



# Welcome!

AKWAABA!

EKAABO!

NNO!

MILAWOE ZO!

SANNU DA ZUWA!

SOYEZ LA BIENVENU!

Our restaurant takes its name from the coastline curve of West Africa called the Bight of Benin, situated within the broader Gulf of Guinea. Our Mission is to provide samplings of the rich cuisine and culture coming from and common to the West African countries around the Bight – stretching from Cameroon to Cote d'Ivoire and beyond. We invite you to West Africa! Savour flavours from the Sahel, exotic dishes from the Savanna, hearty meals from the Tropical Rainforests and culinary delights and tastes from the Mangroves of the coast.



# A Diary OF WEST AFRICAN FOODS



## KOSAI OR AKARÀ

Crunchy shell, soft interior. Deep fried, blended west african black eyed beans with onions, bell peppers

## ACHA OR FONIO

Is an African heritage grain. Native to West Africa, it's a staple that can be used as couscous, porridge, or flour. It is high in protein, fiber, and low in glycemic index.

## PUFF PUFF

Light - as - air, sweet deep fried dough balls

## AWARA

Freshly made firm tofu chunks.

## EGUSI

A rich savoury sauce of protein-rich, nutty melon seeds, with cooked with a choice of spinach or bitter leaf vegetables. Vegetarian/ meat of choice.

## KPOMO

Fresh cow skin, cooked in various sauces or soups

## ASSORTED

A hearty combination of tripe/offal, liver, kidney & kpomo

## MOIN MOIN

West african black eyed beans blended with onions, bell peppers & steam cooked in moin moin leaves.

## ATTIÉKÉ/ACHEKE

Steam cooked grated and fermented fresh cassava.

## BANKU

Fermented maize flour and cassava

## OMUTUO/TUWON SHINKAFA

Fufu made from slow cooked sticky local paddy rice

## BITTER LEAF

Known for its bitter taste and anti-inflammatory properties. It is washed and used in various soups and sauces across equatorial Africa.

## SUYA

Suya or tsiré is a traditional grilled beef/chicken/goat/ awara skewer, dry marinated with west african suya spices. The nigerian street meat.

## KELEWELE

Popular ghanaiian plantains marinated with spices & fried. Spicy.

## WEST AFRICAN YAM (WHEN IN SEASON)

"The king of crops" a la things fall apart.

## PEPPERSOUP

Nose tingling, freshly made flavourful spicy soup, with west african spices. Choice of fiery or mildly hot

## OGBONO

Ogbono is the kernel from the seed of the african bush mango. Ground and prepared in a sauce, plain or with spinach or bitter leaf. Texture of okra. Vegetarian or with meat of choice.

## COW/OXTAIL

Cow/oxtail on the bone, well-seasoned and slow cooked to melt-in-your-mouth tenderness for the joy of your tastebuds.

## JOLLOF - WHO'S KING?

West african one-pot long grain rice, cooked in a base of well seasoned tomato sauce and other condiments and garnish.

## WAAKYE

Quintessentially ghanaiian. Long grain rice cooked together with black eyed beans in a herb infused smoky combo.

## EBA/GARRI

Yellow or white fufu made from grated and dry pan roasted cassava flakes.

## GHANA FUFU

Cassava & raw plantain mixed

## EFO RIRO

The ultimate naija savoury and rich stewed spinach sauce with layers of flavour. Prepared with hearty tripe/offal, cow skin, smoked/dried fish & various meats

## BANGA/PALM NUT/DEKU DESSI

Made from the rich pulp extracted from the palm nut fruit, which gives this special soup its distinct, delicious taste.

## MIYAN TAUSHE

is a savoury, yakuwa or sorrel leaves, pumpkin, roasted groundnut sauce, native to & quite popular with the Hausa and Fulani tribes of Northern Nigeria. Prepared with goat meat, dried fish, dadawa.

# All Vegetarian

# STARTERS

SWEET POTATOES

FRIED.....  
BOILED.....

UGX17,000  
UGX16,000

KELEWELE .....

UGX24,000

KOSAI OR AKARÀ

6 PCS....

UGX17,000

PLANTAIN

BOILED.....

UGX14,000

MOSA

6 PCS....

UGX16,000

Deep fried goodness of over-ripe plantain with eggs, chilli

AWARA PEPPER SOUP .....

UGX36,000

KOSAI OR AKARA (10 PCS)

UGX31,000



ADD JARA:

Extra Jollof Rice UGX 14,000

PUFF PUFF

UGX23,000



PLANTAIN FRIED

UGX16,000



AWARA SUYA OR

TSIRÉ UGX26,000

freshly made firm Tofu



# Vegetarian Soups

## WEST AFRICAN STYLE

### WITH SWALLOW



**OGBONO** ..... UGX49,000

Ground ogbono - African bush mango – plain, with spinach or bitter leaf

**GHANA PEANUT SOUP**.....UGX59,000

Ground peanut and tomatoes lend a rich & creamy backdrop to this tasty hearty Ghanaian dish

**EGUSI PLAIN** UGX 46,000

Well seasoned, ground spicy, nutty melon seeds cooked With a choice of spinach Bitter leaf

**CHOOSE YOUR SWALLOW**  
- Let your server guide you

**AWARA SPINACH SAUCE** UGX 48,000  
Freshly Made Extra Firm Tofu, seasoned and steamed spinach in butter and spices

**OKRO/OKRA PLAIN** UGX 38,000  
Flavorful and well-seasoned Okro soup



# The Iconic WEST AFRICAN TOMATO STEW



## STEW ONLY

CHICKEN STEW	UGX32000
GOAT STEW	UGX34,000
BEEF STEW	UGX33,000
FISH STEW - 2 PIECES	UGX29,000
COW/OXLEG STEW	UGX40,000
FRIED WHOLE FISH STEW	UGX53,000
KPOMO STEW	UGX50,000
COW/OXTAIL STEW	UGX50,000
ASSORTED STEW	UGX52,000
AWARA STEW (Veg)	UGX50,000

## STEW WITH ACCOMPANIMENTS

STEAMED WHITE RICE	UGX43,000
BOILED POTATOES	UGX43,000
PLAIN MOIN MOIN	UGX41,000
ASSORTED MOIN MOIN	UGX45,000
JOLLOF RICE	UGX50,000
VEGETABLE RICE	UGX47,000
EGG FRIED VEGETABLE RICE	UGX50,000
BOILED WEST AFRICAN YAM (When In Season)	UGX63,000
STIR FRIED CHICKEN AND VEGETABLES	UGX58,000
STIR FRIED BEEF AND VEGETABLES	UGX58,000
STEWED BEANS	UGX53,000
FRIED WEST AFRICAN YAM (When In Season)	UGX64,000

### STEW ACCOMPANIMENTS ONLY

- Goat Stew    - Chicken Stew
- Beef Stew    - Fish Stew Pieces

CHICKEN STEW

BEEF STEW

FRIED WEST AFRICAN YAM

STEWED BEANS

MOIN MOIN



# Mains ONLY



<b>STEAMED WHITE RICE</b> .....	<b>UGX14,000</b>
Steamed long grain rice	
<b>EGG FRIED VEGETABLE RICE</b> .....	<b>UGX26,000</b>
Steamed rice, stir-fried with eggs and spring onions	
<b>BOILED POTATOES</b> .....	<b>UGX15,000</b>
<b>STEWED BEANS (Veg)</b> .....	<b>UGX28,000</b>
Black-eyed beans cooked with palm oil & the Bight sauce	
<b>BEEF FRIED RICE</b> .....	<b>UGX35,000</b>
Tender beef fillet stir fried, with long grain rice	
<b>CHICKEN FRIED RICE</b> .....	<b>UGX32,000</b>
Tender chicken fillet stir fried, with long grain rice	
<b>RIC, BEANS, RIED PLANTAIN &amp; STEW (R.S.V.P COMBO)</b> .....	<b>UGX55,000</b>
<b>BEEF &amp; CHICKEN RICE</b> .....	<b>UGX35,000</b>
Combine the best of tender beef and chicken fillet stir fried, with vegetable & long grain rice	
<b>WEST AFRICAN YAM (BOILED) (When In Season)</b> .....	<b>UGX29,000</b>
<b>WEST AFRICAN YAM (FRIED) (When In Season)</b> .....	<b>UGX39,000</b>
<b>BEEF STIR- FRY &amp; VEGETABLES</b> .....	<b>UGX29,000</b>
Seasoned beef fillet & thick cut strips of carrots, cabbage spring onions	
<b>CHICKEN STIR- FRY &amp; VEGETABLES</b> .....	<b>UGX28,000</b>
Seasoned chicken fillet & thick cut strips of carrots, cabbage spring onions	
<b>MOIN MOIN</b> .....	<b>UGX19,000</b>
Blended West African black eyed brown/ white beans with onions, bell peppers and steamed in ewe eran a type of banana leaf	
	- Assorted
	- Plain
<b>ATTI'EK'E /ACHIEKE</b> .....	<b>UGX14,000</b>
Cassava which is grated, fermented and steamed - from Ivory Coast	
<b>ATTI'EK'E /ACHIEKE</b> .....	<b>UGX32,000</b>

## WAAKYE (Veg) UGX25,000

Ghanaian. Long grain rice cooked together with black eyed beans



### ADD JARA:

Gari and Sugar UGX 5,000

### JOLLOF RICE

UGX27,000

West African one pot long grain rice, cooked in a well seasoned tomato sauce

### VEGETABLE RICE

UGX24,000

Long grain rice, stir fried with a medley of spring onions, cabbage, peas and carrots



# Swallow ONLY



## POUNDED YAM

West African Yam flour, moulded

HALF PORTION .....

UGX34,000

FULL PORTION .....

UGX54,000

## GHANA FUFU .....

UGX29,000

Cassava and raw plantain moulded

## SEMOLINA .....

UGX24,000

Coarse, wheat midlings of durum wheat

## OMUTUO .....

UGX18,000

Slow cooked sticky local rice and moulded

## POSHO .....

UGX10,000

## EBA/GARRI UGX28,000

Grated, roasted and moulded cassava grains

## BANKU UGX28,000

Fermented Maize Flour and Cassava



## POUNDED YAM



# Soups ONLY



**HALF-HALF (OKRO, EGUSI & BEEF) .. UGX37,000**

**OGBONO**

Plain ..... UGX41,000  
 Dried Fish ..... UGX47,000  
 Assorted ..... UGX50,000  
 Fresh Fish - Tilapia ..... UGX45,000  
 Goat ..... UGX42,000  
 Beef ..... UGX40,000

**OKRO**

Plain (Veg) ..... UGX25,000  
 Goat only ..... UGX41,000  
 Fresh Fish - Tilapia ..... UGX40,000  
 Beef only ..... UGX39,000  
 Chicken ..... UGX37,000  
 Dried Fish ..... UGX45,000  
 Assorted ..... UGX48,000

**EGUSI**

Plain (Veg) ..... UGX32,000  
 Goat ..... UGX42,000  
 Beef ..... UGX40,000  
 Chicken ..... UGX38,000  
 Dried Fish ..... UGX47,000  
 Assorted ..... UGX50,000  
 Fresh Fish - Tilapia ..... UGX45,000

**EFO RIRO UGX49,000  
ONLY**

**SPINACH SAUCE**

Beef ..... UGX34,000  
 Chicken ..... UGX34,000  
 Goat ..... UGX39,000  
 Fresh Fish (Tilapia) ..... UGX38,000  
 Fried Fish (Tilapia) ..... UGX39,000  
 Tofu (Veg) ..... UGX37,000

Assorted Ghana Light Soup ..... UGX44,000  
 with Goat  
 Assorted Ghana Light Soup ..... UGX49,000  
 with Tilapia Fish

Ghana Chicken Peanut Soup ..... UGX35,000  
 Ghana Chicken & Dried Fish ..... UGX39,000  
 Peanut Soup

**ADD JARA:**

Extra fish - Tilapia (1pc) UGX 15,000  
 Extra Beef (3pcs) UGX 16,000

**BANGA**

**UGX50,000**

**OGBONO**

Flavorful and well -  
 seasoned African Bush  
 mango - with spinach  
 or bitterleaf



# Non Vegetarian STARTERS



## 9JA PEPPERSOUP

Bight of Benin special hearty soup cooked with goat/ fish. Choice of fiery or mild

**Cow/Ox Leg Pepper Soup** ..... UGX37,000

Slow cooked, falling - off - the - bone cow leg soup

**Cow/Ox Tail Pepper Soup** ..... UGX49,000

Slow cooked, falling - off - the - bone cow tail soup

**Assorted Naija Pepper Soup** ..... UGX52,000

Tripe, Cow Skin, Offal, Kidney, Liver and Kpomò

**Ghana Light Fish Soup** ..... UGX30,000

A really light, yet intensely flavoured spicy soup

**Goat Pepper Soup - Boneless** ..... UGX52,000

**Chicken Pepper Soup** ..... UGX29,000

**9ja Goat Pepper Soup** ..... UGX32,000

**Fresh Fish Pepper Soup** ..... UGX29,000

**Point & Kill Fish Pepper Soup** ..... UGX100,000  
(1.2 Kg)

**Fried Peppered Gizzard** ..... UGX30,000

Well-seasoned, spicy fried gizzard. Fiery or mildly hot

**Beef Suya or Tsir'e** ..... UGX29,000

Savory, spicy grilled beef on skewers, Naija style

### ADD JARA

- |                        |       |
|------------------------|-------|
| 1. Boiled Plantain     | 9,000 |
| 2. Boiled Sweet Potato | 7,000 |

## GOAT PEPPER SOUP



## COW/ OXTAIL PEPPER SOUP



## FISH PEPPER SOUP



# Soups

## WEST AFRICAN STYLE WITH SWALLOW



### OKRO OR OKRA (LADIES FINGERS)

Fresh Flavorful Okro Soup Cooked With Fish or Beef or Goat or Chicken

Beef .....	UGX57,000
Chicken .....	UGX52,000
Goat Meat .....	UGX56,000
Fried Fish .....	UGX55,000
Fresh Fish .....	UGX54,000
Dried Fish .....	UGX60,000
Assorted .....	UGX65,000

Kpomo (Cow skin), Offal, Beef/Goat, Tripe, Choice of fresh or dried Fish

### SPINACH SAUCE

Steamed & seasoned spinach in butter and spices

Beef .....	UGX58,000
Goat .....	UGX59,000
Chicken .....	UGX56,000
Fresh Fish .....	UGX57,000

### GHANA ASSORTED LIGHT SOUP WITH GOAT + DRIED FISH

A light yet intensely flavored spicy soup with dried fish and goat

### GHANA CHICKEN & DRIED FISH PEANUT SOUP



### GHANA CHICKEN PEANUT SOUP UGX60,000

Ground peanut and tomatoes lend a rich and creamy backdrop to this tasty hearty Ghanaian dish

#### CHOOSE YOUR SWALLOW

Let your server guide you\*

#### ADD JARA:

Extra Kpomo:	Ugx 12,000
Extra Goat:	Ugx 13,000
Extra Beef:	Ugx 12,000
Extra Dry Fish:	Ugx 15,000
Extra Chicken:	Ugx 13,000

### BANGA UGX74,000

Sauce made with the rich pulp extracted from the palm nut fruit, crabs, beef, cray fish



# Salads & VEGETABLES



**SPINACH SAUCE**

**UGX27,000**

**COLESLAW .....**

**UGX15,000**

**KACHUMBARI SALAD.....**

**UGX20,000**



# Off THE GRILL



## Grill Only

<b>WHOLE GRILLED TILAPIA</b> Fresh Tilapia marinated in the signature Bight sauce, charcoal grilled & served with fresh kachumbari or the Bight pepper sauce. (Allow 45 minutes)	UGX52,000
<b>WHOLE GRILLED TILAPIA (Boneless)</b>	UGX60,000
<b>POINT &amp; KILL</b> You point and we fish your choice of fresh catfish –steam- grilled in the signature Bight Sauce	UGX100,000
<b>GRILLED CHICKEN, QUARTER</b>	UGX26,000
<b>GRILLED CHICKEN KEBAB</b> Chicken cuts, marinated in the signature Bight sauce & charcoal grilled	UGX26,000
<b>GRILLED BEEF KEBAB</b> Beef cuts, marinated in the signature Bight sauce & charcoal grilled	UGX28,000
<b>WHOLE CHICKEN SUYA OR TSIR'E</b> Spatchcock style, suya-spice seasoned whole chicken, grilled to perfection. (Allow 1hr 20 minutes)	UGX69,000
<b>ATTIEKE/ACHEKE &amp; GRILLED CHICKEN</b>	UGX46,000
<b>ATTIEKE/ACHEKE &amp; GRILLED FISH</b>	UGX65,000

**WHOLE CHICKEN  
SUYA OR TSIRÉ**



**WHOLE GRILLED  
TILAPIA**



## Grill With Chips Or Plantain

<b>WHOLE GRILLED TILAPIA</b>	UGX67,000
<b>WHOLE GRILLED TILAPIA (Boneless)</b>	UGX78,000
<b>GRILLED CHICKEN, QUARTER</b>	UGX40,000
<b>GRILLED CHICKEN KEBAB</b>	UGX40,000
<b>GRILLED BEEF KEBAB</b>	UGX40,000
<b>WHOLE CHICKEN SUYA OR TSIR'E</b>	UGX78,000

**CHICKEN OR  
BEEF KEBAB**





# Frys

## CHOP 1, CHOP 2 PACK

### ALL FRIED

**DEEP FRIED WHOLE TILAPIA** ..... **UGX54,000**

Deep fried fresh Tilapia marinated in the signature Bight Sauce and served with Fresh Kachumbari or the Bight Pepper Sauce

**BEEF PIECES (200G)** ..... **UGX38,000**

**CHICKEN PIECES (DRUMSTICKS)- 3 PCS** **UGX22,000**

**SAMOSAS/SPRING ROLLS (BEEF / CHICKEN/ VEG)** **UGX10,000**

**BONELESS BIGHT FRIED GOAT - 1 KG** **UGX80,000**

**BONELESS BIGHT FRIED GOAT - 1/2 KG** **UGX60,000**

#### ADD JARA: (EXTRA)

Vegetable Rice	13,000
Boiled Plantains	8,000
Fried Plantains	9,000
Chips only	9,000

**CHICKEN PIECES  
DRUMSTICKS (6)**

**UGX49,000**



**THE BIGHT FRIED GOAT**  
**1 KG UGX72,000**  
**1/2 KG UGX56,000**

Seasoned With Special Bight Spices and Garnished With Onions and Tomatoes



**MAKE BODI WELL PLATTER  
FOR 2 OR 3 UGX125,000**

Fried Goat, Beef Kebab, And Grilled Chicken, Spicy Gizzard And A Choice Of Plantain Or Chips And Served With Fresh Kachumbari, Shito Or The Bight Bodi Well Sauce. **(Allow 50 mins)**



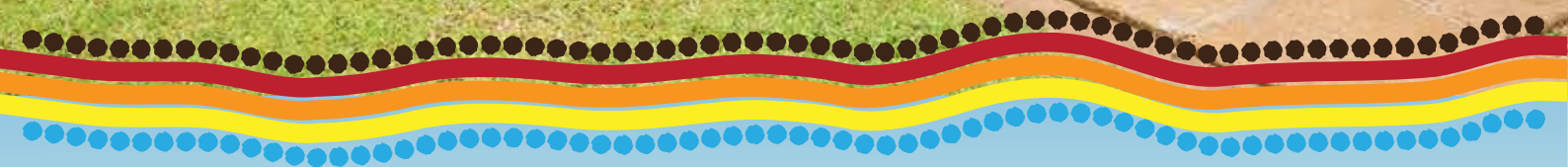


# Kids



# MENU

<b>CHICKEN NUGGETS (6PCS)</b>	<b>UGX21,000</b>
<b>FISH FINGERS (6PCS)</b>	<b>UGX23,000</b>
<b>CHIPS ONLY</b>	<b>UGX15,000</b>
<b>BEEF SAUSAGES (PAIR)</b>	<b>UGX12,000</b>
<b>CHIPS WITH :</b>	
<b>FISH FINGERS</b>	<b>UGX40,000</b>
<b>CHICKEN NUGGETS</b>	<b>UGX33,000</b>
<b>CHICKEN WINGS</b>	<b>UGX33,000</b>
<b>BEEF SAUSAGES (PAIR)</b>	<b>UGX25,000</b>
<b>FRIED EGGS</b>	<b>UGX12,000</b>
<b>BOILED EGGS</b>	<b>UGX6,000</b>





*There's  
Always Room For*  
**DESSERT**

ICE CREAM (ONE SERVING) ..... UGX14,000

FRUIT PLATTER ..... UGX22,000  
SEASONAL FRUITS

FRUIT SALAD ..... UGX17,000

