



## Alcoholic Cocktails GHS 45

**Cashew and Plantain Old Fashioned**  
Plantain syrup, bitters, made-in-Ghana Mim Cashew Brandy

**Hibiscus Twist**  
Hibiscus syrup, lime, mint, made-in-Ghana Kasapreko Gin

**Pineapple and Mint Daiquiri**  
Muddled Pineapple, mint, lime, sugar syrup, made-in-Ghana APHRO palm pineapple infused rum

**Fresh Start**  
Muddled Cucumber, mint, lime, lemongrass syrup, made-in-Ghana Kasapreko Gin

**Fire in Da Belly**  
Ginger syrup, chili, lime juice, made-in-Ghana APHRO palm ginger infused rum

**Caipirinha**  
Fresh lime, sugar, made-in-Ghana 1957 cane rum

**MMT Pina Colada**  
Homemade coconut milk, pineapple, lime, sugar syrup, made-in-Ghana APHRO palm pineapple infused rum

## Other Drinks

### Alcoholic

Kasapreko Gin and Django Bros Tonic with fresh mint and lime GHS 45

Guinness/ Club shandy/ Origin GHS 15

Club Beer [Small] GHS 15

Wine [By the bottle only] GHS 100

## Non-Alcoholic Cocktails GHS 25

**Hibiscus Straight and Narrow**  
Hibiscus syrup, lime, mint, topped with sparkling water

**Cool the Fire in Da Belly**  
Ginger syrup, chili, lime, topped with sparkling water

**MMT Virgin Colada**  
Homemade coconut milk, muddled pineapple, lime, ginger syrup

**Espresso Milletini**  
Zomkom (ginger millet), James Town Coffee Espresso, plantain syrup

**Pretty in Pink**  
Muddled water melon, fresh mint, lime juice

**Fresh start in the morning**  
Muddled cucumber and mint, lime juice, lemongrass syrup

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Local shots GHS 6

Top shelf on the rocks  
Ask for prices

### Non-Alcoholic

Non-alcoholic Beer GHS 30

James Town Iced coffee GHS 20

Coke/ Sprite/ Fanta/ Malt GHS 10

Bel-Aqua Sparkling water GHS 30

Still-Water GHS 5

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 20**

Fresh Pineapple, mint and lime **GHS 20**

**Sobolo** (Hibiscus and ginger) **GHS 20**

**Fresh Coffee (Served with homemade coconut milk)** Delicious Volta Coffee by James Town Coffee Roasters **GHS 20**

**Moringa and Hibiscus Tea** **GHS 10**  
Healthy Volta Tea by Guaman Infusions  
Herbal Tea

**Ghanola** **GHS 35**

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

**Ghost umbrellas and scrambled eggs** **GHS 35**

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

**Prekese Spiced French toast** **GHS 35**

Prekese spiced French toast served with local honey

**Fresh Fruit Salad** **GHS 20**

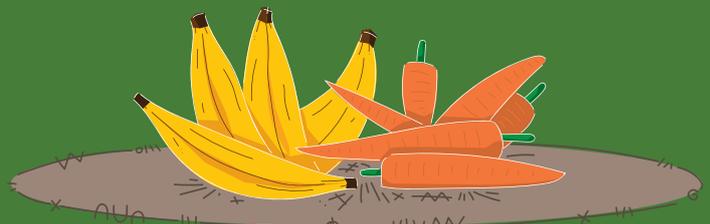
*\*\*\* When in season add side of smashed Avocado* **GHS 10**

### Breakfast

**Plantain and ghost umbrella omelette** **GHS 35**  
Plantain and local oyster mushroom omelette with toast

**Volta Big Breakfast** **GHS 50**  
Eggs, local oyster mushrooms, tomatoes, cassava hash brown, beans and toast

**Baobab Pancakes** **GHS 35**  
Baobab pancakes served with home-made mango jam





## Lunch and Dinner Menu

### Akple and Volta Tilapia

Akple, grilled Volta Tilapia, fresh pepper and tossed vegetables

GHS 55

### Chicken groundnut soup and Omotu

Chicken groundnut soup served with sticky rice and grilled vegetables

GHS 55

### Jollof Rice

Jollof Volta rice, grilled chicken and our house green salad

GHS 55

### Grilled Tilapia and cassava/ sweet potato chips

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

GHS 55

### Coconut fried rice

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

GHS 55

## Vegetarian/ Vegan

### Palava (Vegetarian)

Palava Sauce, Volta sticky rice, local oyster mushrooms

GHS 45

### Red Red (Vegan)

Spicy beans with Volta sticky rice and fried plantain

GHS 45

### Moringa and Garden Egg Stew (Vegetarian)

Moringa and garden egg stew with vegetables and mashed sweet-potato

GHS 45

### Vegetable Groundnut soup and omotu (Vegan)

Vegetable and local oyster mushrooms groundnut soup served with Volta sticky rice

GHS 45

### Coconut soup (Vegan)

Grilled Vegetables and oyster mushrooms served with coconut soup and mashed sweet potato

GHS 45

### Fonio stir-fry (Vegan)

Fonio stir-fry with local oyster mushrooms, steamed peanuts, in-house tomato sauce served with an egushi and wagashi salad with homemade mango dressing

GHS 55

## Snacks and Sides

### MMT Pizza

Wagashi, local oyster mushrooms, grilled vegetables

GHS 55

### Mango or papaya salad

GHS 20

### Coconut salad

GHS 25

### Egushi and wagashi salad served with homemade mango dressing

GHS 35

### Okra fries served with a palm oil aioli

GHS 25

### Fried Plantain served with fresh pepper dipping sauce

GHS 25

### Crispy Cassava/ sweet potato chips served with fresh pepper dipping sauce

GHS 25

### Fonio flat bread served with Bambara bean hummus

GHS 35

### Spicy Grilled chicken

GHS 35

## Dessert

### Gold Coast Cocoa chocolate brownie

Chocolate brownie served with homemade coconut custard

GHS 35

### Banana cake

Banana cake served with white chocolate pudding and homemade beetroot jam

GHS 35

## 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.

Follow Chef Ike on IG: [@Ikecooksfood\\_](#)



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.



Why 0% Imported ingredients on our menu – 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.