



CHILLZ RESTAURANT
BAR AND LOUNGE

MENU



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STARTERS

Suya Succulent cuts of premium beef or chicken, delicately flame-grilled and encrusted with our ignature West African peanut spice blend. Garnished with vine-ripened tomatoes and onions. 🌶️	£15
Asun Bites Tender cubes of goat meat, slow-roasted and glazed in a rich, fiery pepper sauce. 🌶️	£15
Bao Sliders Soft steamed bao buns filled with shredded suya-spiced chicken, mixed vegetables, and our chef's creamy sauce.	£14
BBQ Chicken Wings Chargrilled wings lacquered in a smoky-sweet house-made barbecue glaze.	£12
Spicy Grilled Turkey Fire-grilled marinated turkey cuts, bathed in a bold peppered house sauce.	£14
Spiced Snail Delicately simmered land snails tossed in a spicy pepper infusion — a luxurious delicacy. 🌶️	£25
Dynamite Prawns Jumbo prawns hand-battered, lightly fried, and coated in creamy sauce. Served on lettuce.	£12
Crisp Calamari Rings Tender squid rings fried to golden perfection, served with our house dipping sauce.	£13
Charred BBQ Riblets Slow-cooked pork ribs glazed with our smoky BBQ sauce and flame-seared.	£14
GizzDodo A medley of pan-fried gizzards and golden plantains n a spicy tomato-pepper reduction. 🌶️	£14
Chef's Signature Pepper Soup Traditional aromatic broth infused with spicy African herbs and spices. 🌶️	
Goat Meat ...	£15
Assorted Meats ...	£15
Whole Catfish ...	£22



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CHILLZ GRILLZ

Grilled Wild Tiger Prawns in Spiced Herb Butter

£18

Wild tiger prawns marinated in a warm blend of chili, garlic, lemon, and house African-inspired herbs. Grilled and finished with spiced butter.

Signature 8oz Rib-Eye Steak

£35

A premium cut of rib-eye, dry-rubbed with our bold house seasoning of smoked pepper, warm spices, and sea salt. Grilled to perfection and served with a side and special sauce.

Glazed Salmon Fillet

£18

Fresh salmon fillet marinated in a blend of soy, teriyaki, and aromatic spice, then grilled and glazed with Lemon

Honey Glazed Lamb Chops

£18

Tender lamb chops marinated in a blend of honey, crushed chili, and warming spices. Flame-seared and served with a sticky spiced glaze.

Suya-Spiced Chicken Burgers

£18

Tender grilled chicken strips marinated in a signature peanut spice blend, layered with ripe tomatoes, caramelized grilled onions, and our chef's special sauce — all nestled in a toasted brioche bun served with fries.

Grilled Lobster Tail

£30

Lobster tail spiced to perfection, brushed with a rich chili and herb butter, grilled and served with lemon served with a choice of side.

Whole Grilled Fish

£35

Your choice of whole Tilapia, or Croaker, marinated in homemade fish spice, grilled and coated in rich pepper sauce garnished with fresh tomatoes and onions. Served with your choice of yam, plantain, potatoes fries or sweet potatoes fries

Grilled Seabass

£30

Served with a choice of yam chips, plantain, potatoe fries or sweet potato fries



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RICE DISHES

All served with your choice of fried fish, chicken, beef, or turkey.

Jollof Rice

£18

Rice cooked in a rich blend of tomatoes, red peppers, onions and fragrant spices. Bold, smoky, and deeply satisfying this is served with a choice of protein 🌶️

Chillz Special Fried Rice

£18

Fluffy seasoned rice stir-fried with fresh vegetables, subtle spices, and a touch of soy. A savoury and vibrant fusion dish with a bold twist.

Coconut Rice

£18

Aromatic rice gently cooked in coconut milk, fresh coconut and layered with subtle spices. Light, comforting, and packed with flavour.

White Rice & Red Stew

£18

Steamed white rice served with a smooth, slow-cooked tomato and red pepper sauce — rich, aromatic, and mildly spiced for balanced flavour. This is served with a choice of beef, chicken, turkey and fried fish.

White Rice & Ayamase Sauce

£20

Steamed white rice served with Ayamase, a spicy green pepper sauce made with a unique blend of herbs, onions, and seasonings. Bold, fiery, and full of depth.

PASTA

Mushroom Creamy Pasta V

£20

Al dente penne pasta tossed in a rich and velvety cream sauce, finished with a hint of fresh tomato, mushroom, vegetable and aromatic herbs for a perfectly balanced dish.

Special Spaghetti

£20

Spaghetti tossed in a rich, slow-simmered tomato and red pepper sauce, infused with aromatic spices for a vibrant and comforting flavour. A beloved classic elevated for a gourmet experience. Served with a choice of diced goat meat, diced chicken, diced beef or prawns.



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GRILLZ PLATTERS

(Perfect for Sharing)

Meat Platter

£75

An indulgent assortment featuring tender chicken or beef suya, succulent lamb chops, spicy asun, smoky BBQ chicken wings, and diced peppered turkey. Served with golden yam fries and plantain.

Seafood Platter

£85

A generous selection of flame-grilled wild tiger prawns, crispy calamari, dynamite prawns, and tender spiced snail. Accompanied by roasted yam and spicy plantain for the perfect balance.

TRADITIONAL DISHES

All soup/traditional dishes are served with a choice of Eba, Amala, Pounded yam or Semolina

Egusi

£20

A hearty and velvety sauce made from finely ground melon seeds, simmered with fresh vegetables and spices. A rich, satisfying classic.

Eforiro

£20

A vibrant mix of tender spinach cooked in a fragrant red pepper stew, served with your choice of beef, assorted meats, or fish. Balanced and full of depth.

Abula

£20

A celebrated trio of textures and flavors: creamy bean soup (Gbegiri), silky jute leaf stew (Ewedu), and a rich tomato-pepper sauce with assorted meats. A true taste of tradition in every bite.



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SIDES & EXTRAS

Mac & Cheese	£7
Potato Fries	£5
Sweet Potatoes	£5
Plantain	£5
Yam Fries	£5
Creamy Salad	£4
Rice	£7

DESSERTS

Puff Puff Delight	£8
Golden fried dough balls with white chocolate & caramel. Served with vanilla ice cream.	
Strawberry Cheesecake	£10
Classic cheesecake served with strawberry ice cream & sauce.	
Banana Cake	£10
Warm banana cake with a scoop of vanilla ice cream.	
Ice Cream Selection	£8
Choice of Vanilla, Strawberry, or Chocolate.	