

Welcome!

NNO!
EKAABO!
AKWAABA!

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.

Q

A close-up photograph of a dark brown ceramic bowl containing several bright red chili peppers and two lemon wedges. The peppers are glossy and some have green stems. The lemon wedges are cut into triangular shapes, showing the yellow pulp and white pith. The background is a solid blue color.

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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 ghanaiian 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.

EHUWE OR GARDEN EGG SAUCE

A popular fibre rich West African dish, made with tender garden eggs cooked in a savoury blend of tomatoes, peppers, and aromatic spices.

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
UGX15,000

KELEWELE

UGX23,000

KOSAI OR AKARÀ

6 PCS...

UGX15,000

PLANTAIN

BOILED.....

UGX14,000

AWARA PEPPER SOUP

UGX36,000

KOSAI OR AKARA 10 PCS

UGX26,000



ADD JARA:

CASSAVA UGX 5,000

JOLLOF UGX 12,000

PUFF PUFF

UGX21,000



PLANTAIN FRIED

UGX15,000



AWARA SUYA OR

TSIRÉ UGX26,000

freshly made firm Tofu



Vegetarian Soups

WEST AFRICAN STYLE

WITH SWALLOW



OGBONO

UGX45,000

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

GHANA PEANUT SOUP

UGX58,000

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

POUNDED YAM

UGX50,000

West African Yam flour, moulded

EGUSI UGX 44,000

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 47,000

Freshly Made Extra Firm Tofu, seasoned and steamed spinach in butter and spices

OKRO/OKRA (LADIES FINGERS)

UGX 38,000

Flavorful and well-seasoned Okro soup



The Iconic WEST AFRICAN TOMATO STEW ONLY

COW OR OXLEG STEW	UGX38,000
FISH STEW (Pieces)	UGX27,000
KPOMO STEW	UGX48,000
COW OR OXTAIL STEW	UGX48,000
ASSORTED STEW	UGX50,000
EHUWE STEW (Veg)	UGX20,000
EHUWE STEW WITH FRESH OR DRIED FISH.....	UGX40,000
AWARA STEW (Veg)	UGX50,000
GOAT STEW	UGX32,000

CHICKEN STEW
UGX30,000

FRIED WHOLE FISH
STEW UGX50,000

BEEF STEW
UGX 30,000



Mains ONLY



EGG FRIED VEGETABLE RICE UGX25,000

Steamed rice, stir-fried with eggs and spring onions

STEAMED WHITE RICE UGX13,000

Steamed long grain rice

POTATOES (Boiled) UGX15,000

STEWED BEANS (Veq) UGX26,000

Black-eyed beans cooked with palm oil and the Bight sauce

BEEF OR CHICKEN FRIED RICE UGX30,000

A choice of either tender beef or chicken fillet stir fried, with vegetable and long grain rice

R.S.V.P. UGX55,000

Rice. Tomato Stew. Fried plantain, West African black-eyed beans (ask your server for tips)

BEEF & CHICKEN RICE UGX33,000

Combine the best of tender beef and chicken fillet stir fried, with vegetable and long grain rice

WEST AFRICAN YAM (When in season)

BOILED UGX27,000 FRIED UGX36,000

STIR FRIED CHICKEN OR BEEF AND VEGETABLES UGX27,000

Seasoned beef or chicken fillet and thick cut strips of carrots, cabbage spring onions

MOIN MOIN - Assorted With flakes of fish UGX17,000 - Plain UGX13,000

Blended West African black eyed brown/ white beans with onions, bell peppers and steamed in ewe eran a type of banana leaf

ATTIÉKÉ/ACHEKE UGX30,000

Grated, steamed & fermented cassava Flavorful and well seasoned Okro soup

WAAKYE (Veq) UGX24,000

Ghanaian. Long grain rice cooked together with black eyed beans

ADD JARA:

Gari and Sugar UGX 3,500

JOLLOF RICE (Veq) UGX25,000

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

VEGETABLE RICE UGX22,000

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



Swallow ONLY



POUNDED YAM

West African Yam flour, moulded

FULL PORTION

UGX50,000

HALF PORTION.....

UGX30,000

GHANA FUFU

UGX28,000

Cassava and raw plantain moulded

SEMOLINA

UGX23,000

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 UGX26,000

Fermented Ghanaian maize
flour and cassava



POUNDED YAM



Soups ONLY



HALF-HALF (OKRO & EGUSI) UGX35,000

OGBONO

Plain UGX40,000
Goat UGX40,000
Beef UGX38,000
Fresh Fish UGX43,000
Dry Fish UGX45,000
Assorted UGX47,000

OKRO

Plain (Veq) UGX25,000
Goat UGX39,000
Fresh Fish UGX40,000
Beef UGX38,000
Chicken UGX35,000
Dried Fish UGX43,000
Assorted UGX46,000

EGUSI

Plain (Veq) UGX30,000
Goat UGX40,000
Beef UGX38,000
Chicken UGX35,000
Dried Fish UGX45,000
Assorted UGX48,000
Fresh Fish UGX43,000

SPINACH SAUCE

Beef or Chicken fillet UGX32,000
Goat UGX37,000
Fish UGX37,000
Tofu (Veq) UGX35,000

BANGA

. UGX45,000

EFO RIRO

. UGX45,000

Assorted Ghana Light soup UGX40,000
Ghana Chicken Peanut Soup UGX33,000
Ghana Chicken and Dried Fish UGX37,000
Peanut Soup

ADD JARA:

TILAPIA UGX15,000
BEEF UGX16,000

EFO RIRO UGX45,000

BANGA UGX45,000

OGBONO

Flavorful and well-seasoned



Non Vegetarian STARTERS



9JA PEPPERSOUP

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

Cow or ox leg UGX35,000

Slow cooked, falling-off- the -
bone cow tail or leg soup.

Cow or ox tail UGX48,000

Assorted UGX50,000

Tripe, cow skin, offal, kidney,
liver and kpomo

Ghana Light Fishsoup UGX28,000

A really light, yet intensely
flavoured spicy soup

Goat boneless UGX50,000

Chicken UGX27,000

Fresh Catfish (1.2kg) UGX68,000

Nile Perch (Pre Order) UGX120,000

Chicken wings UGX21,000

All West African style. Fiery or
not

Fried peppered gizzard UGX27,000

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

Beef or Chicken Suya or Tsiré UGX27,000

Savory, spicy grilled beef/
chicken on skewers, Naija style

ADD JARA

- Boiled Plantain
- Sweet Potato
@ 7000

GOAT UGX30,000

COW/ OXTAIL
UGX48,000

FISH UGX27,000
Flavorful and well-
seasoned



Soups

WEST AFRICAN STYLE WITH SWALLOW



OKRO OR OKRA (LADIES FINGERS)

Fresh Flavorful Okro Soup Cooked With Fish or Beef or Goat or Chicken Cutlets Or Chunks Of Your Choice

Beef	UGX55,000
Chicken	UGX50,000
Goat	UGX58,000
Dried fish	UGX60,000
fresh or fried fish	UGX53,000
Assorted Okro	UGX65,000
Kpomo (Cow Skin), Offal, Cutlets Of Beef or goat meat, Tripe, Choice Of Fresh or Dried Fish, Okro Soup	

SPINACH SAUCE

Steamed & seasoned spinach in butter and spices

Beef or Goat or Chicken fillet or Fish ...	UGX55,000
Chicken Pieces	UGX56,000

GHANA CHICKEN PEANUT

SOUP UGX58,000

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



EGUSI

Ground spicy, nutty West African melon seeds cooked with spinach/bitter leaf

Assorted Egusi	UGX70,000
Kpomo (cow skin), offal, cutlets of beef or goat meat, tripe, choice of fresh or dried fish	
Goat or Beef or Chicken	UGX55,000
Dried fish	UGX55,000
Fresh fish	UGX53,000

EFO RIRO

Naija Stewed spinach one-pot with layers of flavor offal, tripe, cow skin, dried fish various meats

OGBONO

African bush mango - cooked with dried fish, beef/goat cutlets or chunks and vegetables

Assorted	UGX68,000
Dried fish, beef/goat cutlets, offal, kpomo chunks & vegetables, choice of fresh/dried fish tripe, choice of fresh/dried fish	
Goat/ Beef and Dried Fish	UGX65,000

GHANA ASSORTED LIGHT SOUP .. UGX65,000 WITH GOAT + DRIED FISH

A light yet intensely flavoured spicy soup with dried fish & goat meat cutlets or chunks

GHANA CHICKEN & DRIED FISH UGX65,000 PEANUT SOUP

ADD JARA:

Kpomo:	Ugx 8,000
Goat/beef/fish/chicken:	Ugx 9,000

CHOOSE YOUR SWALLOW

Let your server guide you

POUNDED YAM:

West African Yam flour, moulded	
Pounded Yam: Full Portion	Ugx 50,000
Pounded Yam: 1/2 Portion	Ugx 30,000

BANGA UGX70,000

Sauce made with the rich pulp extracted from the palm nut fruit add, crabs, beef, crayfish



The Iconic

WEST AFRICAN TOMATO STEW WITH ACCOMPANIMENTS



STEAMED WHITE RICE	UGX43,000
POTATOES (BOILED)	UGX43,500
MOIN MOIN	
Blended West African black eyed brown/white beans with onions, bell peppers & steamed in ewa eran banana leaves	
Plain	UGX41,000
Assorted (With flakes of fish)	UGX45,000
JOLLOF RICE	UGX50,000
VEGETABLE RICE	UGX48,000
CHICKEN & BEEF RICE	UGX61,000
EGG FRIED VEGETABLE RICE	UGX50,000
WEST AFRICAN YAM (When in season) Boiled	UGX63,000
BEEF OR CHICKEN FRIED RICE	UGX58,000
STIR FRIED CHICKEN/BEEF & VEGETABLES	UGX58,000
WAAKYE	
Quintessentially Ghanaian. Long grain rice cooked together with black eyed beans With Wele (Kpomo)	UGX63,000
EHUWE STEW (Veg)	UGX43,000
EHUWE WITH FRESH OR DRIED FISH	UGX63,000

MOIN MOIN

**WEST AFRICAN YAM
FRIED UGX64,000**

STEW ACCOMPANIMENTS ONLY

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

Want Jara? Ask
your server for
guidance



STEWED BEANS
UGX53,000



Salads & **VEGETABLES**



PLAIN SPINACH SAUCE UGX25,000

VEGETABLE SALAD UGX18,000

COLESLAW UGX15,000

KACHUMBARI SALAD..... UGX20,000



Off THE GRILL



WHOLE GRILLED TILAPIA	UGX50,000
With Chips or Plantain	UGX65,000
WHOLE GRILLED TILAPIA (Boneless)	UGX58,000
Fresh tilapia fish marinated in the signature Bight sauce, charcoal grilled & served with fresh kachumbari or the Bight pepper sauce. (Allow 45 minutes)	
With Chips or Plantain	UGX75,000
POINT AND KILL	UGX70,000
You point & we fish your choice of fresh catfish – steam- grilled in the signature Bight sauce (Allow 50 minutes)	
QUARTER OF A GRILLED CHICKEN	UGX24,000
Marinated in the signature Bight sauce & charcoal grilled	
With Chips or Plantain	UGX35,000
CHICKEN OR BEEF KEBAB	UGX24,000
Chicken or beef cuts, marinated in the signature Bight sauce and charcoal grilled	
With Chips or Plantain	UGX35,000
WHOLE CHICKEN SUYA OR TSIRÉ	UGX65,000
Spatchcock style, suya-spice seasoned whole chicken, grilled to perfection. (Allow 1 Hr 20 Mins)	
With Chips or Plantain	UGX70,000
ATTIEKÉ AND GRILLED FISH	UGX61,000
ATTIEKÉ AND GRILLED CHICKEN	UGX43,000

WHOLE CHICKEN SUYA OR TSIRÉ



CHICKEN OR BEEF KEBAB

WHOLE GRILLED TILAPIA



ADD JARA:

Okro Fingers	UGX 1,000
Banku Sauce	UGX 5,000
Chilli Sauce	UGX 4,000
Cassava	UGX 5,000



Frys

CHOP 1, CHOP 2 PACK

ALL FRIED



BEEF PIECES [200Gm] UGX38,000

NILE FISH PIECES [1.2 kg] [Pre-Order]..... UGX100,000

CHICKEN PIECES [2] UGX20,000

ADD JARA:

Vegetable Rice	10,000
Plantain (Fried)	8,000
Plantain (Boiled)	7,500
Chips Only	6,000

SAMOSA OR SPRING ROLLS [BEEF/CHICKEN/VEGETABLES] UGX10,000

DEEP FRIED WHOLE TILAPIA UGX50,000

Deep Fried Fresh Tilapia Fish Marinated In The Signature Bight Sauce and Served With Fresh Kachumbari Or The Bight Pepper Sauce

THE BBF - BONELESS BIGHT FRIED GOAT - 1 KG UGX80,000

Fried goat seasoned with special Bight spices and garnished with onions and tomatoes

- 1/2 KG UGX55,000

**CHICKEN PIECES [6]
UGX48,000**



**THE BIGHT FRIED GOAT
1KG UGX70,000
1/2 KG UGX50,000**

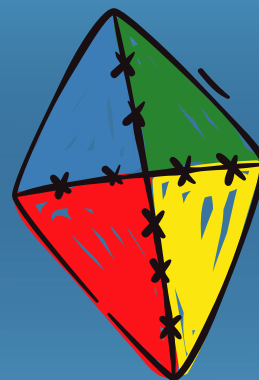
Seasoned With Special Bight Spices and Garnished With Onions and Tomatoes



**MAKE BODI WELL PLATTER
FOR 2 OR 3 UGX123,000**

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 45 Minutes)





MENU

CHICKEN NUGGETS (PORTION) (6PCS)	UGX21,000
FISH FINGERS (PORTION) (6PCS)	UGX21,000
PLAIN CHIPS ONLY	UGX15,000
BEEF SAUSAGES (PAIR) - (2PCS)	UGX12,000

CHIPS WITH :

FISH FINGERS	UGX37,000
CHICKEN NUGGETS	UGX33,000
CHICKEN WINGS	UGX33,000
BEEF SAUSAGES	UGX25,000

FRIED EGGS (PAIR) - (2PCS)	UGX12,000
BOILED EGGS (PAIR) - (2PCS)	UGX6,000



Bight DESSERTS



ICE CREAM (A SERVING) UGX12,000

FRUIT PLATTER UGX21,000

SEASONAL FRUITS

FRUIT SALAD UGX17,000

A SERVING OF SEASONAL FRUITS

