



Alcoholic Cocktails GHS 80

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 60

Guinness/ Club shandy/ Origin GHS 25

Club Beer [Small] GHS 25

Wine [By the bottle only] GHS 200

Non-Alcoholic Cocktails

GHS 45

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

Pretty in Pink

Muddled water melon, fresh mint, lime juice

Fresh start in the morning

Muddled cucumber and mint, lime juice, lemongrass syrup

Local shots GHS 10

Top shelf on the rocks
Ask for prices

Non-Alcoholic

Iced coffee GHS 40

Coke/ Sprite/ Fanta/ Malt GHS 15

Bel-Aqua Sparkling water GHS 50

Still-Water GHS 7

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 35**

Fresh Pineapple, mint and lime **GHS 35**

Sobolo (Hibiscus and ginger) **GHS 35**

Fresh Coffee (Served with homemade coconut milk) **GHS 40**
Delicious Gold Coast Coffee Roasters

Homemade Moringa and Hibiscus Herbal Tea **GHS 15**

Breakfast

Plantain omelette **GHS 55**
Plantain and roasted beetroot omelette with toast

Volta Big Breakfast **GHS 70**
Eggs, roasted beetroot, tomatoes, cassava hash brown, beans and toast

Baobab Pancakes **GHS 55**
Baobab pancakes served with homemade mango/pineapple jam

Ghanola **GHS 55**

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 eggs **GHS 55**

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

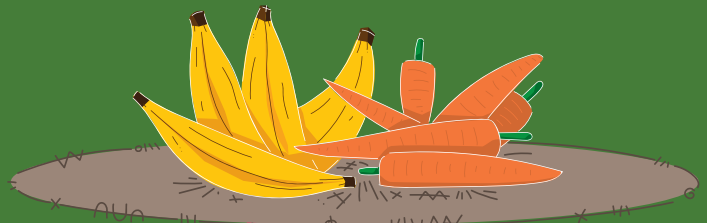
** When mushrooms not available we replace with roasted beetroot*

Prekese spiced French Toast **GHS 55**

Prekese Spiced French Toast served with Local honey

Fresh Fruit Salad **GHS 35**

**** When in season add side of smashed Avocado* **GHS 20**





Lunch and Dinner Menu

Akple and Volta Tilapia

Akple, grilled Volta Tilapia, fresh pepper and tossed vegetables

GHS 110

Chicken groundnut soup and Omotuo

Chicken groundnut soup served with sticky rice and grilled vegetables

GHS 110

Jollof Rice

Jollof Volta rice, grilled chicken and house green salad

GHS 110

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 110

Coconut fried rice

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

GHS 110

Akple and Okra Soup with Tilapia

GHS 110

Vegetarian/ Vegan

Palava (Vegetarian)

Palava Sauce and Volta sticky rice with local oyster mushrooms.

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

GHS 80

Red Red (Vegan)

Spicy beans with Volta sticky rice and fried plantain

GHS 80

Moringa and Garden Egg Stew

(Vegetarian)

Moringa stew with vegetables and mashed sweet-potato

GHS 80

Vegetable Groundnut soup and omotuo (Vegan)

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

GHS 80

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

Coconut soup (Vegan)

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

GHS 80

Fonio stir-fry (Vegetarian)

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

GHS 90

Snacks and Sides

MMT Pizza

Wagashi, roasted beetroot, grilled vegetables

GHS 75

Coconut salad

GHS 45

Egushi and wagashi salad served with homemade mango dressing

GHS 45

Okra fries served with palm oil aioli

GHS 40

Fried Plantain served with fresh pepper dipping sauce

GHS 40

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

GHS 40

Fonio flat bread served with Bambara bean hummus

GHS 45

Spicy Grilled Chicken

GHS 45

Dessert

Gold Coast Cocoa chocolate brownie

Chocolate brownie served with homemade white chocolate and coconut custard

GHS 50

Banana cake

Banana cake served with homemade white chocolate and coconut custard

GHS 50

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.



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.