

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

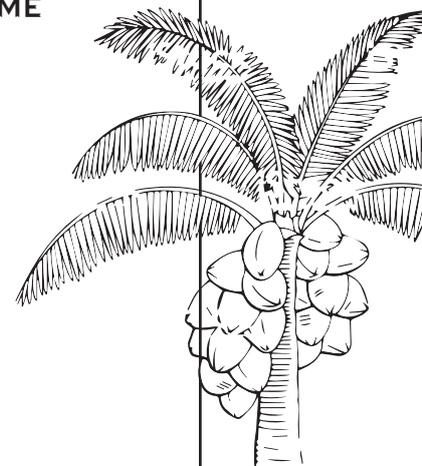
FRESH LIMES. SUGAR AND CANE RUM

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

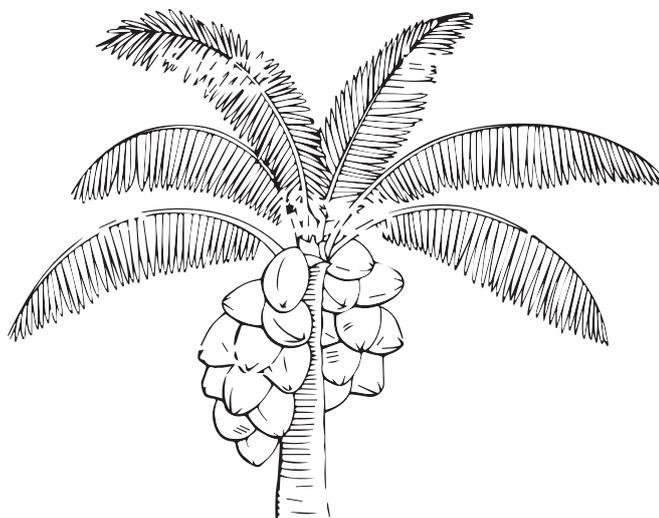
BREAKFAST MENU

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

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

VEGETARIAN

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

FUSION

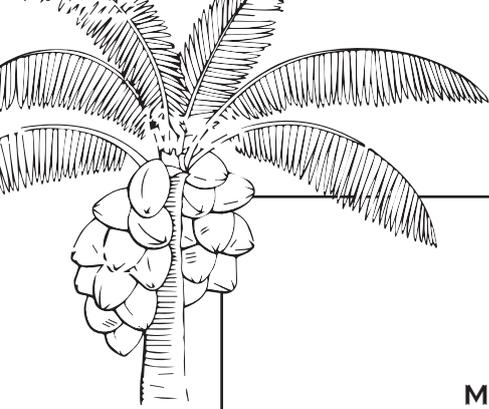
GRILLED CHICKEN WITH CASSAVA CHIPS FRESH PEPPER DIPPING SAUCE AND SALAD	GHC 45
COCONUT FRIED RICE WITH GRILLED CHICKEN AND OKRA AND MANGO/PAPAYA SALAD	GHC 45
COCONUT SALAD WITH TILAPIA OR SEA FISH WITH TOSSED FRENCH BEANS	GHC 45

SNACKS AND SIDES

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

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

MEDIUM	LARGE
GHC 50	GHC 60

HOT 'N' SPICY

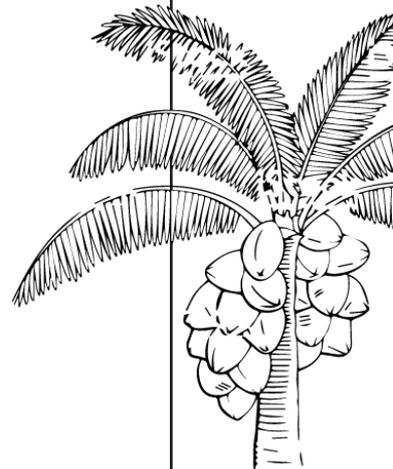
MOZZARELLA, TOMATOES AND
SPICY SCOTCH BONNETS

MEDIUM	LARGE
GHC 50	GHC 60

JUNGLE MADNESS

MOZZARELLA, TOMATOES, AND CHICKEN

MEDIUM	LARGE
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).

