



## GHANAIAN STYLE SANDWICH MENU

### Vegetarian

1. Spinach and Agushi with sautéed mushrooms
2. Ghanaian omelette and cress
3. Avocado and three bean

### Fish

4. Spicy tuna, diced red onion and parsley
5. Fresh sardines, chilly cheese and mayo
6. Tilapia with roasted mixed peppers
7. Smoked mackerel with crisp lettuce
8. Sasaw prawns with crispy sweet potato
9. 'Momowi' salt fish and avocado

### Chicken

10. Jerk chicken and spring onion
11. Chargrilled suya chicken & peanut rub

### Meat

12. Shredded marinated beef with homemade tomato relish
13. Spiced corned beef with rocket and caramelised shallots

### Salads

14. Fresh mixed leaf Salad red onion, Spring onion and carrot salad
15. 'Gari Foto' grated dried cassava soaked in a spicy tomato sauce with roasted peppers and red onions
16. Marinated grilled courgette and garlic
17. Sweet potato salad
18. Rich Ghanaian Salad egg, flaked

### Juices/Drinks Chegworth Valley

19.	Apple and Strawberry	250ml 1.90 1L 3.00
20.	Apple and Elderflower	250ml 1.90 1L 3.00
21.	Strathmore still	
22.	Strathmore sparkling	

### Crisps/Snacks

30.	Savoury plantain chips	1.00
31.	Sweet plantain chips	1.00
32.	Chilly plantain chips	1.00
33.	Cassava chips	1.50
34.	Ghanaian sweet donuts	0.60
35.	Ghanaian meat pies (each) (Tuna, corned beef, chicken)	2.50
36.	Muffins (Chocolate, blueberry)	1.95
37.	Nkate` cake (each) (Ghanaian style peanut brittle)	0.60

### Fruit

38.	Tropical fruit platter (15-20 people)	15.00
39.	Apples/banana/pears (each)	0.40

Sample sandwich platters

You are also able to pick and choose your own fillings

### Classic Sandwich Platter serves (30 quarters) (6 people) @ 22.00 per platter

Salt fish and avocado  
Char-grilled suya chicken with spicy peanut rub  
Shredded marinated beef with home made caramelised tomatoes and onion relish

### Large Luxury Sandwich Platter (40 quarters) (8 people) @ 25.00 per platter

Salt fish and avocado  
Char-grilled suya chicken with spicy peanut rub  
Shredded marinated beef with home made caramelised tomatoes and onion relish  
Jerk chicken and spring onion  
Avocado and three bean (v)

### Vegetarian Platter serves (30 quarters) (6 people) @ 20.00 per platter

Spinach & Agushi with sautéed mushrooms (v)  
Ghanaian omelette and cress (v)  
Avocado and three bean (v)

**Minimum order of two platters**  
**Delivery charges apply**  
**Order before 12pm the day before delivery**