji spice. Served with fresh tomatoes, iceberg, cucumbers & onions

**Fish Suya**  
12" Pan.....\$120  
Tilapia, Catfish, Crokar\*, Halibut\*  
Whole grilled tilapia (bone in) marinated in Nigerian seasonings, topped with yaji spice. Served with fresh tomatoes, iceberg, cucumbers & onions

**Seafood Suya Platter**  
12" Pan.....\$200  
Lobster tail (2), Tiger and King Prawns (5), Baby Squid (5), Scallop (6), Whole Crab (2)  
Served with fresh tomatoes, cucumbers & onions, Lime /Lemon wedges, yaji, suya spice oil, crushed pepper sauce





# Meats and Poultry

Minimum 2 Dozens

## Fish

### Fried Fish

Whiting.....	\$40 per dozen
Tilapia.....	\$60 per dozen
Red Tilapia.....	\$60 per dozen
Croaker.....	\$80 per dozen
Sea Bass .....	\$90 per dozen
Red Snapper.....	\$150 per dozen
Whole Dry Fish.....	\$70 per 6 pieces

### Grilled Fish

Catfish.....	\$70 per dozen
Red Tilapia.....	\$60 per dozen
Croaker.....	\$80 per dozen
Sea Bass .....	\$90 per dozen
Red Snapper.....	\$150 per dozen

### Stewed Fish

Whiting.....	\$60 per dozen
Tilapia.....	\$80 per dozen
Red Tilapia.....	\$80 per dozen
Croaker.....	\$100 per dozen
Sea Bass .....	\$120 per dozen
Red Snapper.....	\$170 per dozen
Whole Dry Fish.....	\$90 per 6 pieces

### Peppered Fish

Whiting.....	\$60 per dozen
Tilapia.....	\$80 per dozen
Red Tilapia.....	\$80 per dozen
Croaker.....	\$100 per dozen
Sea Bass .....	\$120 per dozen
Red Snapper.....	\$170 per dozen
Whole Dry Fish.....	\$90 per 6 pieces

## Beef & Goat

### Fried Meat

Beef.....	\$30 per dozen
Assorted.....	\$50 per dozen
Goat Meat.....	\$60 per dozen

### Stewed Meat

Beef.....	\$50 per dozen
Assorted.....	\$70 per dozen
Goat Meat.....	\$80 per dozen

### Peppered Meat

Beef.....	\$50 per dozen
Assorted.....	\$70 per dozen
Goat Meat.....	\$80 per dozen

## Chicken

Whole – minimum 5

BBQ.....	\$30
Fried.....	\$30
Grilled.....	\$30
Peppered Chicken.....	\$50





## *Smoked Meats and Poultry*

Minimum 2 Dozens

### *Smoked & Peppered*

**Fish**

Tilapia.....	\$60 per dozen
Red Tilapia.....	\$60 per dozen
Croaker.....	\$80 per dozen
Chicken.....	\$50 per dozen
Turkey.....	\$70 per dozen
Beef.....	\$60 per dozen
Goat.....	\$80 per dozen
Lamb.....	\$80 per dozen

### *Smoked & Whole*

Leg of Lamb.....	\$120
Leg of Goat.....	\$150
Chicken.....	\$30
Turkey.....	\$80

**Fish**

Tilapia.....	\$35
Red Tilapia.....	\$35
Croaker.....	\$40

**Minimum 4 whole pieces**



### *Lamb*

Fried Meat.....	\$60 per dozen
Stewed Meat.....	\$80 per dozen
Peppered Meat.....	\$80 per dozen



### *Turkey*

BBQ.....	\$40
Fried.....	\$40
Grilled.....	\$40
Peppered.....	\$60





## Sides & Extras

Minimum 2 Dozens

### Salad

Feeds 15

- UTMT House Salad **\$250**
- Waldorf Salad **\$200**
- Peppered Jumbo Shrimp Salad **\$300**
- Coconut Shrimp & Mango Salsa Salad **\$250**



### Swallow Extras

per each

- Semolina \$2**  
milled flour, made from Durum Wheat
- Pounded Yam \$2**  
made with fresh Yams, cooked and pounded using a mortar and pestle
- Eba \$2**  
Cassava granules
- Amala \$2**  
dried Yams flour, with a mashed potato like texture
- Ground Rice \$2**  
milled, polished long-grain rice

### Sides



- Plantain \$50 per tray**
- Moi-Moi \$80 per dozen**  
Pureed African beans or black eyed beans with onion, and peppers; garnished with a smoked mackerel, and eggs then steamed in moi moi leaves (a Nigerian alternative to banana leaves). Please ask for vegetarian option.





## *Small Chop Platter*

Minimum Four Dozens per Item

### *Chicken*

- Chicken Spring roll \$30
- Chicken Samosas \$30
- Mini Chicken Pie \$60
- Peppered Gizzard Skewers \$25
- Suya Chicken Wings \$35
- Chicken Barbeque \$25
- Chicken and Cheese Taquitos \$30
- Chicken and Avocado Taquitos \$30
- Chicken Empanadas \$40
- Mini Chicken and Cheese Quiche \$30
- Buffalo Chicken Bites \$35
- Mini Chicken and Waffle \$35
- Chicken and Mango Bites \$30
- Sambal Chicken and Pineapple Skewers \$50
- Honey Mustard BBQ Bacon Turkey Sliders \$40



### *Beef / Pork*

- Beef Samosas \$35
- Mini Meat Pie \$60
- Scotch Eggs \$55
- Sausage Roll \$35
- Cocktail Sausage Roll \$35
- Beef Skewer \$25
- Philly Cheese Taquitos \$40
- Beef Empanadas \$40
- Mini Steak Quiche \$30
- Cocktail Meatballs \$30
- Mezze Skewers \$40
- Short Rib and Sourdough Bites \$45
- Cheesesteak Pinwheels \$40
- Taco Cups \$35





*Small Chop Platter*

Minimum Four Dozens per Item

*Seafood*

- Nigerian Style Tiny Fried Fish – Fried smelt – (Eja yoyo) \$20
- Fish Ball \$20
- Shrimp Ball \$30
- Shrimp Cups \$40
- Coconut Shrimp \$45
- Crab Rangoon \$50
- Shrimp Empanadas \$40
- Shrimp and Cheese Taquitos \$40
- Bacon Wrapped Scallops \$40
- Tempura Shrimp \$45
- Smoked Salmon Cups \$35
- Seafood Mini Quiche \$30
- Vegetable & Shrimp Tempura Nest \$35



*Veggie*

- Vegetable Spring roll \$20
- Veg. Samosa \$20
- Mini Veg. Pie \$30
- Tempura Veg. Nest \$25
- Veg. Taquitos \$25
- Veg. Empanadas \$40
- Mini Spinach and Leeks Quiche \$30
- Caprese Salad Skewers \$30
- Zucchini Fries with Pesto Yogurt Dipping Sauce \$25
- Pesto Tortellini Skewers \$30
- Creamy Spinach Roll Ups \$30







*Small Chop Platter*

Minimum Four Dozens per Item

*Puff Puff*

- Puff Puff Classic \$20
- Onion & Chilli Puff Puff \$20
- Banana Puff Puff \$20
- Chocolate Chip Puff Puff \$20
- Coconut Puff Puff \$20
- Key Lime Puff Puff \$20
- Shrimp Puff Puff \$25





## Cakes by Du.tluscious Cakes

For all your cake needs and more, for all occasions and events.

Please contact Du.tluscious Cakes on 902.580.5101 OR  
[duntano@yahoo.com](mailto:duntano@yahoo.com)





## Desserts

Feeds 6

Coconut Tapioca Pudding with Mango and Lime \$60

UTMT House Fruit Salad \$50

Decadent Cornbread with Pistachio Ice Cream \$60

Coconut Ice Cream w/ Grilled Tropical Fruits, drizzled with Dessert wine \$50

Mango and Passion Fruit Tapioca Pudding with Rum Drizzle \$60

Apple Pie Cheesecake with Butter Rum \$50

Red Velvet Cheesecake with Raspberry Whiskey Compote \$60

Cake and Ice Cream \$40

Fruit Cake with Rum

Red Velvet

Tiramisu

Decadent Chocolate Cake





## Themed Food Stations

Minimums applies

### Swallow Falls

- Abula Spot
- Poundo Joint
- Fufu Bukateria

*Please call for quotes*

### Turn up the Heat

- Pepper Soup Joint
- Suya Spot
- Leg of Lamb Showcase

### The Love of Grains

- Ofada Experience
- Rice Bukateria

### Smoke Shop

- Smoked Salmon Palace
- Trout it Out

### The Pit

- Whole Roasted Piglet
- Whole Roasted Lamb
- Whole Roasted Goat

### Maritimes

- Seafood Fest

### Sweet & Savory

- Dessert Station
- Cupcake Station
- Pie Station
- Cheese & Charcuterie Station
- Salad Station
- Biscuit Station

