



ABUJA CONTINENTAL

# POOL BAR MENU

## CONTACT US

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- 📍 1, Ladi Kwali Street, Abuja (former Sheraton)



## SALADS

**Caesar Salad the Way you Know It** **₦14,000**

*Lettuce, Chicken, Croutons, Parmesan & Caesar Dressing*

**Greek Feta Cheese Salad** **₦12,000**

*Tomato, Cucumber, Onion, Pepper, Feta Cheese,  
Olives & Vinaigrette Dressing*

**Mexican Salad** **₦12,000**

*Spicy Chicken, Avocado, Sweet Corn, Red Kidney Beans,  
Cheddar & Lime Dressing  
Served on a Crunchy Tortilla Shell*

**Seafood Salad** **₦16,000**

*Prawns and Calamari with Asian Slaw,  
Green Apple & Sesame Seeds  
Sweet Chili Dressing*

## SOUPS

**Nigerian Peppered Soup of the Day** **₦12,000**

*Chicken, Fish, Gizzard or Goat  
Ask your Waiter for the Availability of the Day*

**Chef's Special Soup** **₦12,000**

*Ask your Waiter for Today's Specialty*

*All prices are inclusive of 10% service charge and 7.5% VAT*

## QUICK BITES

<b>Beef Suya</b> (01 piece)	<b>₦ 3,000</b>
<b>Chicken Suya</b> (01 piece)	<b>₦ 3,000</b>
<b>Mini Chicken Brochette</b> (02 pieces)	<b>₦ 3,500</b>
<b>Crispy Chicken Strips</b> (04 pieces) <i>Served with Coleslaw Salad &amp; Spicy Mayo</i>	<b>₦ 10,000</b>
<b>Super Crunchy Chicken</b> (02 pieces) <i>Drumstick &amp; Thigh Cereal Crusted and Fried. Served with Coleslaw Salad &amp; Spicy Mayo</i>	<b>₦ 10,000</b>
<b>Buffalo Chicken Wings</b> (06 pieces) <i>Served with Carrot Sticks and Spicy Mayo</i>	<b>₦ 10,000</b>
<b>Fried Fish Fingers</b> (04 pieces) <i>Served with Coleslaw Salad &amp; Tartare Sauce</i>	<b>₦ 10,000</b>
<b>Fried Mozzarella Sticks</b> (04 pieces)	<b>₦ 7,500</b>
<b>Cheese &amp; Garlic on the Grill</b> (02 pieces) <i>Baguette Topped with Melty Cheese and Sized on the Grill</i>	<b>₦ 5,500</b>
<b>Potato Wedges</b> <i>Spicy Seasoning</i>	<b>₦ 7,500</b>
<b>French Fries</b>	<b>₦ 6,500</b>

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# PASTAS



## **Traditional Spaghetti Bolognese**

**₺ 22,000**

*Spaghetti Served with Slowly Simmered Meat, Vegetable  
in a Red Wine and Garlic - Tomato Sauce*

## **Penne al Arabiata**

**₺ 20,000**

*Penne Pasta in Spicy Tomato Sauce  
Served with Shredded Parmesan Cheese*

## **Linguini al Aglio e Olio**

**₺ 20,000**

*Linguine with Garlic, Olive Olio and Chilli.  
Served with Parmesan Cheese*

## **Spaghetti Fruitti di Mare**

**₺ 24,000**

*Spaghetti with Seafood and Tomato Sauce*

# SANDWICHES



*All our Sandwiches are Served with Coleslaw Salad and French Fries*

## **Sliders on the Grill**

**₺ 12,500**

*A Selection of Three Mini Burgers:  
Classic, Chicken & Cheezy*

## **Chicken Wrap**

**₺ 14,500**

*Pita Bread Filled with BBQ Chicken Fillet*

## **The Classic Club Sandwich**

**₺ 12,500**

*Grilled Chicken Fillet, Turkey Ham, Fried Egg, Pickles  
Tomato, Lettuce & Cheese*

## **Beef Burger**

**₺ 14,500**

*The Classic Beef Burger Topped with Melty Cheese*

## **Steak Sandwich**

**₺ 16,500**

*Grilled Beef Steak with Blue Cheese & Mustard*

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# PIZZA

## **Pizza Margarita**

*Tomato Sauce, Mozzarella Cheese, Basil & Oregano.  
Baked in our Stone Oven*

**₦ 14,000**

## **Pizza al Funghi**

*Tomato Sauce, Mozzarella Cheese, Mushrooms,  
Garlic & Oregano.  
Baked in our Stone Oven*

**₦ 16,000**

## **Pizza Hawaiian**

*Tomato Sauce, Mozzarella Cheese, Pineapple & Ham.  
Baked in our Stone Oven*

**₦ 20,000**

## **Pizza Quatro Stagioni**

*Tomato Sauce, Mozzarella Cheese, Mushrooms, Artichokes,  
Onions & Ham.  
Baked in our Stone Oven*

**₦ 20,000**

## **Pizza Diavolo**

*Tomato Sauce, Mozzarella Cheese, Chilli Pepper,  
Onion & Salami.  
Baked in our Stone Oven*

**₦ 22,000**

## **Pizza Quatro Formagi**

*Tomato Sauce Topped with Four Different Chesses: Emmmenthal, Blue,  
Edam & Camembert. Baked in our Stone Oven*

**₦ 22,000**

## **Pizza Continental**

*Tomato Sauce, Mozzarella Cheese, Mushrooms, Onions, Bell Peppers,  
Smoked Turkey Ham, Tiger Prawns & Calamari. Baked in our Stone Oven*

**₦ 24,000**

## **Pizza Calzone**

*Tomato Sauce, Mozzarella Cheese, Onions, Garlic, Mushrooms &  
Ham (Pork or Turkey). Baked in our Stone Oven*

**₦ 22,000**

## **Pizza Vegetarian**

*Eggplant Parmigiana: Grilled Eggplant Topped with Tomato Sauce,  
Mozzarella & Parmesan Cheese. Baked in our Stone Oven*

**₦ 22,000**

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# FROM THE GRILL



*Choose Two Side Dishes: Rice, Sauteed Pasta, Deep Fried Potato Chips, Sauteed Vegetables, Baked Potato*

*Choose One Sauce with your Dish:  
Nigerian Hot Pepper Sauce  
Creamy Thyme & Mushroom Sauce  
Mustard Cheese Sauce  
Tartare Sauce*

## **Half a Chicken**

**₦ 16,000**

*On the Grill, Nigerian Street Food Way*

## **Suya Platter: Chicken or Beef or Mix (02 pieces)**

**₦ 14,000**

*On the Grill, Nigerian Street Food Way*

## **Rack of Lamb**

**₦ 32,000**

*Onion, Mint and Herbs Encrusted rack of Lamb (300g)*

## **BBQ Grilled Entrecote**

**₦ 32,000**

*On the Grill*

## **Butterflied Fillet Steak**

**₦ 32,000**

*Juicy and Tender*

## **Seared Salmon**

**₦ 28,000**

*Crisp on Top and Barely Cooked in the Center*

## **Beer Battered Fish**

**₦ 24,000**

*Like a Fish & Chips*

## **Seafood Platter**

**₦ 32,000**

*Jumbo Prawns, Calamari and Fried Fish Strips*

## **Extra Side Dishes**

**₦ 3,500**

*Rice - Sauteed Pasta - Deep Fried Potato Chips -  
Sauteed Vegetables - Baked Potato - Greenery Salad*

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# THE NIGERIAN CORNER

## **Nigerian Specialities**

**₦ 18,000**

*Egusi Soup*

*Fresh Okro Soup*

*Vegetables Soup*

*Bitter Leaf Soup*

*Ogbono Soup*

*Ask your Waiter for the Available Soup of the Day. And the Available Meat or Fish: Croaker, Beef, Goat, Chicken or Fish*

*Choose your Starch: Pounded, Semovita, Eba, Wheat Flour or Plantain Flour*

## **Nigerian Peppered Snacks**

**₦ 16,000**

*Chicken, Goat, Gizzard or Fish.*

*Ask your Waiter for the Availability of the Day*

## **Nigerian Peppered Snail**

**₦ 28,000**

## **Nigerian Stew**

**₦ 16,000**

*Beef, Chicken, Goat or Fish.*

*Ask your Waiter for the Availability of the Day*

## **Nigerian Snail Stew**

**₦ 28,000**

## **Add a Side Dish**

**₦ 3,500**

*Jollof Rice, Fried Rice, White Rice, Beans Stew,*

*Spaghetti Jollof, Fried Plantain*

## **Roasted or Grilled Tilapia**

**₦ 24,000**

## **Yam & Egg Sauce**

**₦ 14,000**

## **Isi Ewu**

**₦ 18,000**

*Nigerian Goat Head Delight, Cooked with African Spices & Vegetables*

## **Nkwobi**

**₦ 18,000**

*Nigerian Cow Head or Tail Delight, Cooked with African Spices*

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# DESSERTS



<b>Traditional Italian Tiramisu</b>	<b>₹ 08,000</b>
<b>Red Velvet</b>	<b>₹ 08,000</b>
<b>Chocolate Cake</b>	<b>₹ 08,000</b>
<b>New York Cheese Cake</b>	<b>₹ 08,000</b>
<b>Three Scoops of Ice-Cream</b> <i>Ask Your Waiters for Available Flavours</i>	<b>₹ 08,000</b>
<b>Seasonal Fruit Salad</b>	<b>₹ 08,000</b>

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