



*We nurture our team to nourish our community
Come, bask in our Sunshine*

* BREAKFAST * LUNCH * COFFEE * TEA * CATERING

*A recipe is made up of words....we must
soulfully interpret these words and turn
them into a living thing...*

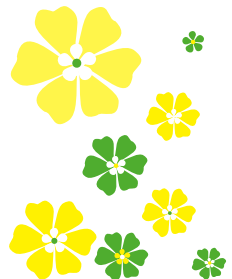
Anita Punjabi

11TH LANE OSU
MONDAY – SATURDAY 8AM-5PM
CLOSED ON PUBLIC HOLIDAYS

Restaurant: 0302 780599 / 0244 315 703 / 0244 383 064

MoMo: 0557958538 – Little India Ltd.

Email: sunshinesaladsghana@gmail.com



ALL KINDS OF DIPS TO GET YOU STARTED
....so you can linger a little longer

V: Vegetarian











VG: Vegan

- | | | |
|--|--|------------------|
|  | Traditional Hummus
<i>Creamy hummus topped with whole chick peas & pine nuts</i> | GH¢100.00 |
|  | Beetroot Hummus
<i>Pretty and pink hummus garnished with crumbly feta and black olives</i> | GH¢100.00 |
|  | Pumpkin Hummus
<i>The pumpkin is roasted with warm spices and ground with the chick peas, then topped with pumpkin seeds and walnuts</i> | GH¢100.00 |
|  | Avocado Hummus
<i>Luscious green avocado hummus, topped with sliced radishes and chili flakes</i> | GH¢100.00 |
|  | Chili Hummus
<i>Excitingly spicy chili hummus, topped with pistachios and kidney beans</i> | GH¢100.00 |
|  | Babaghanouj
<i>Smoky aubergine dip topped with dried pomegranate and fresh herbs</i> | GH¢100.00 |
|  | Labneh
<i>Silky drained yogurt seasoned with garlic, salt and pepper, topped with fresh and dried mint and almonds</i> | GH¢100.00 |
|  | Guacamole Salsa & Sour Cream
<i>Crispy tortilla chips served with this 3 layer dip is a great appetizer to awaken the taste buds</i> | GH¢100.00 |

Our story is a romantic one....full of love, excitement, passion, laughter; pain, success, drama, trepidation, liberation, validation, miracles, tears, joy....and this is all just about our food...and our food is about our lives... and our lives are about you....we are all, " Rays Of Sunshine"!


APPETISERS

....or otherwise called a warm up exercise

- | | | |
|--|--|------------------|
|  | Garlic bread | GH¢70.00 |
|  | Cheesy garlic bread | GH¢80.00 |
|  | French fries | GH¢70.00 |
|  | Masala fries | GH¢70.00 |
|  | Aubergine crisps with yogurt & mint dip | GH¢100.00 |
|  | Halloumi & courgette fritters | GH¢100.00 |
|  | Spring rolls-veg/ chicken | GH¢15.00 |
|  | Samosas-veg/meat/chicken | GH¢15.00 |
|  | Mozzarella sticks with marinara sauce (4 pcs) | GH¢100.00 |
|  | Grilled aubergines with feta, olives, chili & mint served with crispy pita bread | GH¢100.00 |
|  | Beetroot & millet felafels (4 pcs) | GH¢100.00 |
| | Chicken wings | GH¢100.00 |













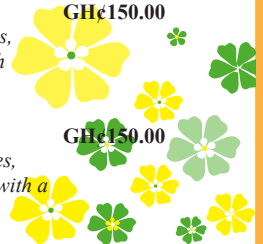
FOR THE EARLY BIRD

A Full English <i>Eggs, sausages, hash browns, bacon, mushrooms, baked beans, toast</i>	GH¢145.00
Veggie Sunrise <i>Eggs, veggie sausages, mushrooms, hash browns, baked beans, toast</i>	GH¢145.00
 Breakfast Quesadillas <i>Mexican tortilla filled with eggs, avocado, bacon and cheese</i>	GH¢145.00
Shakshuka <i>Turkish egg stew served with avocado and crispy dipping bread</i>	GH¢145.00
Dreamy Trio <i>Pancake with syrup, chocolate pancake with chocolate sauce, lemon pancake with honey</i>	GH¢120.00

*"A salad is not a meal; it is a style of eating," Fran Lebowitz
Our unique salad selection is worth a read!*

VEGGIE WONDERS

 RUBY RED - beetroot, quinoa & orange salad <i>Lettuce, cucumbers, sun dried tomatoes, quinoa, pickled beets, orange segments, sunflower seeds & walnuts with an orange vinaigrette</i>	GH¢150.00
 KUNG FU PANDA - 5 spice tofu salad <i>Lettuce, cucumbers, noodles, bean sprouts, crispy tofu, topped with crispy schezuan vegetables, sesame seeds and a sweet chili dressing</i>	GH¢150.00
 MIRCHI MASALA - grilled aubergines & cauliflower salad <i>Lettuce, cucumbers, cauliflower florets, grilled aubergines, chick peas, onion tomato, chili relish, with a lemon & herb dressing</i>	GH¢150.00
 SANTORINI - halloumi & herb salad <i>Lettuce, cucumbers, tomatoes, chick peas, peppers, onions, olives and crispy halloumi cheese with pita croutons, topped with a fresh mint & olive oil dressing</i>	GH¢150.00
 MERENGUE - mango and avocado salad <i>Lettuce, cucumbers, tomatoes, diced mangoes, diced avocados, slices of radish and onions, with a sweet chili and lime dressing</i>	GH¢150.00
 CARNIVALE - roasted pumpkin and pine nut salad <i>A bed of greens, and grilled tomatoes topped with warm, spiced pumpkin cubes, pine nuts and parmesan cheese, dressed with silky roasted garlic vinaigrette</i>	GH¢150.00
 AROMATHERAPY - aromatic couscous salad <i>Lettuce and cucumbers, topped with aromatic couscous, aubergines, tomatoes, caramelized onions, and pine nuts, drizzled with olive oil, and sprinkled with fresh herbs</i>	GH¢150.00
 GREEN GODDESS - Greek salad <i>Lettuce, cucumbers, tomatoes, onions, olives & feta cheese, garnished with oregano & fresh herbs dressed with a Mediterranean vinaigrette</i>	GH¢150.00
 OLYMPUS - aubergine & feta salad <i>Lettuce, cucumbers, delicious grilled vegetables (aubergines, courgettes, tomato wedges, onions and bell peppers), crumbly feta cheese and fresh herbs with a red wine vinaigrette</i>	GH¢150.00
 TUSCAN SUN - aubergine and mozzarella salad <i>Chunks of melting mozzarella wrapped in warm, grilled aubergine slices, on a bed of mixed greens, cucumbers, tomatoes and pine nuts, dressed with a silky garlic vinaigrette</i>	GH¢150.00



-  **MANDARINE - tofu and crispy noodle salad** **GH¢150.00**
Lettuce, sliced cucumbers, grilled aubergines, crunchy bean sprouts, topped with tofu, crispy noodles, fresh herbs doused in a sweet chili & black bean infusion
-  **TOFU SAN - crispy tofu & ginger salad** **GH¢150.00**
Lettuce, cucumbers, carrots, crispy tofu with schezuan chili sauce, pickled ginger and cashew nuts
-  **SAVANNAH - sweet potato and feta salad** **GH¢150.00**
Lettuce, cucumbers, warm sweet potatoes, crumbly feta cheese and spring onions, with a coriander and lemon dressing
- AU NATURALE - fresh fruit salad** **GH¢120.00**
Seasonal fruits in all their natural glory!

CHICKEN FOR THE WIN

- GOLDCOAST SALAD** **GH¢175.00**
Lettuce, cucumbers, tomatoes, fried plantain, suya chicken pieces topped with sliced onions and light mayo dressing
- SHISHLICIOUS - chicken shawarma salad** **GH¢175.00**
Lettuce topped with a crunchy mix of chopped cucumbers, tomatoes, onions, peppers, herbs, embellished with crispy chicken shawarma, almond slivers & a maple tahineh dressing
- BAADSHAH - exotic chicken salad** **GH¢175.00**
Slices of chicken marinated in yogurt and spices, on a bed of lettuce, cucumbers, carrots, beetroot, radish and tomatoes sprinkled with pickled onions
- GRAND CANYON - chicken, bacon and avocado salad** **GH¢175.00**
Chicken slices, crispy bacon, cooked to perfection, on a bed of lettuce, cucumbers and tomatoes, topped with avocado, garlic mushrooms and a drizzle of honey mustard dressing
- LUCKY STRIKE - 3 spice chicken salad** **GH¢175.00**
Slices of chicken marinated in aromatic spices, on a bed of lettuce, cucumbers, and tomatoes, topped with crispy onions and garlic, coated in a mustard vinaigrette
- FIorentINA - parmesan crusted chicken salad** **GH¢175.00**
Lettuce, cucumbers, tomatoes, topped with parmesan crusted chicken...all this goodness garnished with golden matchstick potatoes and dressed with basil vinaigrette
- CRUNCHY NUTS - fruit and nut chicken salad** **GH¢175.00**
A bed of greens topped with finger licking bbq chicken pieces, tomatoes, cucumbers, citrus segments and cashew nuts, drizzled with honey mustard sauce.
- HONG KONG PHOOEY - schezuan chicken salad** **GH¢175.00**
Lettuce, luscious chicken pieces and grilled peppers, topped with a refreshing cucumber and onion salsa, with a sweet & sour dressing
- ATHENA - mediterranean chicken salad** **GH¢175.00**
Lettuce, cucumbers, onions, tomatoes and peppers, topped with lemon chicken, chick peas, olives and feta cheese, pine nuts, with sesame and yogurt dressing.
- A PROVENCE SUMMER - fruity and nutty summer chicken salad** **GH¢175.00**
Lettuce, cucumbers, roast chicken, bacon, apples, dried cranberries, walnuts and blue cheese with a lemon and mustard dressing

FRUITS OF THE DEEP BLUE SEA

- CLUB TROPICANA - coconut prawn salad** **GH¢200.00**
Lettuce, cucumbers, tomato wedges, grilled courgettes, peppers and onions, crispy coconut prawns, spicy sweet potato croutons, with a creamy garlic dressing
- SICILIAN - prawn and squid salad** **GH¢200.00**
Fruits of the sea, prawns and squid, with a herb & parsley dressing on a bed of lettuce, with tomato wedges and crispy onion rings



PATTAYA - Thai prawn salad **GH¢200.00**

Lettuce, cabbage, cucumbers, noodles, coconut prawns, crispy shallots and garlic, crushed peanuts and red chilies with a soy and sesame dressing which tickles the taste buds.

CALAMARRY ME - prawn, mango and crispy calamari salad **GH¢200.00**

Lettuce, spicy prawns, crispy calamari, julienne of cucumbers and spring onions, perfectly balanced with diced mangoes and a soy & chili vinaigrette.

MALAY TIGER - prawn satay salad **GH¢200.00**

Lettuce, cucumbers, cabbage, carrots, beansprouts, crispy noodles, satay prawns, peanuts with an exotic peanut dressing

WOK IN - spicy prawn salad **GH¢200.00**

Lettuce, cucumbers, tomatoes, peppers, spicy grilled prawns and crunchy tempura courgettes with a sweet & spicy vinaigrette.

SEA SHELLS - butterfly prawn & avocado salad **GH¢200.00**

Lettuce, cucumbers, tomatoes, butterfly prawns, avocado slices with a light yogurt and chili dressing and crunchy onions.

MEAT LOVERS SELECTION

BISTRO BEST - steak and potato salad **GH¢200.00**

A well grilled steak, sliced and served on a bed of lettuce and cucumbers, topped with crispy potatoes, sautéed onions and grilled tomato wedges, a mustard dressing ties it all together.

KAWASAKI - sesame beef and noodle salad **GH¢200.00**

Seared slices of beef, marinated in ginger, chili and honey, on a bed of greens, cucumbers, grilled aubergines, sesame noodles, garnished with crispy courgette tempura and dressed with a sesame and soy vinaigrette.

BABYLON - lamb kafta salad **GH¢200.00**

Lettuce, cucumbers, grilled tomatoes, succulent minced lamb kebabs, green beans, grilled onions and peppers drizzled with a lemon and herb dressing

LILY & LOTUS - Thai beef salad **GH¢200.00**

Lettuce, cucumbers, carrots, and crispy noodles with slivers of grilled beef, with a soy and ginger dressing.


PLATTERS, FOR TWO OF YOU.. (serves 2)


 **Mezze Platter Vegetarian** **GH¢250.00**
(hummus / felaful / cheese sambusik / battata harra / pita bread / vegetables)

Mezze Platter Meat **GH¢250.00**
(hummus / kibbeh / chicken wings / meat sambusik / pita bread / vegetables)

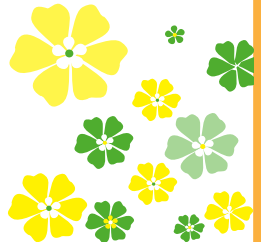
 **Indian Platter Veg** **GH¢250.00**
(paneer tikka / veg samosa / pakoda / masala potatoes / roti / chutney)

Indian Platter Non Veg **GH¢250.00**
(chicken tikka / masala fish / lamb kebab / lamb samosa / roti / chutney)

 **Healthy Hearty Platter** **GH¢250.00**
(roasted & fresh veggies, avocado slices, sautee mushrooms, potato wedges with hummus, labneh and pumpkin dip)

 **Super Duper Vegan Platter** **GH¢250.00**
(roasted veggies, fresh veggies, cashewnuts, peanuts, crispy pita chips, pumpkin dip, avocado hummus, olives)

Street Corner Special (serves 1) **GH¢200.00**
Crispy calamari, pepper wings, yam cubes, mixed salad



WRAP IT UP...in pita, roti or a tortilla
(served with fries or masala fries and a side salad)

GH¢150.00

Suya Luya Wrap - Tender beef suya in a pita wrap with lettuce, onions, tomatoes and green shitor served with yam chips and salad

Santa Fe - chicken and avocado, lettuce, spicy sour cream and salsa

Cyprus Special - grilled beef, lettuce, peppers, onions, tomatoes and garlic mayo

Sunshine Super Star - chicken, bacon & avocado, with lettuce and mayonnaise

Arabian Nights - lamb kafta with lettuce, onions, tomatoes and yogurt

Cave Man - grilled chicken and hummus, with lettuce, onions and tomatoes

Catch up - fish & chips, with lettuce, onions, tartar sauce and tomatoes

Taj Mahal - diced, spicy, tender lamb, masala omelet and diced onions with herb chutney

Kashmiri - tender and spicy chicken tikka pieces, a masala omelet, chopped onions, tomatoes, and herb chutney

🌿 **Aladin** - fefafels, with lettuce, onions, tomatoes, pickles and tahineh

🌿 **Benaresi** - potatoes and aubergines, cooked in exotic spices, onions, tomatoes & coconut chutney

🌟 **Maharani** - paneer cheese cooked with creamy yogurt and masalas, topped with onions and a delicious herb chutney

Masala Chicken Frankie - deliciously spiced chicken, masala omelet, curry cabbage and cheese

SANDWICH SPECIALS

(served with chips and salad)
ask for sweet potato fries at GH¢25.00 extra

GH¢150.00

Cubano - pulled pork, ham slices, cheese, mustard and mayo in a crispy roll

King and Crown - lettuce, sliced turkey, bacon, avocado and cranberry mayo on brown bread

QEII - lettuce, capers, smoked salmon and cream cheese on brown bread

Club Class - chicken club sandwich with ham, tomatoes, onions and eggs on brown bread

Café de Paris - ham & cheese grilled sandwich in brown bread

🌟 **Veg Delight** - veg club sandwich with cheese and vegetables in brown bread

🌟 **Venetian** - grilled aubergine, mozzarella and pesto sandwich in baguette

Lean On Me - super lean turkey sandwich with vegetables and light mayo on brown bread

Stake Out - steak and cheese sandwich with caramelized onions in a sub roll.

Buffalo's Best - Cajun chicken topped with crispy bacon, hot sauce & creamy blue cheese in a sub roll.

🌟 **Aloo Gobi** - Spicy potatoes, cauliflower and green herb chutney toastie



BURGER WONDERLAND

(served with accompaniments)

GH¢150.00

The Italian - a crispy chicken burger topped with marinara sauce and melting mozzarella cheese


The New Yorker - a grilled beef patty, with onions, cheese and pickle

The West African - a grilled chicken burger with kebab spices and a chili tomato dressing

The Greek - a grilled lamb and feta burger with a creamy tzatziki dressing


The English - a crispy fish and tartar sauce burger


The Kokrobite - Crispy fish topped with our house special local stew served with crunchy yam chips and salad

 **The Mexican** - a mixed bean burger topped with guacamole and served with spicy fries and salsa

LOW CARB PITA PIZZAS

GH¢150.00

 **Pizza Magharita** - tomato, cheese and oregano

 **Pizza Cleopatra** - spinach and mushrooms

Pizza Michelangelo - bbq chicken, sweetcorn and caramelized onions

Pizza Isabella - ham, mushrooms and peppers

HOT SPECIALS

(served with choice of steamed rice, fried rice, vegetable rice, sautee potatoes, steamed veg)

Creamy Lemon Sauce - a perfect sauce for seafood made with lemon, butter, herbs & cream

fish

GH¢185.00

prawns

GH¢200.00

Sweet Chili Sauce - tangy, spicy and sweet...satisfies all the taste buds

chicken

GH¢175.00

fish

GH¢185.00

prawns

GH¢200.00

Hot Madras Curry - if you like a hot curry, I bet you will love this one..

veg

GH¢150.00

chicken

GH¢175.00

fish

GH¢185.00

prawns

GH¢200.00

Mild Curry - full of flavor and not too spicy..

veg

GH¢150.00

chicken

GH¢175.00

fish

GH¢185.00

prawns

GH¢200.00

Tikka Masala - an internationally famous curry sauce..

veg

GH¢150.00

chicken

GH¢175.00

fish

GH¢185.00

prawns

GH¢200.00

Tandoori Grilled - Punjab's most popular grilled meat

chicken

GH¢175.00

fish

GH¢185.00

prawns

GH¢200.00



Harissa Grilled - <i>simple flavours....delectable taste</i>	
chicken	GH¢175.00
fish	GH¢185.00
prawns	GH¢200.00
Masala Fried - <i>when you need to crunch and munch</i>	
chicken	GH¢175.00
fish	GH¢185.00
Biryani - <i>a one pot meal...fills up your senses of taste and aroma</i>	
veg	GH¢150.00
chicken	GH¢175.00
fish	GH¢185.00
prawns	GH¢200.00
 Akosombo chicken special	GH¢180.00
<i>- crispy chicken pieces served with steamed rice, avocado, salad, cassava chips and peanut stew</i>	
Curry Goat with Coconut Rice - <i>highly recommended</i>	GH¢200.00
Chicken Fried Rice	GH¢120.00
Vegetable Fried Rice	GH¢120.00
Egg Fried Rice	GH¢120.00

THE BEVERAGE MENU

JUICY BOOSTS, BODY CLEANSERS & PICK ME UPS

Pure Tropical Blend - <i>pineapple/mango/pawpaw/watermelon)</i>	GH¢35.00
Creamy Delight - <i>fresh fruit and yogurt</i>	GH¢35.00
Very Green Lean Machine - <i>lettuce, mint, cumin, lemon</i>	GH¢35.00
Beauty & the Beets - <i>beetroot, orange & carrots</i>	GH¢35.00
Citrus Burst - <i>orange, pineapple, lemon</i>	GH¢35.00
Mango Tango - <i>mango, pineapple, lemon</i>	GH¢35.00
Summer Melon Breeze - <i>watermelon, cantaloupe, mint</i>	GH¢35.00
Cool as a Cucumber - <i>cucumber & mint</i>	GH¢35.00
Apple Carrot Zinger - <i>apple, carrot, ginger</i>	GH¢35.00
Mangolicious - <i>mango, apple, orange, lemon</i>	GH¢35.00
Garden Gingerale - <i>apple, cucumber, lemon, ginger</i>	GH¢35.00
Six pack of Veg - <i>lettuce, carrot, cucumber, lemon, mint, tomato</i>	GH¢35.00
Heart Beets - <i>beetroot, carrot, pineapple</i>	GH¢35.00
Choice of Lassi - <i>mango/pineapple/pawpaw/sweet/salty/masala</i>	GH¢35.00
Vita Boost - <i>carrot, pineapple, raisins, ginger, turmeric, lemon)</i>	GH¢35.00
Vegan Peanut Colada - <i>peanut butter, banana, honey, almond milk, dates</i>	GH¢35.00
Orange Sunrise - <i>mango, banana, orange, apple</i>	GH¢35.00
Summer Blend - <i>cucumber, apple, pineapple, ginger, lemon, mint</i>	GH¢35.00
Waist Buster - <i>apple, avocado, honey, lemon, cucumber, mint</i>	GH¢35.00
Apple Pie - <i>apple, banana, cinnamon, almond milk, vanilla, honey</i>	GH¢35.00



Fresh Orange Juice	GH¢35.00
Ice Coffee	GH¢35.00
Ice Tea	GH¢35.00
Green Ice Tea	GH¢35.00
Fruit Ice Tea	GH¢35.00

COLD BEVERAGES

Coke/Fanta/Sprite/Malt/Alvaro	GH¢15.00
Diet Coke	GH¢30.00
Soda/Tonic	GH¢15.00
Water L/S	GH¢15.00
Water S/S	GH¢10.00
Sanpellegrino Sparkling Water	GH¢35.00
Belaqua Sparkling Water	GH¢25.00

BEERS & STOUTS

STAR BEER

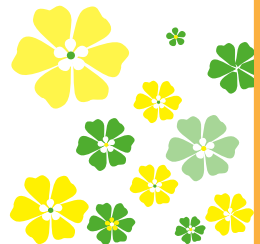
Mini	GH¢25.00
Large	GH¢35.00

CLUB BEER

Mini	GH¢25.00
Large	GH¢35.00
Guinness	GH¢25.00
Heineken	GH¢30.00
Savannah Dry	GH¢30.00
Smirnoff Ice	GH¢30.00

HOUSE WINE

Glass	GH¢35.00
Bottle	GH¢145.00



HOT BEVERAGES

James Beard

*"When we drink coffee, ideas march in like the army"
- Honore de Balzac*

Nescafe	GHC20.00
Filter Coffee	GHC25.00
Herbal Tea	GHC20.00
Specialty Teas	GHC20.00
Lipton Tea	GHC15.00
Chaii Tea	GHC35.00
Capuccino	GHC35.00
Americano	GHC25.00
Machiato	GHC25.00
Espresso	GHC25.00
Café Latte	GHC35.00

All prices are TAX inclusive

*"Cookery means...English thoroughness, French art, and Arabian hospitality; it means the knowledge of all fruits and herbs and balms and spices; it means carefulness, inventiveness, and watchfulness."
— John Ruskin*

