

HOT SPECIALS & ETHNIC CURRIES

Creamy Lemon & Parsley Sauce with chips/rice
a perfect sauce for seafood made with lemon, butter, herbs & cream
Fish **GH55.00**
Prawns **GH65.00**

Sweet Chili Sauce - with chips/rice
tangy, spicy and sweet.. satisfies all the taste buds
Chicken **GH50.00**
Veg **GH45.00**
Fish **GH55.00**
Prawns **GH65.00**

Hot Madras Curry - with chips/rice
if you like a hot curry, I bet you will love this one..
Chicken **GH50.00**
Veg **GH45.00**
Fish **GH55.00**
Prawns **GH65.00**

Mild Curry with chips/rice
full of flavor and not too spicy..
Chicken **GH50.00**
Veg **GH45.00**
Fish **GH55.00**
prawns **GH65.00**

Biryani - A one pot meal...fills up your senses of taste and aroma
A one pot meal...fills up your senses of taste and aroma
Chicken **GH50.00**
Veg **GH45.00**
Fish **GH55.00**
Prawns **GH65.00**

Tikka Masala - with chips/rice
an internationally famous curry sauce..
Chicken **GH50.00**
Veg **GH45.00**
Fish **GH55.00**
Prawns **GH65.00**

Tandoori Chicken chips/rice
Punjab's most popular grilled meat **GH50.00**

Harissa Chicken chips/rice **GH50.00**
Simple flavours....delectable taste *

Masala Fried Chicken chips/rice **GH50.00**
When you need to crunch and munch

Chicken Fried Rice **GH35.00**

Vegetable Fried Rice **GH30.00**

Egg Fried Rice **GH30.00**

JUICY BOOSTS, BODY CLEANSERS & PICK ME UPS **GH15.00**

Pure Tropical Blend
(pineapple/mango/pawpaw/watermelon) **GH15.00**

Creamy Delight
(fresh fruit and yogurt)

Very Green Lean Machine
(lettuce, mint, cumin, lemon)

Beauty & the Beets
(beetroot, orange & carrots)

Citrus Burst
(orange, pineapple, lemon)

Mango Tango
(mango, pineapple, lemon)

Summer Melon Breeze
(watermelon, cantaloupe, mint)

Cool as a Cucumber
(cucumber & mint)

Apple Carrot Zinger
(apple,carrot, ginger)

Mangolicious
(mango, apple,orange,lemon)

Garden Gingerale
(apple, cucumber, lemon, ginger)

Six pack of Veg
(lettuce, carrot, cucumber, lemon, mint, beetroot)

Heart Beets
(beetroot, carrot, pineapple)

Choice of Lassi
mango/pineapple/pawpaw/sweet/salty/masala

Vita Boost **GH8.50**
(carrot,pineapple,raisins,ginger, turmeric,lemon)

Vegan Peanut Colada **GH10.00**
(peanut butter, banana,honey,almond milk,dates)

Orange Sunrise **GH10.00**
(mango,banana,orange,apple)

Summer Blend **GH10.00**
(cucumber, apple, pineapple, ginger, lemon,mint)

Fresh Orange Juice **GH8.50**

Ice Coffee **GH10.00**

Blue Skies Juice **GH8.50**

Ice Tea **GH10.00**

Green Ice Tea **GH10.00**

Fruit Ice tea **GH10.00**

Nescafe **GH8.0**

Filter Coffee **GH8.00**

Herbal Tea **GH8.00**

Specialty Teas **GH8.00**

Lipton Tea **GH8.00**

Chaii Tea **GH10.00**

Capuccino **GH15.00**

Americano **GH10.00**

Machiato **GH10.0**

Espresso **GH8.00**

Café Latte **GH15.00**

"Cookery means...English thoroughness, French art, and Arabian hospitality; it means the knowledge of all fruits and herbs and balms and spices; it means carefulness, inventiveness, and watchfulness."

— John Ruskin



Unique and exquisite delights specially created to nourish your being, nurture your soul and excite your passions.

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OPENING HOURS:

MONDAY - SATURDAY 8AM-7PM

CLOSED ON PUBLIC HOLIDAYS

Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale.

-Elsa Schiaparelli

APPETISERS & SIDE ORDERS

French Fries	GH12.00
Masala Fries	GH12.00
Sweet Potato Fries	GH15.00
Garlic Bread	GH15.00
2 Slices of buttered bread	GH8.00
Samosa (veg/chicken/meat)	GH5.00
Spring Roll (veg/chicken)	GH5.00
Traditional hummus	GH25.00
Chili hummus	GH25.00
Avocado hummus	GH30.00
Kibbeh Plate(4 pcs)	GH35.00
Felafel Plate (4pcs)	GH35.00

PLATTERS FOR 2..

Mezze Platter Veg (hummus/felefel/cheese sambusik/battata harra/pita bread/vegetables)	GH95.00
Mezze Platter Non Veg (hummus/ kibbeh/ chicken wings/meat sambusik/pita bread/vegetables)	GH105.00
Indian Platter Veg (paneer tikka/veg samosa/pakoda/masala potatoes/roti/chutney)	GH95.00
Indian Platter Non Veg (chicken tikka/masala fish/lamb kebab/lamb samosa/roti/chutney)	GH105.00
Breakfast Platter Non Veg (eggs/sausages/hash browns/bacon/mushrooms/baked beans/toast)	GH65.00
Breakfast Platter Veg (eggs/veg sausages/mushrooms/hash browns/baked beans/toast)	GH60.00

BURGERS

Greek Lamb and Feta Burger	GH35.00
New Yorker Beef Burger	GH35.00
Moroccan Lamb Burger	GH35.00
Hindustani Chicken Burger	GH35.00
West African Chicken Burger	GH35.00
Mexican Bean Burger	GH35.00

WRAPS

(choose pita bread, tortilla or roti)

Chicken & Bacon Wrap	GH35.00
Beef & Vegetable Wrap	GH35.00
Kafta Wrap	GH35.00
Chicken & Hummus Wrap	GH35.00
Avocado & Shrimp Wrap	GH35.00
Meatball & Cheese Wrap	GH35.00
Chicken Tikka Wrap	GH35.00
Madras Lamb Wrap	GH35.00

SUNSHINE SANDWICHES

ON BROWN BREAD (Baguette on request at an extra 5gh)

Aubergine Mozzarella & Pesto	GH15.00
Super Lean Turkey	GH15.00
Tuna Sweet Corn	GH15.00
Veggie Club	GH15.00
Tuna Club	GH15.00
Roast Chicken & Mint Sauce	GH15.00
Corned Beef & Salad	GH15.00

LOW CARB PITA PIZZAS

Pizza Magherita	GH40.00
Pizza with Spinach & Mushrooms	GH40.00
Pizza with Ham, Peppers & Mushrooms	GH40.00
Pizza with Bbq Chicken & Sweetcorn	GH40.00

Extra Toppings

Chicken	GH10.00
Potatoes	GH5.00
Dressing	GH3.00
Avocado	GH5.00

Malay Chicken Burger	GH35.00
Aussie Burger with Beets	GH35.00
Italian Chicken Burger	GH35.00
English Fish Burger	GH35.00
Peruvian Steak Burger	GH35.00

Fish & Chip Wrap	GH35.00
Greek Wrap	GH35.00
Felafel Wrap	GH35.00
Crispy Chicken Wrap	GH35.00
Roast Chicken Wrap	GH35.00
Chicken & Avocado Wrap	GH35.00
Curry Paneer Wrap	GH35.00

Mini Club	GH15.00
Ham & Cheese Grilled	GH15.00
Masala Cheese Toastie	GH15.00
Mozarella Tomato & Pesto	GH15.00
Ham & Mustard	GH15.00
Chicken Tikka	GH15.00
Chicken & Bacon	GH15.00

Olives	GH5.00
Tuna	GH10.00
Egg	GH5.00
Any Vegetable	GH5.00

VEGETARIAN SALADS

Mediterranean Light & fresh garden salad with a herb vinaigrette	GH35.00
Greek Salad A fresh green salad with olives , feta cheese, and a herb vinaigrette	GH35.00
Greek Pasta Salad A combination of leaves, pasta, beans, feta cheese and olives with vinaigrette	GH35.00
Oriental Noodle Mixed salad with bean sprouts and a soy and sesame vinaigrette	GH35.00
Aromatic Couscous Lettuce and cucumbers, topped with aromatic couscous, aubergines, tomatoes, caramelized onions, pine nuts, and vinaigrette	GH40.00
Felafel Salad Fresh garden salad topped with crispy felafels and a tahineh dressing	GH40.00
Tofu & Noodle Salad Fresh green salad leaves, cucumbers, courgettes, carrots, bean sprouts, noodles and crispy tofu with a sweet chili dressing	GH40.00
Fresh Fruit Salad Seasonal fruits in all their natural glory	GH30.00
SEAFOOD SALADS	
Thai Prawn Salad lettuce, cucumbers, noodles, courgettes, cabbage, Thai coconut prawns, crispy onions and garlic slivers, soy & sesame vinaigrette	GH55.00
Salad Nicoise A fresh green salad topped with tuna, eggs, beans and potatoes, with a herb vinaigrette	GH40.00
Shrimp Cocktail Salad Lettuce, cucumbers, tomatoes, shrimps and green peppers, with a 1000 island dressing	GH50.00
Macaroni & Tuna Salad A mix of pasta, tuna, cucumbers, eggs, vegetables with a light mayo dressing	GH40.00

CHICKEN SALADS

Exotic Hawaiiian Lots of vegetables topped with pasta, eggs, chicken, mayo & a delicious pineapple vinaigrette	GH40.00
Chicken & Bacon Salad A classic combo of roast chicken, bacon bits, lettuce, croutons, eggs and a honey mustard dressing	GH40.00
Crispy Chicken Salad Crispy fried strips of chicken, on a bed of vegetables with a honey mustard dressing	GH40.00
Crunchy Asian Combo Crunchy greens, topped with chicken, shrimps, noodles and a soy & sesame dressing	GH45.00
Harissa Salad Fresh green salad, spicy grilled chicken , herb vinaigrette	GH40.00
3 Spice Chicken Salad Slices of chicken marinated in aromatic spices, on a bed of mixed greens with a mustard dressing	GH40.00
Fruit & Nut Chicken Salad A fresh garden salad topped with slices of bbq chicken, orange segments and cashewnuts with a honey mustard dressing	GH40.00
Chicken Tikka Salad Tasty chicken tikka on a mixed salad with a yogurt and mint raita dressing	GH40.00
Chicken & Pasta Salad Lettuce, cucumbers, tomatoes, onions, eggs, green peppers, sweetcorn, chicken, green peas and pasta with a light mayo dressing	GH40.00
Curry Chicken & Pasta Salad Lettuce, cucumbers, tomatoes, curry chicken slivers, grilled onions, peppers and a curry mayonnaise dressing	GH40.00
Best Ever Chicken Salad Lettuce, vegetables, baked beans, sweetcorn, chicken & 1000 island dressing	GH40.00