



NOTHARA TRADINGS

Nigerian Foods & Drinks

Product catalogue for the Nothara website

A pantry built for home — and for the trade.

Nothara Tradings supplies the Nigerian foods and drinks that households, grocers and caterers look for first: the three garri styles people actually argue about, swallow flours for amala and semo, Okomu red palm oil, the seasoning cubes and spices that flavour the stew, Indomie for the midweek pot, zobo leaves and orogbo, and the malt and stout brands that belong on a celebration table.

Authentic range

Yellow, white and Ijebu garri. Elubo isu and elubo ogede. The brands on the list are the ones Nigerian kitchens already cook with.

Website-ready copy

Every item has a short card description, a longer product-page story, uses, storage, allergens and SEO fields.

Trade and retail

Pack notes flag typical retail and wholesale formats. Confirm live sizes, prices and delivery when you publish.

How the range is organised

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- **02 Flours & Swallow** Yam · Plantain · Honeywell Semolina
- **03 Oils** Okomu Red Palm Oil
- **04 Seasonings** Knorr · Maggi · Ducros · Lion
- **05 Instant meals** Indomie Chicken · Chicken Onion
- **06 Botanicals** Zobo leaves · Bitter kola
- **07 Beverages** Malta · Maltina · Schweppes · Guinness Stout

Spellings on the public catalogue use the manufacturers' names: Knorr (not Knoor), Hibiscus (not Hybiscus), Guinness (not Guinness). Guinness Small Stout is alcoholic and must be age-gated on the website (18+ / Challenge 25).

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NT-GAR-IJE

GARRI & CASSAVA STAPLES

Ijebu Garri

Garri Ijebu · Nothara Selection

Fine, extra-fermented white garri with the famous Ijebu tang — unmatched for soaking.

Ijebu garri is a regional speciality from south-western Nigeria. Cassava mash is fermented longer than standard white garri (often up to a week) and fried until notably crisp and fine. No palm oil is added, so the flavour is sharp, sour and clean. It is the connoisseur’s choice for cold soakings and also makes a distinctive eba.

BEST USED FOR

Soaked garri (with water, milk, sugar, groundnuts or coconut); eba; snacks.

STORAGE

Airtight container, cool and dry.

DIET & NOTES

Gluten-free · Plant-based · No palm oil

NT-GAR-WHT

GARRI & CASSAVA STAPLES

White Garri

Garri Funfun · Nothara Selection

Classic un-oiled cassava flakes with a clean, lightly sour taste. Everyday household staple.

White garri is fermented cassava roasted without palm oil, leaving a pale cream colour and a drier, crisper flake. The flavour is more neutral than yellow garri and less intensely sour than Ijebu. It is the most widely used everyday garri across West Africa — equally at home as eba or as a quick soaked snack.

BEST USED FOR

Eba; soaked garri; light swallow for soups and stews.

STORAGE

Airtight container, cool and dry.

DIET & NOTES

Gluten-free · Plant-based · No palm oil

NT-GAR-YEL

GARRI & CASSAVA STAPLES

Yellow Garri

Yellow garri / Garri epo · Nothara Selection

Golden cassava flakes fried with red palm oil — the classic choice for rich, smooth eba.

Yellow garri is made from fermented cassava that is roasted with a touch of red palm oil. The oil gives the flakes their signature gold colour, a milder, rounder flavour, and a natural boost of carotenoids (vitamin A precursors). It is the preferred garri for eba across much of the South-East and South-South, pairing beautifully with egusi, ogbono, okra, ofe nsala and vegetable soups.

BEST USED FOR

Eba (swallow); soaked garri with groundnuts, milk or sugar; thickening agent for soups.

STORAGE

Airtight container, cool and dry. Keep away from moisture.

DIET & NOTES

Gluten-free · Plant-based · No added sugar

NT-FLR-HON

FLOURS & SWALLOW BASES

Honeywell Semolina

Semo / Semovita · Honeywell (Flour Mills of Nigeria)

Fine durum-wheat semolina that cooks into a smooth, creamy swallow — a trusted Nigerian household brand.

Honeywell Semolina is a superfine durum-wheat meal known for quick gelatinisation, high water absorption and a swallow that moulds cleanly without breaking. It has a mild, pleasant taste and holds its texture well after cooking, which makes it popular with families, caterers and restaurants. Serve with any Nigerian soup.

BEST USED FOR

Semo swallow with egusi, efo riro, ogbono, okra, afang, edikang ikong and more.

STORAGE

Cool, dry pantry. Reseal after opening. Contains wheat (gluten).

DIET & NOTES

Contains gluten · Vegetarian

NT-FLR-PLT

FLOURS & SWALLOW BASES

Plantain Flour (Elubo Ogede)

Elubo Ogede · Nothara Selection

Flour from dried unripe plantain — lighter amala with a gentle flavour and a lower glycaemic profile.

Elubo ogede is milled from green, unripe plantains that have been peeled, sliced and dried. The resulting flour cooks into a soft, light-brown amala with a mild plantain note. Many households choose it as a gentler alternative to yam amala. It is gluten-free and naturally rich in potassium and dietary fibre.

BEST USED FOR

Plantain amala; blending with yam flour; pancakes or porridge in some recipes.

STORAGE

Airtight container, cool and dry.

DIET & NOTES

Gluten-free · Plant-based · Lower-GI swallow option

NT-FLR-YAM

FLOURS & SWALLOW BASES

Yam Flour (Elubo Isu)

Elubo Isu · Nothara Selection

Fine dried-yam flour for traditional amala — earthy, elastic and made for ewedu and gbegiri.

Elubo isu is milled from peeled, sliced and sun-dried yam tubers. When stirred into boiling water it becomes amala: a smooth, stretchy, deep-brown swallow that is the heart of Yoruba cuisine. Serve with ewedu, gbegiri, egusi or ila asepo for a classic abula plate. Naturally gluten-free and rich in complex carbohydrate and fibre.

BEST USED FOR

Amala (swallow) served with ewedu, gbegiri, egusi, ogbono or okra soup.

STORAGE

Airtight container, cool and dry. Sieve before cooking if compacted.

DIET & NOTES

Gluten-free · Plant-based · Traditional Yoruba staple

NT-OIL-OKM

OILS & COOKING FATS

Okomu Red Palm Oil

Epo pupa / red palm oil · Okomu Oil Palm Company Plc

Unrefined Nigerian red palm oil from Okomu — deep colour, full flavour, and the backbone of West African cooking.

Okomu is one of Nigeria’s established plantation producers of crude palm oil. The unrefined red oil keeps its natural carotenoids, giving the distinctive orange-red colour used in ofada stew, banga, jollof, fried plantain, stew bases and traditional soups. A little goes a long way: heat gently until the raw scent cooks off before adding peppers and onions.

BEST USED FOR

Stews, jollof, banga/ofe akwu, frying, traditional soups, ofada sauce.

STORAGE

Cool, dark cupboard. The oil may solidify in cold weather — this is normal. Warm gently to liquefy.

DIET & NOTES

Plant-based · Naturally rich in carotenoids

NT-SEA-DUC

SEASONINGS & SPICES

Ducros Curry

Ducros Curry Powder · Ducros

Fragrant curry powder — the aroma that announces a Nigerian stew from the gate.

Ducros Curry is the small jar many Nigerian cooks reach for when frying stew or seasoning meat. It is a mild-to-medium aromatic blend rather than a hot chilli powder: warm, golden and immediately recognisable in chicken stew, fried rice and baked savoury dishes. A teaspoon in hot oil with onions is often enough.

BEST USED FOR

Stews, fried rice, chicken and beef seasoning, marinades.

STORAGE

Airtight; keep the lid tight to protect aroma.

DIET & NOTES

Plant-based spice blend · See pack for allergens

NT-SEA-KCH

SEASONINGS & SPICES

Knorr Chicken

Knorr Chicken Cubes / Seasoning · Knorr

Chicken-forward Knorr seasoning for poultry dishes, light soups and everyday stews.

Knorr Chicken delivers a clearer poultry note than the all-purpose cube. Ideal when chicken is the star — pepper soup, chicken stew, fried rice and noodle pots. Combine with fresh peppers, onions and herbs rather than stacking multiple cube brands.

BEST USED FOR

Chicken stew, pepper soup, fried rice, noodles, gravies.

STORAGE

Cool, dry pantry.

DIET & NOTES

See pack for allergens.

NT-SEA-KNC

SEASONINGS & SPICES

Knorr Cubes

Knorr Stock Cubes · Knorr

Trusted all-purpose stock cubes that build savoury depth in soups, stews and rice.

Knorr cubes are a standard seasoning block in Nigerian kitchens. Dissolved into boiling soups, stews, jollof and fried rice they add umami and a rounded stock flavour. Use sparingly and taste as you go — they are concentrated. (Correct brand spelling: Knorr.)

BEST USED FOR

Soups, stews, jollof, fried rice, marinades, sauces.

STORAGE

Cool, dry pantry. Reseal carton after opening.

DIET & NOTES

See pack for allergens (may contain celery, gluten or flavour enhancers).

NT-SEA-LCT

SEASONINGS & SPICES

Lion Curry and Thyme

Lion Curry & Thyme · Lion

The classic curry-and-thyme pairing used together in Nigerian meat and stew seasoning.

Lion curry and thyme are sold as a complementary pair: curry for warmth and colour, thyme for the herbal lift that defines Nigerian peppered meat, chicken stew and fried rice. Use both at the frying stage with onions, garlic and peppers. Keep jars sealed; thyme loses perfume quickly once opened.

BEST USED FOR

Meat seasoning, stews, fried rice, roasted chicken, sauces.

STORAGE

Cool, dry, tightly closed.

DIET & NOTES

Plant-based spice · See pack

NT-SEA-MCH

SEASONINGS & SPICES

Maggi Chicken

Maggi Chicken Cubes · Maggi

Chicken-flavour Maggi cubes for poultry, light soups and everyday family pots.

Maggi Chicken sits alongside Maggi Star as a kitchen essential. Choose it when you want a cleaner chicken stock character in soups, rice and noodle dishes. Same convenient cube format, same pantry reliability.

BEST USED FOR

Chicken dishes, soups, rice, noodles.

STORAGE

Cool, dry pantry.

DIET & NOTES

See pack for allergens.

NT-SEA-MST

SEASONINGS & SPICES

Maggi Star

Maggi Star Cubes · Maggi

The iconic star-embossed cube — Nigeria’s most recognised stew seasoning.

Maggi Star is the reference seasoning cube in many Nigerian homes. A single cube seasons a pot; two transform a party stew. The flavour is savoury, slightly sweet and instantly familiar. Use with tomatoes, peppers and onions as the flavour base of everyday cooking.

BEST USED FOR

Stews, soups, jollof, beans, sauces, marinades.

STORAGE

Cool, dry pantry.

DIET & NOTES

See pack for allergens and ingredients.

NT-NDL-ICH

INSTANT MEALS

Indomie Chicken Noodles

Indomie Chicken · Indomie

Nigeria’s everyday instant noodle — chicken seasoning, springy strands, ready in minutes.

Indomie Chicken Flavour is the original Nigerian favourite: wheat noodles with a savoury chicken seasoning sachet that has become a pantry fixture in homes, campuses and quick-service kitchens. Cook in boiling water for about three minutes. Enjoy as a snack, a light meal, or dressed with egg, vegetables and extra spice.

BEST USED FOR

Quick meal; student staple; base for Indomie stir-fry with egg and vegetables.

STORAGE

Cool, dry place. Contains wheat and seasoning allergens — see pack.

DIET & NOTES

Contains gluten · Instant

NT-NDL-ION

INSTANT MEALS

Indomie Chicken Onion Noodles

Indomie Chicken Onion · Indomie

Chicken-and-onion Indomie with a deeper savoury note — a popular twist on the original.

Indomie Chicken Onion combines the familiar chicken base with a pronounced onion savouriness. Same quick cook, same reliable texture, slightly richer aroma. A strong seller for households that want variety without leaving the Indomie range.

BEST USED FOR

Quick meal; paired with egg, vegetables or leftover stew.

STORAGE

Cool, dry place.

DIET & NOTES

Contains gluten · Instant

NT-SNK-BKL

HERBS, BOTANICALS & SNACKS

Bitter Kola (Orogbo)

Orogbo / Aki Ilu · Nothara Selection

Fresh or well-kept bitter kola nuts — a traditional West African masticatory with a sharp, lasting bite.

Orogbo (Garcinia kola) is valued across Nigeria as a social and ceremonial nut. The flavour is intensely bitter at first, then warming. It is offered to guests, used in traditional settings, and enjoyed as a personal snack. Supply quality depends on freshness and careful storage; we select firm nuts with sound kernels.

BEST USED FOR

Traditional hospitality; chewed as a snack; cultural and ceremonial use.

STORAGE

Cool, dry, ventilated. Do not seal damp nuts. Refrigerate to extend life.

DIET & NOTES

Whole botanical nut · Naturally bitter

NT-HRB-ZOB

HERBS, BOTANICALS & SNACKS

Zobo Leaves (Hibiscus Flower)

Zobo / Isapa · Nothara Selection

Deep-crimson dried hibiscus calyces for homemade zobo — tart, fragrant and naturally vivid.

Zobo leaves are the dried calyces of Hibiscus sabdariffa. Steeped in hot water they yield the famous Nigerian zobo drink: ruby-red, tart and refreshing. Brew with ginger, pineapple, cloves, cucumber or citrus, sweeten to taste and serve chilled. Also used as a tea and a natural food colouring. (Correct botanical spelling: hibiscus.)

BEST USED FOR

Zobo drink; hibiscus tea; flavouring and colour for desserts and drinks.

STORAGE

Airtight, away from light and moisture.

DIET & NOTES

Caffeine-free · Plant-based · Naturally tart

NT-BEV-GSS

BEVERAGES

Guinness Small Stout

Guinness Foreign Extra Stout (Small) · Guinness

The compact bottle of Guinness Foreign Extra Stout — roasted, bitter-sweet and distinctly West African in strength and character.

Guinness Small Stout refers to the smaller bottle of Guinness Foreign Extra Stout sold across Nigeria and the diaspora. It is an alcoholic stout, not a malt drink: dark, hop-bitter, with roasted barley and a higher strength than draught Irish stout. Serve well chilled. Age-restricted product — sold only to adults 18+ (UK).

BEST USED FOR

Adult beverage service; pairing with grilled meat and rich stews.

STORAGE

Cool, dark place. Serve chilled. Do not sell to anyone under 18.

DIET & NOTES

Alcoholic stout · Contains barley (gluten) · 18+

NT-BEV-MGB

BEVERAGES

Malta Guinness Bottles

Malta Guinness · Malta Guinness

The dark, nourishing non-alcoholic malt in glass — caramel, roasted barley and a creamy finish.

Malta Guinness is a 0.0% ABV malt beverage, not a stout. It is sweet, full-bodied and widely associated with energy and hospitality in Nigeria. The bottled format is the traditional shareable serve for homes, ceremonies and retail chillers. Distinct from Guinness Foreign Extra Stout.

BEST USED FOR

Chilled drink; celebrations; pairing with spicy meals.

STORAGE

Ambient or chilled. Do not freeze.

DIET & NOTES

Non-alcoholic (0.0%) · Contains malted barley (gluten)

NT-BEV-MGC

BEVERAGES

Malta Guinness Can

Malta Guinness Can · Malta Guinness

Same Malta Guinness recipe in a convenient can — ready for on-the-go and bulk retail.

The canned format of Malta Guinness offers the same non-alcoholic roasted-malt profile in a lighter, travel-friendly pack. Ideal for convenience retail, event catering and customers who prefer cans to glass.

BEST USED FOR

Chilled drink; events; convenience retail.

STORAGE

Ambient or chilled.

DIET & NOTES

Non-alcoholic (0.0%) · Contains malted barley (gluten)

NT-BEV-MTB

BEVERAGES

Maltina Bottles

Maltina · Maltina

Nigeria’s heritage malt brand in bottles — sweet, malty and a family favourite for decades.

Maltina, from Nigerian Breweries, is one of the country’s original non-alcoholic malt drinks. The bottled serve is the classic table drink: amber-brown, sweet and smooth. A staple at Sunday lunches, naming ceremonies and everyday refrigeration.

BEST USED FOR

Family meals; celebrations; chilled refreshment.

STORAGE

Ambient or chilled.

DIET & NOTES

Non-alcoholic · Contains malted barley (gluten)

NT-BEV-MTC

BEVERAGES

Maltina Cans

Maltina Can · Maltina

Maltina in cans for convenience retail, events and customers who prefer lightweight packs.

All the familiar Maltina sweetness and malt character in a can. Easy to chill, easy to distribute, and well suited to mixed wholesale orders alongside bottled malt.

BEST USED FOR

On-the-go; events; convenience shops.

STORAGE

Ambient or chilled.

DIET & NOTES

Non-alcoholic · Contains malted barley (gluten)

NT-BEV-SBL

BEVERAGES

Schweppes Bitter Lemon

Schweppes Bitter Lemon · Schweppes

Crisp, quinine-tinged lemon mixer — sharp enough for sipping or pairing with meals.

Schweppes Bitter Lemon is a carbonated citrus drink with the characteristic bitter-lemon edge. In Nigerian and diaspora entertaining it is served ice-cold on its own or as a mixer. A clean contrast to sweet malt drinks on the same shelf.

BEST USED FOR

Chilled soft drink; mixer; party beverage service.

STORAGE

Ambient, away from heat. Serve chilled.

DIET & NOTES

Carbonated soft drink · See pack for sugar content

Trading notes

Prices and pack sizes

This edition is a merchandising catalogue, not a price list. Confirm landed cost, VAT, minimum order and current pack formats before publishing prices on the website.

Alcohol

Guinness Small Stout is an alcoholic product. Restrict purchase to customers aged 18 or over and apply Challenge 25 in store and online. Keep it visually separate from Malta Guinness and Maltina, which are non-alcoholic malt drinks.

Allergens and labels

Honeywell Semolina and Indomie contain wheat. Malt drinks and stout contain barley. Seasoning cubes may contain celery, flavour enhancers or other allergens. Always defer to the manufacturer's current pack label.

Storage of staples

Garri, flours, zobo and bitter kola must be kept dry. Red palm oil may set solid in a British winter — this is normal and reverses with gentle warmth. Do not store opened garri in humid conditions.

Website implementation

Use the companion Excel workbook for CMS import: SKUs, short/long copy, SEO fields, tags and category slugs. Photograph each live SKU; do not publish stock photography of rival brands as if it were your pack.

NOTHARA TRADINGS UK LIMITED

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Company number 15932741 · SIC 46390 Wholesale of food, beverages and tobacco

For wholesale quotations and website supply, use this catalogue as the live product list.