

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