

## COCKTAILS

GHC 30

### PLANTAIN OLD FASHIONED

PLANTAIN SYRUP. BOURBON WHISKEY. BITTERS

### HIBISCUS TWIST

HIBISCUS SYRUP. LIME. GIN AND MINT

### PINEAPPLE AND MINT DAIQUIRI

PINEAPPLE. RUM. MINT. SUGAR SYRUP AND LIME

### FRESH START

CUCUMBER. GIN. LEMONGRASS SYRUP. MINT AND LIME

### FIRE IN DA BELLY

GINGER SYRUP. TEQUILA. CHILLY AND LIME

### CAIPIRINHA

FRESH LIMES. SUGAR AND CANE RUM

### ESPRESSO MARTINI

VODKA. KAHLUA AND COFFEE

### NEGRONI

CAMPARI. SWEET VERMOUTH. GIN AND ORANGE BITTERS



## OTHER DRINKS

COKE. FANTA. SPRITE	GHC 7
ICE COFFEE	GHC 15
MALT/ ALVARO	GHC 7
BEL AQUA	GHC 3
IN A MISSION TO BECOME PLASTIC FREE WE USE BEL-AQUA GLASS BOTTLES WHICH WE FILL WITH BEL-AQUA STILL WATER	
BEL-AQUA SPARKLING WATER 750ML	GHC 20
CLUB / SMALL	GHC 10
GIN AND TONIC WITH LIME AND MINT	GHC 25
GUINNESS / CLUB SHANDY / ORIGIN	GHC 15
TOP SHELF	ASK FOR PRICES
WINE (BY THE BOTTLE ONLY)	GHC 80
LOCAL SHOTS	GHC 3
BLACK LABEL	GHC 25 FOR A 25ML SHOT
RED LABEL	GHC 15 FOR A 25ML SHOT
JACK DANIELS	GHC 20 FOR A 25ML SHOT
BAILEYS	GHC 20 FOR A 25ML SHOT

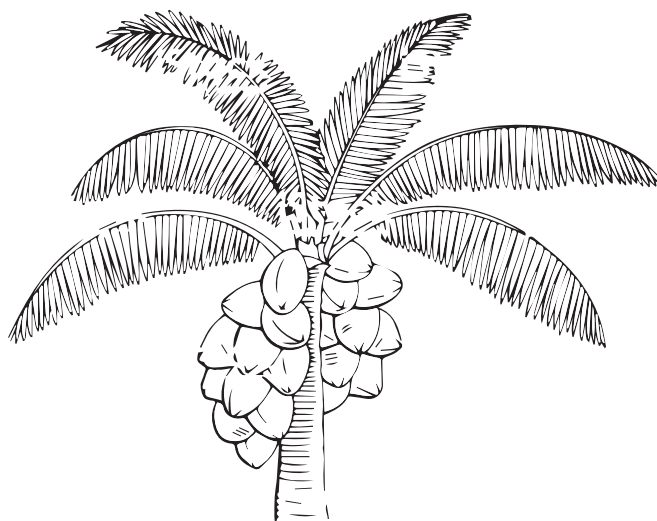
# BREAKFAST MENU

## DRINKS

FRESHLY MADE JUICE: ORANGE OR PINEAPPLE MINT AND LIME	GHC 15
BANANA, HONEY AND GROUNDNUT SHAKE	GHC 20
TEA (LIPTON OR MORINGA AND HIBISCUS)	GHC 8
FRESH COFFEE (DELICIOUS VOLTA COFFEE, JAMESTOWN COFFEE ROASTER)	GHC 15

## FOOD

BEANS ON TOAST	GHC 15
SCRAMBLED EGG WITH TOAST	GHC 20
VEGGIE OMELETTE WITH CHEESE AND TOAST	GHC 30
SAUSAGE, EGG, TOMATO, BEANS AND TOAST	GHC 35
PANCAKES WITH FRUIT (PLAIN OR CHOCOLATE)	GHC 25
FRIED PLANTAIN AND SAUSAGE OMELETTE WITH TOAST	GHC 30
MAMA J'S HOMEMADE MUESLI WITH FRUIT	GHC 20
FRESH FRUIT SALAD	GHC 15
*WHEN IN SEASON ADD SMASHED AVOCADO	GHC 8



# LUNCH AND DINNER MENU

## GHANAIAN

<b>BANKU AND TILAPIA WITH FRESH PEPPER:</b>	
<b>SMALL</b>	<b>GHC 45</b>
<b>MEDIUM</b>	<b>GHC 50</b>
<b>LARGE</b>	<b>GHC 55</b>
<b>RICE BALLS WITH VEGGIE GROUNDNUT SOUP</b>	<b>GHC 30</b>
<b>RICE BALLS WITH CHICKEN GROUNDNUT SOUP</b>	<b>GHC 45</b>
<b>FRIED RICE WITH GRILLED CHICKEN AND SALAD</b>	<b>GHC 45</b>
<b>AKPLE WITH OKRA SOUP AND TILAPIA</b>	<b>GHC 50</b>

## VEGETARIAN

<b>PALAVA SAUCE WITH RICE AND SALAD</b>	<b>GHC 35</b>
<b>MAMA RITA'S MORINGA STEW WITH RICE OR BOILED YAM</b>	<b>GHC 30</b>
<b>RED RED WITH RICE, FRIED PLANTAIN AND SALAD</b>	<b>GHC 35</b>
<b>SPICY VEGETABLE NOODLES WITH SALAD</b>	<b>GHC 30</b>

## FUSION

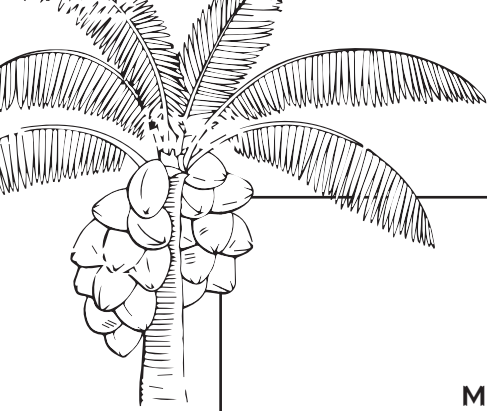
<b>GRILLED CHICKEN WITH CASSAVA CHIPS FRESH PEPPER DIPPING SAUCE AND SALAD</b>	<b>GHC 45</b>
<b>COCONUT FRIED RICE WITH GRILLED CHICKEN AND OKRA AND MANGO/PAPAYA SALAD</b>	<b>GHC 45</b>
<b>COCONUT SALAD WITH TILAPIA OR SEA FISH WITH TOSSED FRENCH BEANS</b>	<b>GHC 45</b>

## SNACKS AND SIDES

<b>CASSAVA CHIPS WITH FRESH PEPPER DIPPING SAUCE</b>	<b>GHC 20</b>
<b>BEEF SUYA</b>	<b>GHC 25</b>
<b>SPICY CHICKEN STRIPS WITH SHITTO-MAYO DIP</b>	<b>GHC 25</b>
<b>GREEK SALAD</b>	<b>GHC 35</b>
<b>AVOCADO (SEASONAL) OR VEGGIE WRAP</b>	<b>GHC 20</b>
<b>FRIED PLANTAIN WITH FRESH PEPPER DIPPING SAUCE</b>	<b>GHC 20</b>

PLEASE NOTE. ALL OF OUR FOOD IS FRESHLY PREPARED SO DO ORDER IN ADVANCE IF YOU ARE IN A HURRY.





## HOMEMADE PIZZAS

### MARGARITA

MOZZARELLA, TOMATOES AND FRESH BASIL  
HANDPICKED FROM OUR GARDEN

<b>MEDIUM</b>	<b>LARGE</b>
GHC 50	GHC 60

### HOT 'N' SPICY

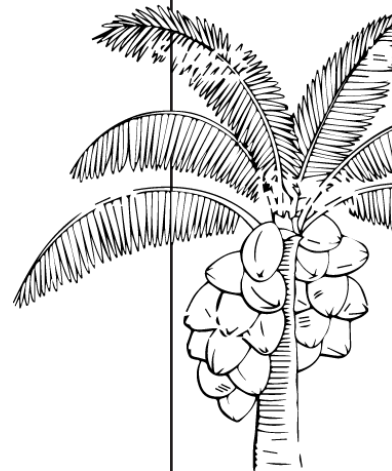
MOZZARELLA, TOMATOES AND  
SPICY SCOTCH BONNETS

<b>MEDIUM</b>	<b>LARGE</b>
GHC 50	GHC 60

### JUNGLE MADNESS

MOZZARELLA, TOMATOES, AND CHICKEN

<b>MEDIUM</b>	<b>LARGE</b>
GHC 60	GHC 70



## DESSERTS

CHOCOLATE BROWNIE WITH ICE CREAM

GHC 20

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At Meet Me There we make every effort to cater for everyone! Our well thought out menu is heavily influenced by delicious local dishes and flavours. We aim to source as much of our produce locally, ensuring it's wholesome, supports the local economy and gives you a taste of the Volta region and Ghana on a whole.

All of our food is freshly prepared and made with love, so please do order in advance; or enjoy our plentiful buffet style meals when we're busy!

Please find below a glossary of our local dishes / ingredients.

Feel free to talk to our fantastic Head Chef Justine if you have any questions.

### **RED RED**

This dish, served with the traditional fried plantain, is a delicious combination of black-eyed beans stewed in a gently spiced tomato and red palm oil sauce; a hearty stew that is extremely popular in Ghana.

### **PALAVA**

A type of stew that is widely enjoyed in countries such as Ghana, Liberia, Sierra Leone and Nigeria. Palava leaves are very similar to spinach, resulting in a dish especially high in iron.

### **PLANTAIN**

A close relative in the banana family, plantain is an incredibly versatile vegetable that can be used at all times of its ripeness, and so ranges from an ingredient low in fat, salt and cholesterol and high in dietary starch and fibre to a super tasty sweet treat. Not only this, but overall plantain helps to boost the immune system, regulate digestion and is rich in potassium – a vegetable of many talents.

### **BANKU**

A side made from ingredients including corn and cassava and comparable to a giant dumpling, banku is accompanied with soups and stews all across Africa and largely savoured with delicious freshly grilled tilapia.

### **GROUNDNUT SOUP**

A Ghanaian favourite for its creamy yet oily consistency and spicy taste, this appetizing soup is served with rice balls – the less heavy version of banku. With a main ingredient being groundnuts, which are actually peanuts, this dish has a whole range of health benefits, including boosting memory power, protection against cancer and lowering the risk of heart disease.



## **MORINGA**

This indigenous West African superfood (we even have a tree in our own garden) is not only super tasty in stews, soups and salads, but is also one of the most nutrient-rich plants in the world. To name just a few, moringa leaves, akin to spinach, kelp and spirulina, are abundant in nutrients such as vitamin C, calcium, essential amino acids and protein. As well as this, it can even be used for water purification and hand washing!

## **CASSAVA**

A starchy root vegetable / tuber that, after preparation, can be boiled, steamed, roasted or fried – such as our delicious novel cassava chips.

## **YAM**

As another tuber, yam is very similar to cassava, in the way it can be cooked or milled into flour. Although, it holds significantly more health benefits, such as being strong in antioxidants, vitamin C and many Bs, fibre and minerals. Frequently, yam is classified as sweet potato, however even though they are both tuberous root veggies that come from a flowering plant, this is definitely not the case.

## **FRESH PEPPER**

A delicious and fiery dip that perfectly accompanies so many of our dishes – without overpowering any other flavours – and is a totally central condiment in African cuisine. Fresh pepper is made up of ingredients such as tomatoes, garlic and the legendary Scotch Bonnet peppers – these hold a specific smoky, sweet (and rather hot) flavour and are an excellent source of many vitamins and minerals.

## **WAGASHI**

A special cheese that has its origins in Benin, wagashi is a natural form of grass-fed cow's cheese that, unlike many of the cheeses of the world, does not melt at high temperatures. This is a delicacy that is popular throughout West Africa, and is not only delicious, but is a prime ingredient in some unique meals – such as our deliciously cheesy kebabs.

## **HIBISCUS**

Not only known for its large, colourful flowers, this plant can be used in drinks, and even food, to add a delectable taste, essential vitamins and minerals, and various medicinal benefits; these include lowering blood pressure, reducing the risk of heart disease and stimulating liver function. Hibiscus grows abundantly in Ghana, and the deeply vibrant flower can be found overflowing from huge woven baskets in the market places (and in our super popular hibiscus mojito).

