

GOOD LIFE FOOD MENU

BREAKFAST

BREAKFAST SELECTION OF ANY ONE OPTION IS
N 14,500 PER PERSON
ADD A GLASS OF CHAMPAGNE – N 5,000

THE SELECTION INCLUDES
CHOICE OF BEVERAGE – COFFEE/TEA/JUICE
AND
CHOICE OF CEREAL – MUESLI/ALL-BRAN/COCO POPS/
WEETABIX/RICE CRISPIES

TRADITIONAL ENGLISH BREAKFAST

Your choice of eggs, turkey bacon, sausages(chicken or beef),
baked beans, grilled mushrooms, tomatoes, toast bread and
fruit salad

EGGS BENEDICT

Toasted homemade bread, soft poached eggs, turkey bacon/ham
served with our homemade Hollandaise sauce

RED SHAKSHUKA

Mediterranean dish of poached eggs in a hearty tomato and
bell pepper sauce topped with feta cheese and fresh cilantro

AVOCADO TOAST

Creamy avocado on toast with smoked salmon and tomato salsa
with salad

NIGERIAN BREAKFAST

Yam or Plantain (boiled or fried) with fish or egg sauce

EXOTIC FRUIT PLATTER

Dragon fruit(optional), passion fruit, papaya, pineapple, kiwi
and grapes

ENTRÉES

SPICY SHRIMP SUSHI STACK – N 12,500

Layers of Sticky rice, avocado and cucumber, shrimps in spicy mayo
sauce and topped with sesame seeds and crunchy seaweed

(Ask for the server for this dish to be prepared vegan if needed)

MUSHROOM AND CARAMELIZED ONION SLIDERS (VE) – N 10,000

Homemade sliders served with mushrooms marinated in
balsamic vinegar, topped with Dijon mustard aioli and
sweet caramelized onions

SWEET AND SPICY WINGS – N 11,000

Baked chicken wings with a sweet and spicy sauce

PEPPERED SNAILS – N 14,000

Braised snails sautéed in a spicy tomato sauce

SOUP & SALAD

SEATTLE'S SIGNATURE SALAD – N 9,000

Mixed greens, cherry tomatoes, red onions, pepperoncini peppers and
homemade croutons tossed in zesty Italian vinaigrette

CAESER SALAD – N 9,500

Iceberg lettuce, cherry tomatoes, shaved parmesan, herb crouton with
honey mustard sauce or salad cream

ADD CHICKEN – NGN 3,500

ADD PRAWNS – NGN 5,500

COCONUT CHICKEN PEPPERSOUP – N 7,500

Moist chicken bites and yam in a fragrant coconut pepper broth served
with bread roll

MAIN COURSES

ALL MAINS ARE ACCOMPANIED BY YOUR CHOICE OF A SIDE DISH

SRI LANKAN PRAWN CURRY – N 17,500

Jumbo prawns cooked in a rich and aromatic Sri Lankan curry sauce

SEATTLE SIGNATURE BURGER – N 12,500

Beef patty, caramelized onions, cheddar cheese, chili jam topped with
fried egg on a toasted brioche bun served with french fries

SEARED SALMON – N 18,500

Crispy skin salmon, pea puree and lemon butter sauce

SIRLOIN STEAK – N22,000

Grilled Sirloin Steak accompanied with Chimichurri Sauce, with
Pan Grilled Vegetables
(Mushroom Sauce or Red Wine Reduction)

HERB LAMB CHOPS – N 20,000

Searred Lamb Chops with fresh herbs and cauliflower
coulis with Pan Grilled vegetable
(Mushroom Sauce or Red Wine Reduction)

MOQUECA FISH STEW – N 13,000

Traditional Brazilian stew made with Barracuda, tomatoes, coconut
milk and palm oil

RIGATONI ALLA VODKA – N 10,000

Rigatoni pasta in a creamy pink tomato and vodka sauce, topped with
parmesan cheese

SEAFOOD PASTA - N14,500

Your choice of Pasta in a Rich Medley of Mixed Seafood (Prawn,
Calamari, Shrimp, Crab) in a Cherry Tomato and Basil Sauce

ADD CHICKEN – NGN 3,500

ADD PRAWNS – NGN 5,500

YOUR CHOICE OF PASTA

- RIGATONI PASTA

- LINGUINE PASTA

JOLLOF ARANCINI WITH SMOKED CHICKEN – N 11,500

Jollof rice balls, coated in panko served on a bed of smoked chicken
with a rich tomato sauce

NATIVE

OUR NATIVE SELECTION INCLUDES YOUR CHOICE OF
POUNDED YAM/EBA/SEMOVITA/WHEAT/PLANTAIN FLOUR

SEAFOOD OKRA – N 19,000

Chopped okra with fish, medium prawns, calamari and crabs

EDI KAI KONG – N 12,000

Vegetable soup consisting of waterleaf and pumpkin leaves

EFO RIRO – N 12,000

Stir-fry spinach in a rich tomato sauce

EGUSI – N 12,000

Lightly sautéed and blended melon seeds flavored with fish stock

SIDES

SAUTEED SPINACH – N 3,000

FRENCH FRIES – N 2,500

GRILLED VEGETABLES – N 3,500

CAULIFLOWER FRIED RICE – N 5,500

FRIED RICE – N 3,500

MASHED POTATOES – N 3,500

PLANTAIN – N 2,500

JOLLOF RICE – N 3,500

DESSERTS

GREEK CHEESECAKE – N 5,500

A spectacular unique cheesecake with a scrumptious
Greek cookie base drizzled with honey and topped with
crushed fresh thyme leaves and walnuts

CHOCOLATE BROWNIE – N 5,500

Dark Chocolate Cake served with Vanilla Ice Cream and a
Chocolate Sauce

COFFEE PANNA COTTA – N 4,500

Our take on the traditional Italian dessert. Three layered
Coffee Panna Cotta served with an Espresso Shot

HOUSE SPECIAL

THE SEATTLE SEAFOOD PLATTER SERVES 2 – N 25,000

Large platter of seafood (serves 2 people)

SEATTLE AFTERNOON TEA

WITH HARRODS ACCOMPANIMENTS

OUR SELECTION OF FINELY CUT SANDWICHES,
FRESHLY BAKED SCONES AND AN ASSORTMENT OF
HARROD'S COOKIES

OUR SELECTION OF ORGANIC LOOSE LEAF TEA

WHITE TEA

WHITE PEONY

OOLONG TEA

REGULAR OOLONG
MILK OOLONG

GREEN TEA

STRAWBERRY GREEN
MATCHA
MARRAKESH MINT

BLACK TEA

ENGLISH BREAKFAST
CHAI
IMMUNI TEA

DETOX

THE LIVER CLEANER
ORGANIC DETOX WITH BURDOCK ROOT

TISANES

RED RASPBERRY
ROOIBOS

SITTINGS 12:00PM – 6:00PM DAILY

TRADITIONAL AFTERNOON TEA - N 28,500 (for two)

CHAMPAGNE AFTERNOON TEA - N 35,500 (for two)

Including a glass of Champagne

(VE) FOR VEGAN

ALL OUR PRICES ARE INCLUSIVE OF VAT 7.5%, LAGOS STATE CONSUMPTION TAX 5% AND SERVICE CHARGE 10%

GOODLIFE DRINKS MENU

COCKTAILS

MOJITO (CLASSIC, STRAWBERRY, PASSION FRUIT, PEACH)	N6,000
White Rum, Demerara Sugar, Fresh Lime, Soda Water, and Mint	
QUIET STORM	N6,000
Whiskey, Martini Rosso, Fresh Lemon Juice, Ginger and Beer	
MOSCOW MULE	N6,000
Vodka, Fresh Lemon Juice, and Ginger Beer	
WATERMELON BREEZE	N6,000
Dark Rum, Watermelon, Soda Water, and Strawberry Syrup	
LONG ISLAND	N6,000
Vodka, Tequila, Light Rum, Triple Sec, Gin, and Coca Cola	
PEDRO SOUR	N6,000
Pedro Ogororo, Fresh Lemon Juice, Demerara Sugar, and Cherry	
THE FUSION	N6,000
Whiskey, Fresh Pineapple Juice, Fresh Orange Juice, and Red Wine	
GINGERTOX	N6,000
Pineapple, Ginger, Triple Sec, Lemon Juice, Vanilla Syrup, Malibu, and Spiced Rum	
THE GOOD LIFE	N6,000
Tropical and Citrus Fruits, Triple Sec, and Martini Rosso	
CHOCOLATE MARTINI	N6,000
Vodka, Espresso, Khalua, Baileys, and Chocolate Shaving	
SEATTLE BREEZE	N6,000
Watermelon, Vodka, Lemon Juice, and Watermelon Syrup	
HIGH LIFE	N6,000
Pineapple, Passion Fruit Syrup, Lemon Juice, Whisky, Malibu, and Prosecco	
COSMOPOLITAN	N6,000
Vodka, Cointreau, Grey Goose Vodka, Lemon Juice, and Cranberry Juice	
MIDNIGHT SKY	N6,000
Whiskey, Sour Mix, Grenadine, and Blue Curaçao	
STRAWBERRY SOUR	N6,000
White Rum, Lemon Juice, Strawberry Syrup, and Fresh Strawberries	
SANGRIA	
A Glass of Sangria (Red, Rosé, White)	N6,000
A Jug of Sangria (Red, Rosé, White)	N17,000

MOCKTAILS

SUNBURST	N5,000
Fresh Orange Juice, Tonic Water, Grenadine Syrup, and Rosemary	
WATERMELON NOJITO	N5,000
Watermelon, Mint, Lime, Soda, Ginger Ale, and Demerara Sugar	
WINE-FREE SANGRIA	N5,000
Pineapple, Orange, Passion Fruit, Ginger Beer, Cranberry Juice, and Mint	
FROZEN APPLE MARGARITA	N5,000
Apple Juice, Lime, and Green Apple	
APPLE PIE MOSCOW MULE	N5,000
Apple Cider, Ginger Beer, Caramel Essence, Cinnamon, and Apple	
SEATTLE CHAPMAN	
A Glass of Seattle Chapman	N5,000
A Jug of Seattle Chapman	N14,000
WINE	
RED WINE	
6 Sens	N14,000
La Fiole Cote Du Rhone	N21,000
Heresie	N24,500
Escudo Rojo (Grande Reserve)	N31,500
Art De Vivre	N35,500
Chateau Nauf Du Pape	N65,500
La Fiole Du Pape	N21,000
Noble Hill Estate Reserve Red	N29,500
Noble Hill Cabernet Sauvignon	N25,500
Noble Hill Merlot	N24,500
WHITE WINE	
6 Sens	N14,000
Escudo Rojo (Chardonnay)	N31,500
Escudo Rojo (Sauvignon Blanc)	N31,500
Art De Vivre	N35,000
Noble Hill Sauvignon Blanc	N16,500
SPARKLING ROSÉ	
Martini Rosé	N16,000
Nectar Imperial Rosé	N99,500
Veuve Cliquot Rosé	N94,000
CHAMPAGNE	
MOËT & CHANDON	
Brut Imperial	N82,500
Nectar Imperial Rosé	N100,000
DOM PERIGNON	
Dom Perignon Vintage 2008	N465,500
VEUVE CLIQUOT	
Brut	N78,500
Rich	N119,500

Ellexium Trouvillar 12%	N42,000
Billecart Salmon Demi	N78,500

CIDER

CORONA	N3,500
SAVANNA	N3,500

SOFT DRINKS

COKE	N2,500
FANTA	N2,500
SPRITE	N2,500
BITTER LEMON	N2,500
TONIC WATER	N2,500
MALTINA	N2,500

BEER

Star	N3,500
Budweiser	N3,500
Guinness	N3,500
Heineken	N3,500

FRESH JUICES & SMOOTHIES

Seasonal Fruit Smoothies	N7,000
Green Smoothies	N6,000

WHISK(EY)

RED LABEL 8YRS	N21,500	N2,500
BLUE LABEL (21YRS)	N300,000	N21,000
CHIVAS REGAL (18YRS)	N31,500	N5,000
GLENFIDDICH (21YRS)	N300,000	N21,000
MACALLAN (12YRS)	N54,000	N4,500
HABIKI SONTORY	N172,500	N17,000
GLENFIDDICH (18YRS)	N100,000	N10,500
GLENFIDDICH (12YRS)	N47,500	N4,000
MACALLAN (15YRS)	N64,500	N6,500
WHITE WALKER	N31,500	N4,500
GLENFIDDICH (26YRS)	N661,500	N42,000
NIKKA FROM THE BARREL	N86,000	N8,500
GOLD LABEL 18YRS	N40,000	N5,500
GLENFIDDICH 15YRS	N65,500	N6,500
CHIVAS REGAL 12YRS	N37,000	N2,000
BLACK LABEL 12YRS	N37,000	N3,500
THE NIKKA 12YRS	N236,500	N21,000
THE BALVENIE 21YRS	N300,000	N12,000
THE BALVENIE 14YRS	N100,000	N14,000
2008 GRAN SELECCION BEROL WINE	N80,000	

VERMOUTH / APPERITIF

MARTINI ROSSO	N16,500	N2,500
MARTINI BIANCO	N16,500	N2,500
MARTINI EXTRA DRY	N16,500	N2,500

RUM

	BOTTLE	25ML SHOT
BARCADI SUPERIOR GOLD	N16,000	N2,500
CAPTAIN MORGAN	N16,000	N2,500
ZACAPA	N16,000	N2,500
BARCADI SUPERIOR WHITE	N16,000	N2,500

LIQUEUR/DIGESTIVES

CAMPARI	N16,000	N2,500
JAGERMESTER	N16,500	N2,500
MALIBU	N11,000	N2,500
BAILEYS	N16,000	N3,000
APEROL	N16,000	N2,500
COINTREAU	N16,500	N3,000
KAHLUA	N11,000	N2,500

COGNAC

HENNESSEY (VS)	N51,000	N4,500
HENNESSEY (XO)	N300,000	N21,000
REMMY MARTIN (VSOP)	N70,000	N5,500
HENNESSEY (VSOP)	N102,500	N5,500
CAMUS (XO) ELEGANCE	N210,000	N21,000
CAMUS (VSOP)	N47,500	N5,000
CAMUS (VS) ELEGANCE	N37,000	N4,000
REMMY MARTIN (XO)	N257,500	N21,000

VODKA

SMIRNOFF RED	N16,500	N2,500
ABSOLUTE BLUE	N21,500	N2,500
GREY GOOSE	N53,500	N3,500
SMIRNOFF BLUE	N16,500	N2,500
CIROC REGULAR	N52,500	N3,500

TEQUILA AND GIN

TANQUERY10	N50,500	N5,000
HENDRICK	N34,500	N4,000
PATRON XO CAFÉ	N55,500	N3,500
OLMELCA GOLD	N21,500	N2,500
PATRON SILVER	N55,500	N3,500
BOMBAY SAPHIRE	N21,500	N2,500
OLMELCA SILVER	N21,500	N2,500

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TO ORDER, CALL: 1201