




SUNSHINE SALAD BAR

Continental Buffet Menu

Tel: 0244383064

email: sunshinesaladghana@gmail.com

www.sunshinesaladbar.com

 sunshine salad bar & restaurant

 @sunshinesaladghana

OPTION 1 (GH 200 PER HEAD)

Starter:

Spring Rolls

Main Course

Jollof Rice & Fried Rice
Grilled Chicken & Fish
Salad
Stew & Pepper
Fresh Fruit Salad

OPTION 2 (GH 250 PER HEAD)

Starters

Spring Rolls

Main Course

Fresh Garden Salad
Jollof Rice
Fried Rice
Grilled Chicken & Fish
Vegetable Noodles
Stew & Pepper
Fresh Fruit Salad

OPTION 3 (GH 300 PER HEAD)

Starters

Samosas
Beef Kebabs

Main Course

Fresh Garden Salad
Jollof Rice
Fried Rice
Crispy Fried Chicken & BBQ Chicken
Pasta with Grilled Vegetables
Fish in Lemon Parsley Sauce
Sauteed Potatoes
Fresh Fruit Salad

OPTION 4 (GH 450 PER HEAD)

Starters

Potato Cakes Stuffed with Peas
Samosas

Main Course

Green Salad
Mango & Pistachio Salad
Aromatic Pulao Rice with Green Peas
Chicken Biryani
Assorted Rotis
Curry Potato Wedges
Butter Chicken
Mixed Vegetable Korma
Madras Fish Curry
Fresh Fruit Salad

OPTION 5 (GH 550 PER HEAD)

Starters

Potato Cakes with Salmon
Avocado & Prawn Cocktails

Main Course

Greek Salad
Beetroot & Feta Salad
Vermicelli & Herb Rice
Fried Rice
Jollof Rice
Sliced Beef with Mushroom Sauce
Grouper & Shrimps in Lemon Butter
Mixed Grilled Vegetables
Roast Chicken
Oven Roast Potatoes
Pasta with Mushrooms & Parsley
Fruit Salad
Fresh Fruit Salad
Chocolate & Biscoff Bars

OPTION 6 (GH 650 PER HEAD)

Starters

Grilled Prawns
Beef Kebabs / Veg Kebabs
Chicken Lollipops

Main Course

Mango & Avocado Salad
Green Salad
Chicken & Bacon Salad
Coconut Rice
Vegetable Pulao
Steamed Rice
Jollof Rice
Goat Curry
Shredded Beef with Peppers
Toum Chicken
Mixed Grilled Vegetables
Roast Leg of Lamb
Vegetable Lasagne
Grouper in Ginger & Soy
Fondant Potatoes
Fresh Fruit Salad
Victoria Sponge Squares

OPTION 7 (GH 850 PER HEAD)

Starters

Veg Samosas
Fish Tikka
Shish Kebab
Leek Pakodas



Main Course

Chicken & Mango Salad
Tuna & Macaroni Salad
Fresh Garden Salad
Cumin Rice
Chicken Biryani
Peas Pulao
Fried Rice
Assorted Naans
Curry Potatoes
Chicken Tikka Masala
Tandoori Salmon
Madras Lamb Chop Curry
Prawn Korma
Palak Paneer
Chicken Malai Tikka
Cauliflower & Green Pea Curry
Fresh Fruit Salad
Chai shortbread

OPTION 8 (GH 850 PER HEAD)

Starters

Caprese Sticks
Butterfly Prawn Cutlets
Lamb Wraps
Shrimp Spring Rolls
Schezuan Chicken Lollipops

Main Course

Calamari Salad
Salade Nicoise
Avocado & Chicken Salad
Garden Salad
Egg Fried Rice
Jollof Rice
Steamed Rice
Vermicelli Rice
Festive Rice
Gambas with Focaccia
Beef with Mushroom Sauce
Grouper and Prawns Provencal
Pork Chops
Lemon Chicken & Sautee Potatoes
Shepherds Pie
Salmon in Lemon & Parsley
Aubergine Moussaka
Pasta with Grilled Vegetables & Pine Nuts
Oven Roasted Vegetables
Whole Baked Grouper
Fresh Fruit Salad
Banana caramel teacakes

All prices are TAX inclusive





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OPTION 1 GH 350.00

Jollof Rice
Grilled Chicken
Fried Fish
Kenkey
Fufu
Goat Light Soup
Salad
Fresh Fruit Salad

OPTION 2 GH 350.00

Egg Fried Rice
Crispy Chicken
Boiled Yam
Kontomire Stew
Banku
Tilapia
Salad
Fresh Fruit Salad

OPTION 3 GH350.00

Waakye
Fish & Eggs
Grilled Chicken
Fried Rice
Yam
Palaver Sauce
Salad
Fresh Fruit Salad

OPTION 4 GH350.00

Fufu

Goat Light Soup / Ebunubunu / Palmnut Soup

Grilled Chicken

Fried Rice

Plantain

Beans

Salad

Fresh Fruit Salad

OPTION 5 GH350.00

Omotuo

Groundnut Soup

Yam & Plantain

Kontomire / Garden Eggs

Jollof

Grilled Chicken

Salad

Fresh Fruit Salad

OPTION 6 GH 350.00

Attieke

Tilapia & Avocado

Apapransa

Crabs & Kelewele

Rice

Meat Stew

Salad

Fruit Salad

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CARBS

- ÿ Attieke
- ÿ Banku
- ÿ Eba
- ÿ Fufu
- ÿ Gari Fotor
- ÿ Goat Jollof
- ÿ Jollof
- ÿ Kelewele Jollof
- ÿ Kelewele Rice
- ÿ Kenkey
- ÿ Kokonte
- ÿ Meat Jollof
- ÿ Mpotompotor
- ÿ Omotuo
- ÿ Plantain
- ÿ Semo
- ÿ Steamed Rice
- ÿ Tuo Zaafi
- ÿ Waakye
- ÿ Yam

SOUPS

- ÿ Groundnut
- ÿ Eburnubunu
- ÿ Ademee
- ÿ Palmnut
- ÿ Light Soup
- ÿ Okro Soup

STEWES

- ÿ Abomu
- ÿ Okro Stew
- ÿ Kontomire
- ÿ Makerel Stew
- ÿ Cabbage Stew
- ÿ Sardine Stew
- ÿ Corn Beef Stew
- ÿ Garden Egg Stew
- ÿ Beans Stew
- ÿ Egg Stew
- ÿ Agushi



CHOICE OF PROTEIN

- ÿ Gizzar
- ÿ Cow Leg
- ÿ Tilapia
- ÿ Chicken
- ÿ Tripe
- ÿ Crabs
- ÿ Red Fish
- ÿ Goat
- ÿ Cassava Fish
- ÿ Turkey
- ÿ Mushrooms
- ÿ Beef
- ÿ Pig Feet
- ÿ Snails
- ÿ Dry Fish
- ÿ Guinea Fowl

EXTRAS

- ÿ Fish Balls
- ÿ Fried Plantain
- ÿ Fried Yam
- ÿ Kebabs
- ÿ Kelewele
- ÿ Pepper Gizzard
- ÿ Pepper Wings
- ÿ Yam Balls

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SUNSHINE
SALAD BAR

Breakfast/ Brunch Menu

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PRICES PER HEAD (OPTION 1 GH 150)

Juice
Water
Croissants
Fruit Kebabs
Sandwiches
Meat / Fish / Veg Pie
Oat Crunchy

PRICES PER HEAD (OPTION 2 GH 200)

Juice
Water
Breadrolls w/ Butter & Jam
Baked Beans
Hash Brown
Omelettes
Sausages
Fruit Kebabs
Banana Muffin

PRICES PER HEAD (OPTION 3 GH 250)

Coffee
Tea
Juice
Water
Breadrolls W/ Butter & Jam
Baked Beans
Hash browns
Mushrooms
Sausages
Scrambled Eggs /omelettes
Croissants
Fruit Salad
Assorted Cookies & Biscuits



OPTION 4 GH 350 PER PERSON

Coffee
Tea
Juice
Water
Bacon
Baked Beans
Breadrolls W/ Butter & Jam
Hash Browns
Mushrooms
Quiche
Sausages
Scrambled Eggs/omelettes
Fruit Salad
Mini Cakes
Assorted Cookies & Biscuits

OPTION 5 GH 450 PER PERSON

Coffee
Tea
Juice
Water
Bacon
Baked Beans
Croissant French Toast
Assorted Bread Rolls W/ Butter & Jam
Croque Monsieur
Devilled Eggs
Fruit Cups
Hash Browns
Mushrooms
Sausages
Scrambles Eggs/omelettes
Assorted Mini Cakes & Cookies

OPTION 6 GH 600 PER PERSON

Coffee
Tea
Juice
Water
Bacon
Baked Beans
Assorted Bread Rolls W/ Butter & Jam
Charcuterie Board
Croissants/Danish Rolls
Fruit Salad
Hash Browns
Muffins
Mushrooms
Omelette Station
Pancake/waffle Station
Sausages
Scrambled Eggs
Yogurt & Muesli
Assorted Mini Cakes & Cookies

SELECT A LOCAL SPECIALITY FOR 50GH PER HEAD

Waakye
Kenkey/fish/stew
Koko/kose
Red Red
Jollof
Plantain Otor
Yam Otor

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