

FOOD PRODUCTS	CEREAL CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA BEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLUSCS
Assorted P Soup		✓		✓		✓	✓			✓				✓
Beef (Stewed)		✓		✓		✓	✓			✓				✓
Beef Roll	✓	✓	✓	✓		✓	✓			✓				✓
Big Chicken	✓	✓		✓		✓	✓		✓	✓				✓
Bitterleaf-Assorted		✓		✓		✓	✓							✓
Chicken Pie	✓	✓	✓	✓		✓	✓		✓	✓				✓
Chin Chin	✓	✓	✓	✓		✓	✓							✓
Dodo Gizzard		✓		✓		✓	✓							✓
Drumstick (Chicken)	✓	✓	✓	✓		✓	✓		✓	✓				✓
Edika-ikong Soup		✓		✓		✓	✓							✓
Eforiro Soup		✓		✓		✓	✓							✓
(Igbo) Egusi Soups		✓		✓		✓	✓							✓
Ewariro		✓		✓		✓	✓							✓
Fish Pie	✓	✓	✓	✓		✓	✓			✓				✓
Fish Roll	✓	✓	✓	✓		✓	✓			✓				✓
Fried Croacker Fish	✓	✓		✓		✓	✓							✓
Fried Hake Fish	✓	✓		✓		✓	✓							✓
Fried Mackerel Fish	✓	✓		✓		✓	✓							✓
Fried Rice		✓		✓		✓	✓			✓				✓
Garri														
Gbegiri		✓		✓		✓	✓							✓
Gizzard	✓	✓		✓		✓	✓		✓	✓				✓
Goat Meat Stew		✓		✓		✓	✓							✓
Grilled Tilapia Fish		✓		✓		✓	✓							✓
Jollof Rice		✓		✓		✓	✓			✓				✓
Meat Pie	✓	✓	✓	✓		✓	✓			✓				✓
Mild Stew & Assorted		✓		✓		✓	✓			✓				✓
Mixed Okro Soup		✓		✓		✓	✓							✓
Moin Moin		✓		✓		✓	✓							✓
Ofada Stew		✓		✓		✓	✓							✓
Ogbono Soup		✓		✓		✓	✓							✓
Oha Soup		✓		✓		✓	✓							✓
Plain Ewedu		✓		✓		✓	✓							✓
Plain Okro		✓		✓		✓	✓							✓
Plantain														
Ponmo		✓		✓		✓	✓							✓
Pounded Yam														
Puff Puff	✓													
Red Brim Fish		✓		✓		✓	✓							✓
Red Ofada		✓		✓		✓	✓							✓
Rice White														
Rice & Beans							✓			✓				
Saki		✓		✓		✓	✓							✓
Steamed Fish		✓		✓		✓	✓							✓
Stewed Chicken		✓		✓		✓	✓							✓
Stick Meat		✓		✓		✓	✓							✓
Suya		✓		✓	✓	✓	✓							✓
Togolesse Beans		✓		✓		✓	✓							✓
Tasty Chicken		✓		✓		✓	✓							✓
Tilapia Fish P.Soup		✓		✓		✓	✓			✓				✓
Turkey (Grilled)		✓		✓		✓	✓			✓				✓
Turkey Stew (big)		✓		✓		✓	✓			✓				✓
Yam Flour (Elubo)														
Yam Pottage		✓		✓		✓	✓							✓