



Alcoholic Cocktails

GHS 90

Plantain and Cashew Old Fashioned

Plantain infused Mim Cashew Brandy, Demerara sugar and a dash of homemade bitters.

Taste note: Plantain and cashew on the nose, with a hint of herbal finish and a slight nutty after taste.

Prekese and Butterscotch Espresso Martini

Prekese infused vodka, Sahara Solace butterscotch liqueur infused with Gold Coast Coffee espresso.

Taste note: Smooth lingering coffee with velvety butterscotch and a subtle herbal finish.

Fresh start

Lemongrass infused gin, pineapple, cucumber, mint, lime juice, and simple syrup.

Taste note: Refreshingly tropical with bursts of mint, cucumber and pineapple

Caipirinha

1957 sugarcane akpeteshi, muddled with fresh lime and Demerara sugar.

Taste notes: Citrus explosion!

Fire in da belly

Aphro ginger infused rum, chilly syrup, lime juice and orange juice

Taste notes: Spicy, zesty and refreshing balance of sweet and tangy flavours.

MMT Pina Colada

Aphro pineapple infused rum, homemade coconut milk, fresh pineapple, lime juice and simple syrup.

Taste notes: Creamy and refreshing with a tropical twist.

Other Drinks

Alcoholic

Guinness/ Club shandy/ Origin

GHS 30

Club Beer [Small/Large]

GHS 30/45

Wine [By the bottle only]

GHS 250

Top shelf on the rocks

Ask for prices

Local shots

GHS 10

Non-Alcoholic Cocktails GHS 55

Pretty in pink

Watermelon, mint and lime juice

Taste note: Refreshing, zesty and minty.

Oleifera

Moringa and pineapple juice, honey, lime juice, ginger and nutmeg syrup.

Taste note: Tropical with a hint of herb and spice.

Fresh start in the morning

Pineapple, cucumber, mint, lime juice, and simple syrup.

Refreshingly tropical with bursts of mint, cucumber and pineapple

Prekese and Cacao Espresso Martini

Prekese syrup, cacao espresso and Gold Coast Coffee espresso.

Taste note: Bitter cacao

Cool fire

Chilly syrup, lime juice and orange juice.

Taste notes: Spicy, zesty and refreshing balance of sweet and tangy flavours.

Non-Alcoholic

Homemade fresh juices GHS 40

Iced coffee GHS 45

Coke/ Sprite/ Fanta/ Malt GHS 20

Bel-Aqua Sparkling water GHS 60

Still-Water GHS 8

Water is life! In a mission to become plastic free we use Bel-Aqua glass bottles which we re-fill with Bel-Aqua still water



Breakfast Menu

Fresh Orange **GHS 40**

Fresh Pineapple, mint and lime **GHS 40**

Sobolo (Hibiscus and ginger) **GHS 40**

Fresh Pineapple and Moringa **GHS 40**

Fresh Coffee (Served with **GHS 45**
homemade coconut milk)

Delicious Gold Coast Coffee
Roasters

Homemade Moringa and **GHS 20**
Hibiscus Herbal Tea

Breakfast

Plantain omelette **GHS 75**

Plantain and roasted beetroot
omelette with toast

Volta Big Breakfast **GHS 90**

Eggs, roasted beetroot, tomatoes,
cassava hash brown, beans and
toast

Baobab Pancakes **GHS 75**

Baobab pancakes served with
homemade mango/pineapple jam

Chanola **GHS 65**

Roasted in local honey-nuts, oats,
egushi seeds and baobab seeds served
with watermelon and home-made
cold-pressed coconut milk

Ghost umbrellas and scrambled **GHS 75**
eggs

Local oyster mushrooms and
scrambled eggs served with toast and
palm oil aioli

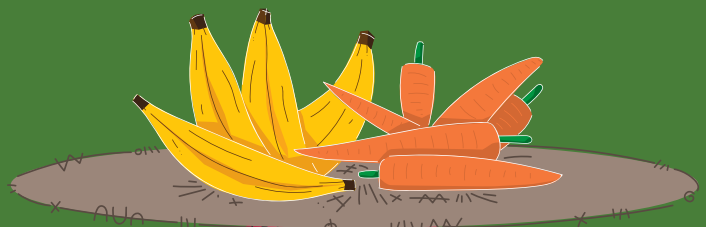
**When mushrooms not available we
replace with roasted beetroot*

Prekese spiced French Toast **GHS 70**

Prekese Spiced French Toast served
with Local honey

Fresh Fruit Salad **GHS 40**

**** When in season add slide of
smashed Avocado* **GHS 30**





Lunch and Dinner Menu

Akple and Volta Tilapia

Akple, grilled Volta Tilapia, fresh pepper and tossed vegetables

GHS 160

Chicken groundnut soup and Omotuo

Chicken groundnut soup served with sticky rice and grilled vegetables

GHS 160

Jollof Rice

Jollof Volta rice, grilled chicken and house green salad

GHS 160

Grilled Tilapia/chicken and cassava chips/sweet potato chips

Grilled filleted Tilapia and crispy cassava/sweet potato chips, served with our house green salad and fresh pepper dipping sauce

GHS 160

Coconut fried rice

Coconut fried rice and grilled filleted tilapia/chicken served with mango/ papaya salad

GHS 160

Akple and Okra Soup with Tilapia

GHS 160

Palava (Vegetarian)

Palava Sauce and Volta sticky rice with local oyster mushrooms.

**When mushrooms not available we add roasted beetroot instead.*

GHS 125

Red Red (Vegan)

Spicy beans with Volta sticky rice and fried plantain

GHS 125

Moringa and Garden Egg Stew (Vegetarian)

Moringa stew with vegetables and mashed sweet-potato

GHS 125

Vegetable Groundnut soup and omotuo (Vegan)

Grilled Vegetables and local oyster mushrooms with groundnut soup served with Volta sticky rice

**When mushrooms not available we add roasted beetroot instead.*

GHS 125

How do you like your spice?

Vide Vide 

Dede 

Edzo 

Coconut soup (Vegan)

Grilled Vegetables and roasted beetroot served with coconut soup and mashed sweet potato.

GHS 125

Fonio stir-fry (Vegetarian)

Fonio stir-fry with roasted beetroot, steamed peanuts, in-house tomato sauce served with egushi and wagashi salad with homemade mango dressing.

GHS 125

Snacks and Sides

MMT Pizza

Wagashi, roasted beetroot, grilled vegetables.

GHS 110

Coconut Salad

GHS 65

Egushi and Wagashi Salad served with homemade mango dressing

GHS 65

Okra fries served with palm oil aioli

GHS 60

Fried plantain served with fresh pepper dipping sauce

GHS 60

Crispy Cassava/Sweet potato chips served with fresh pepper dipping sauce

GHS 60

Fonio flat bread served with Bambara beans hummus

GHS 65

Spicy Grilled Chicken

GHS 70

Dessert

Gold Coast Cocoa chocolate brownie

Chocolate brownie served with homemade white chocolate and coconut custard

GHS 75

Banana Cake

Banana cake served with homemade white chocolate and coconut custard

GHS 75

The story behind our menu

This menu has been carefully curated in collaboration with the amazing Chef Ike. Chef Ike is proudly African, born in Nigeria, and raised in Ghana. He identifies his cuisine as Afro-Avante-Garde, a philosophy driven by culture, sustainability and modern culinary techniques. Chef Ike can often be found hosting pop-ups, private parties and sharing his knowledge with students as a part-time teacher at SOCA, Accra.



Why does our menu not contain sea fish? Ghana's sea fishery is of particular concern to us, where foreign trawlers over exploit the resource and are driving it close to collapse. Check out the Environmental Justice Foundation (EJF) for more info! Farmed fish is not a perfect solution to the issue of Ghana's fishery, but when purchasing from Flossel Tilapia Fish Farm, Sogakope, we know that we are not depriving local communities of food, not purchasing from environmentally damaging sea trawlers, and have more transparency about the treatment of the fish and the people who farm it.



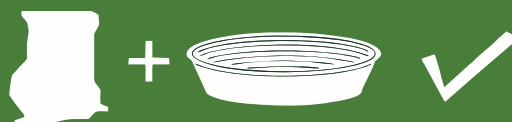
We are almost 0% import free! - Why buy imported when you could buy Ghanaian?! The money stays in Ghana., we support local Ghanaian-owned businesses and the carbon emissions of transportation are heavily reduced. Supporting local businesses and entrepreneurs means we are investing in our communities.



Have you seen our reusable straws, napkins and cardboard packaging? All included in our attempt to be single-use plastic free!



Importing UTC milk doesn't make sense to us anymore, especially when we have so many coconut trees around. That's why we make our own home-made, cold-pressed milk from these coconuts and utilise throughout our menu. Reducing imports and keeping money within our community!



All our food is served on the gorgeous and rustic made-in-Ghana earthenware supporting Ghana-based businesses and reducing consumption of imported goods.