



PRINCELYN

RESTAURANT

&

GROCERIES



Order online

@

Uber Eats and Just Eats

HOME DELIVERY

AVAILABLE

OPENING HOURS

12pm - 11pm



princelyn_house



princelyn house

Email: Princelyngardens@gmail.com

Tel: +44-777-406-2999

477 Bethnal Green Road London E2 9QH

+44-777-406-2999

HOME DELIVERY



477 Bethnal Green Road London E2 9QH




PRINCELYN
RESTAURANT
&
GROCERIES



princelyn_house



princelyn house

Email: Princelyngardens@gmail.com

Order online @ Uber Eats and Just Eats

OPENING HOURS 12pm - 11pm




PRINCELYN
 RESTAURANT
 &
 GROCERIES




EGUSI SOUP: Egusi (Grounded melon seed), dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda Bitter leave, Ugu, salt, Pepper, water, palm oil, seasoning cubes.

OKRO SOUP: Okro (chopped ladyfingers),dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda, Bitter leave, Ugu, salt, pepper, water, palm oil, seasoning cubes.

OGBONO SOUP: A rich blend of the finest ground ogbono seeds (African wild mango seeds), dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda Bitterleave, Ugu, salt, pepper, water, palm oil seasoning cubes.

NATIVE SOUP: Snail, dry/stock fish **FISH**, prawn powder **PRAWNS**, utazi, uziza, canda salt, pepper, water, palm Oil, seasoning cubes.

BITTER LEAVES SOUP: Bitter leaves,dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda, Bitterleave,Ugu, salt, pepper, water, palm oil, seasoning cubes.

OHA SOUP: Oha leave, uziza dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda salt, pepper, water, palm oil, seasoning cubes.

OFE NSALA SOUP: Utazi, uziza, dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda salt, pepper, water, seasoning cubes.

Fisherman soup: Fresh fish **FISH**, fresh prawns, prawn powder **PRAWNS**, muesli, squid salt pepper, water palm oil, seasoning cubes.

MIX GOAT MEAT PEPPER SOUP: Mix goat meat, canda prawn powder **PRAWNS**, pepper soup herbs, spices, salt, pepper, water, and scent leaves, seasoning cubes.

VEGETABLE SOUP: Water leaves, ugu, dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda, salt, pepper, water palm oil seasoning cubes.

AFANG SOUP: Ukazi, water leave, dry/stock fish **FISH**, prawn powder **PRAWNS**, beef, shaki, canda, salt, pepper, water, palm oil seasoning cubes.

ISI-EWU: Goat head, cubes, prawn powder **PRAWNS**, pepper soup herbs, spices salt, pepper, water, scent leaves, palm oil seasoning cubes.

NKWABI: Cow foot cubes, prawn powder **PRAWNS**, pepper soup herbs, spices salt, pepper, water, scent leaves, palm oil, seasoning cubes.

JOLLOF SAUCE: Tomatoes, onions, peppers, sunflower oil curry, thyme, nutmegs, ginger, Prawn powder **PRAWNS**, seasoning cubes.

JOLLOF RICE: Rice, tomatoes, onions peppers sunflower oil, curry thyme nutmegs ginger, prawn powder **PRAWNS**, water, salt, seasoning cubes.

FRIED RICE SAUCE: Mix vegetables, Carrot, green beans, sweet corn, green peppers, fresh king prawns **PRAWNS**, sunflower oil curry, Salt seasoning cubes.

FRIED RICE: Rice mix vegetables, Carrot, green beans, sweet corn, green peppers, fresh king prawns **PRAWNS**, sunflower oil curry, Salt seasoning cubes.

MOIMOI: Beans, onions, fresh prawns, prawn powder **PRAWNS**, salt, peppers, water, sunflower oil, Seasoning cubes.

AKARA: Beans, onions, salt, peppers, water, sunflower oil, seasoning cubes.

MEATPIES: Flour butter, minced lamb **EGGS**, onions, carrots, potatoes, salt, peppers, water sunflower oil, seasoning cubes.

BEANS PORRIDGE: Beans, onions, prawn powder **PRAWNS**, salt, peppers, water, palm oil, seasoning cubes.

STEW: Tomatoes, onions, peppers, sunflower oil, curry, thyme, nutmegs, ginger, prawn powder **PRAWNS**, seasoning cubes.

PORRIDGE YAM (Asaro): Yam onions, prawns powder **PRAWNS**, salt, peppers, water, and palm oil, seasoning cubes.

BEEF STEW: Beef, onions, peppers, sunflower oil, curry, thyme, nutmegs, ginger, Prawn powder **PRAWNS**, seasoning cubes.

CHICKEN STEW: Chicken, onions, peppers, sunflower oil, curry thyme, nutmegs, ginger, Prawn powder **PRAWNS**, seasoning cubes.

FISH STEW: Fish, onions, peppers, sunflower oil, curry, thyme, nutmegs ginger Prawn powder **PRAWNS**, seasoning cubes.

STARTERS

MIX GOAT MEAT.....£18

Fresh cut assorted goat meat cooked with African peppers and spices. A grate way to start your meal



ISI-EWU.....£17

(Also known as goat's head soup or spiced goat's head) is a traditional Eastern Nigeria dish that is made with a goat's head



FRIED YAM WITH PLANTAIN SERVED WITH GREEN SAUCE.....£22

MOI MOI.....£5

A bean flour mix of peppers and onions



NKWABI.....£17

Cooked cow mixed in delicious spices palm oil paste

PEPPERED SNAILS.....£25

GRILLED TILAPIA.....£25

FRIED PLANTAIN..... £10

CHICKEN.....£14

GRILLED MIX POTATOES WITH CHICKEN SAUCE.....£20



SOUPS

OKRO SOUP.....£19

Okro, dry fish, stock fish **FISH**, prawn powder **PRAWNS**, Bitter leave, Ugu.

OGBONO SOUP£19

Okro, dry fish, stock fish **FISH**, prawn powder **PRAWNS**, Bitter leave, Ugu.

BITTERLEAF SOUP.....£19

Bitter leaves, dry fish, stock fish **FISH**, prawn powder **PRAWNS**, Bitter leave, Ugu.

EGUSI SOUP.....£19

Egusi, dry fish stock fish **FISH**, prawn powder **PRAWNS**, Bitter leave, Ugu.

OFE NSALA SOUP.....£19

Utazi, Uziza, dry fish, stock fish, **FISH**, prawn powder, **PRAWNS**, African spices

NATIVE SOUP.....£23

Utazi, Uziza, dry fish, stock fish, **FISH**, prawn powder, **PRAWNS**, African spices

OHA SOUP.....£21

Oha leave, Uziza dry/stock fish **FISH**, prawn powder **PRAWNS**.

FISHERMAN SOUP.....£23

Fresh fish **FISH**, fresh prawns, prawn powder **PRAWNS**, mixed seafood, Utazi, Uziza.

VEGETABLE SOUP.....£21

Water leaves, ugu, dry fish, stock fish **FISH**, prawn powder **PRAWNS**.

AFANG SOUP.....£21

Ukazi (Afang), water leave, dry fish, stock fish **FISH**, prawn powder **PRAWNS** .



PROTEINS

BEEF.....£3

CHICKEN.....£3

FISH.....£3.50

MIX MEAT..... £5

STOCK FISH..... £7

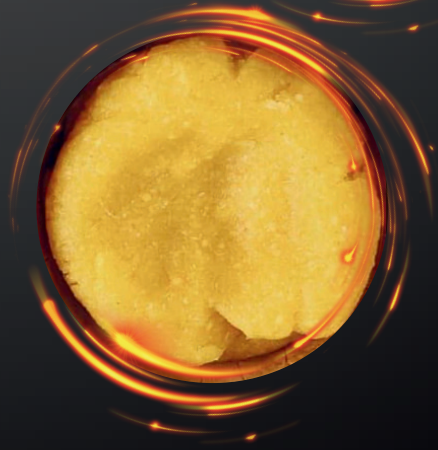
SWALLOWS

POUNDED YAM.....£2

EBA.....£2

FUFU.....£2

OAT FUFU.....£2.50



PRINCELYN SPECIAL

GRILLED TILAPIA.....£25



GRILLED SEABASS.....£20



GRILLED SALMON WITH
POTATOES.....£22

PEPPERED SNAILS.....£25



AFRICAN SALAD.....£22

UGBA.....£23

ONUNU AND SOUP.....£25



FRIED YAM WITH PLANTAIN SERVED WITH
GREEN SAUCE.....£22

GRILLED MIX POTATOES WITH CHICKEN
SAUCE.....£20



STEWED STOCK FISH..... £15

PEPPER SOUP

MIX GOATMEAT.....£18

FRESH FISH.....£17

CHICKEN.....£14

ISE-EWU.....£17

NKWOBÌ.....£17

STEW.....£8

RICE

JOLLOF RICE.....£17

FRIED RICE£18

COCONUT RICE.....£18

WHITE RICE.....£15

RICE AND PEAS..... £17

NOODLES.....£16

PASTA JOLLOF..... £16



SIDES

TASTY SMALL CHOPS BOX..... £13

SALADS.....£5

MOI MOI.....£5

AKARA£5

MEATPIES..... £3

CHICKEN PIES.....£3

FISH PIES.....£5

VEGGIE PIES..... £3

PUFF PUFF£3

PORRIDGE BEANS.....£17

PORRIDGE YAM (Asaro).....£17

YAM PEPPER SOUP.....£18

FRIED PLANTAIN..... £10

FRIED YAM.....£10

FRIED EGGS.....£6



STARTERS

MIX GOAT MEAT.....	£18
Fresh cut assorted goat meat cooked with African peppers and spices. A grate way to start your meal	
ISI-EWU.....	£17
(Also known as goat's head soup or spiced goat's head) is a traditional Eastern Nigeria dish that is made with a goat's head	
FRIED YAM WITH PLANTAIN SERVED WITH GREEN SAUCE.....	£22
MOI MOI.....	£5
A bean flour mix of peppers and onions	
NKWOBÌ.....	£17
Cooked cow mixed in delicious spices palm oil paste	
PEPPERED SNAILS.....	£25
GRILLED TILAPIA.....	£25
FRIED PLANTAIN.....	£10
CHICKEN.....	£14
GRILLED MIX POTATOES WITH CHICKEN SAUCE.....	£20
<hr/>	
MAIN SOUP	
OKRO SOUP.....	£19
OGBONO SOUP	£19
BITTERLEAF SOUP.....	£19
EGUSI SOUP.....	£19
OFE NSALA SOUP.....	£19
NATIVE SOUP.....	£23
OHA SOUP.....	£21
FISHERMAN SOUP.....	£23
VEGETABLE SOUP.....	£21
AFANG SOUP.....	£21

PROTEINS

BEEF.....	£3
CHICKEN.....	£3
FISH.....	£3.50
MIX MEAT.....	£5
STOCK FISH.....	£7
<hr/>	

SWALLOWS

POUNDED YAM.....	£2
EBA.....	£2
FUFU.....	£2
OAT FUFU.	£2.50
<hr/>	

PRINCELYN SPECIAL

GRILLED TILAPIA.....	£25
GRILLED SEABASS.....	£20
GRILLED SALMON WITH POTATOES.....	£22
PEPPERED SNAILS.....	£25
AFRICAN SALAD.....	£22
UGBA.....	£23
ONUNU AND SOUP.....	£25
FRIED YAM WITH PLANTAIN SERVED WITH GREEN SAUCE.....	£22
GRILLED MIX POTATOES WITH CHICKEN SAUCE.....	£20
STEWED STOCK FISH.....	£15
<hr/>	

PEPPER SOUP

MIX GOATMEAT.....	£18
FRESH FISH.....	£17
CHICKEN.....	£14
ISE-EWU.....	£17
NKWOBÌ.....	£17
STEW.....	£8

RICE

JOLLOF RICE.....	£17
FRIED RICE	£18
COCONUT RICE.....	£18
WHITE RICE.....	£15
RICE AND PEAS.....	£17
NOODLES.....	£16
PASTA JOLLOF.....	£16
<hr/>	

SIDES

TASTY SMALL CHOPS BOX.....	£13
SALADS.....	£5
MOI MOI.....	£5
AKARA	£5
MEATPIES.....	£3
CHICKEN PIES.....	£3
FISH PIES.....	£5
VEGGIE PIES.....	£3
PUFF PUFF.....	£3
PORRIDGE BEANS.....	£17
PORRIDGE YAM (Asaro).....	£17
YAM PEPPER SOUP.....	£18
FRIED PLANTAIN.....	£10
FRIED YAM.....	£10
FRIED EGGS.....	£6



**FOR FRESH AFRICAN GROCERIES,
VEGETABLES & SPICES**

**Shop Direct, Click N Collect & Same Day Delivery
Available.**

Shop While You Eat in a Cosy Restaurant



princelyn_house

477 BETHNAL GREEN ROAD LONDON E2 9QH



princelyn house

+44-777-406-2999