



*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

APPETISERS & SIDE ORDERS

French Fries	Gh¢55.00
Masala Fries	Gh¢55.00
Garlic Bread	Gh¢65.00
2 Slices of Buttered Bread	Gh¢25.00
Samosa (veg / chicken / meat)	Gh¢15.00
Spring Roll (veg / chicken)	Gh¢15.00
Traditional Hummus	Gh¢85.00
Chili Hummus	Gh¢85.00
Avocado Hummus	Gh¢85.00
Kibbeh Plate (4 pcs)	Gh¢100.00
Felafel Plate (4pcs)	Gh¢100.00

EARLY BIRD - Platter for one

A Full English	Gh¢145.00
<i>(eggs / sausages / hash browns / bacon / mushrooms / baked beans / toast / choice of beef / chicken or pork sausages)</i>	
Veggie Sunrise	Gh¢145.00
<i>(eggs / veg sausages / mushrooms / hash browns / baked beans / crispy tofu / toast)</i>	

PLATTERS FOR 2

Mezze Platter Vegetarian	Gh¢250.00
<i>(hummus / felafel / cheese sambusik / battata harra / pita bread / vegetables)</i>	
Mezze Platter Meat	Gh¢250.00
<i>(hummus / kibbeh / chicken wings / meat sambusik / pita bread / vegetables)</i>	
Indian Platter Veg	Gh¢250.00
<i>(paneer tikka / veg samosa / pakoda / masala potatoes / roti / chutney)</i>	
Indian Platter Non Veg	Gh¢250.00
<i>(chicken tikka / masala fish / lamb hebab / lamb samosa / roti / chutney)</i>	

BURGER WONDERLAND

(served with fries & side salad)

	Gh¢150.00
The Italian	
<i>A crispy chicken burger topped with marinara sauce and melting mozzarella cheese</i>	



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 Kokrobite

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

The English

A crispy fish and tartar sauce burger

The Mexican

A mixed bean burger topped with guacamole and served with spicy fries and salsa VG

WRAPS (choose pita bread, tortilla or roti)

GHC110.00

Grilled Beef & Vegetable Wrap

Chicken & Bacon Wrap

Fish & Chip Wrap

Greek Wrap

Kafta Wrap

Crispy Chicken Wrap

Felafel Wrap

Roast Chicken Wrap

Grilled Chicken & Hummus Wrap

Chicken Tikka Wrap

Avocado Shrimp & Mayo Wrap

Curry Paneer Wrap

Madras Lamb Wrap

Chicken & Avocado Wrap

Meatball & Cheese Wrap

VEGETARIAN SALADS

Mediterranean Salad

Light & fresh garden salad with a herb vinaigrette

GHC120.00

Greek Salad

A fresh green salad with olives , feta cheese and a herb vinaigrette

GHC120.00

Greek Pasta Salad

A combination of leaves, pasta, beans, feta cheese and olives with a minty vinaigrette

GHC120.00

Oriental Noodle Salad

Mixed salad with bean sprouts and a soy and sesame vinaigrette

GHC120.00

Aromatic Couscous Salad

GHC120.00



Lettuce and cucumbers, topped with aromatic couscous, aubergines, tomatoes, caramelized onions, pine nuts and vinaigrette

Felafel Salad (VG)

GHC120.00

Fresh garden salad topped with crispy felafels and a tahineh dressing

Tofu & Noodle Salad GH (VG)

GHC120.00

Fresh green salad leaves, cucumbers, courgettes, carrots, bean sprouts, noodles and crispy tofu with a sweet chili dressing

Fresh Fruit Salad

GHC100.00

Seasonal fruits in all their natural glory

SEAFOOD SALADS

Thai Prawn Salad

GHC180.00

Lettuce, cucumbers, noodles, courgettes, cabbage, coconut prawns, crispy onions and garlic slivers, soy & sesame vinaigrette

Salad Nicoise

GHC180.00

A fresh green salad topped with tuna, eggs, beans and potatoes, with a herb vinaigrette

Shrimp Cocktail Salad

GHC180.00

Lettuce, cucumbers, shrimps and green peppers, with a 1000 island dressing

Macaroni & Tuna Salad

GHC180.00

A mix of pasta, tuna, cucumbers, eggs, vegetables with a light mayo dressing

CHICKEN SALADS

Exotic Hawaiian

GHC150.00

Lots of vegetables topped with pasta, eggs, chicken, mayo & a delicious pineapple vinaigrette

Chicken & Bacon Salad

GHC150.00

A classic combo of roast chicken, bacon bits, lettuce, croutons, eggs and a honey mustard dressing

Crispy Chicken Salad

GHC150.00

Crispy fried strips of chicken, on a bed of vegetables with a honey mustard dressing

Crunchy Asian Combo

GHC150.00

Crunchy greens, topped with chicken, shrimps, noodles and a soy & sesame dressing

Harissa Salad

GHC150.00

Fresh green salad, spicy grilled chicken ,

herb vinaigrette

3 Spice Chicken Salad

GHC150.00

Slices of chicken marinated in aromatic spices, on a bed of mixed greens with a mustard dressing

Fruit & Nut Chicken Salad

GHC150.00

A fresh garden salad topped with slices of bbq chicken, orange segments and cashewnuts with a honey mustard dressing

Chicken Tikka Salad

GHC150.00

Tasty chicken tikka on a mixed salad with a yogurt and mint raita dressing

Chicken & Pasta Salad

GHC150.00

Lettuce, cucumbers, tomatoes, onions, eggs, green peppers, sweetcorn, chicken, green peas and pasta with a light mayo dressing

Curry Chicken & Pasta Salad

GHC150.00

Lettuce, cucumbers, tomatoes, curry chicken slivers, grilled onions, peppers and a curry mayonnaise dressing

Best Ever Chicken Salad

GhC150.00

Lettuce, vegetables, baked beans, sweetcorn, chicken & 1000 island dressing

HOT SPECIALS & ETHNIC CURRIES

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

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

fish GHC165.00

prawns GHC180.00

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

chicken GHC150.00

fish GHC165.00

prawns GHC180.00

veg GHC120.00

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

chicken GHC150.00

fish GHC165.00

prawns GHC180.00

veg GHC120.00

Mild Curry - full of flavour, exotic Indian aromatics, and not too spicy

chicken GHC150.00 *

fish GHC165.00

GHC150.00 *
GHC165.00

prawns	GHC180.00
veg	GHC120.00
<i>Tikka Masala - an internationally famous curry sausage</i>	
chicken	GHC150.00
fish	GHC165.00
prawns	GHC180.00
veg	GHC120.00
<i>Harissa Grilled - simple flavours... delectable taste</i>	
chicken	GHC150.00
fish	GHC165.00
prawns	GHC180.00
<i>Thadoori Grilled Chicken</i>	GHC180.00
<i>punjab's most popular grilled meat</i>	
<i>Masala Fried - when you need to crunch and munch</i>	
chicken	GHC150.00
fish	GHC165.00
<i>Biryani - a one pot meal...fills up your senses of taste and aroma</i>	
chicken	GHC150.00
fish	GHC165.00
prawns	GHC180.00
veg	GHC120.00
Curry Goat with coconut rice	GHC200.00
Chicken Fried Rice	GHC120.00
Vegetable Fried Rice	GHC120.00
Egg Fried Rice	GHC120.00

SUNSHINE SANDWICHES

GHC 65.00

Aubergine Mozzarella & Pesto
 Mini Club
 Super Lean Turkey
 Ham & Cheese Grilled
 Tuna Sweet Corn
 Veggie Club
 Masala Cheese Toastie
 Roast Chicken
 Mozzarella Tomato & Pesto
 Tuna Club
 Ham & Mustard
 Chicken Tikka
 Corned Beef & Salad
 Chicken & Bacon



LOW CARB PITA PIZZAS

GH¢150.00

Pizza Margherita- tomato,cheese and oregano V

Pizza Cleopatra - spinach and mushrooms V

Pizza Michelangelo- bbq chicken, sweetcorn and caramelized onions

Pizza Isabella- ham, mushrooms and peppers

JUICY BOOSTS, BODY CLEANSERS & PICK ME UPS

GH¢35.00

Pure Tropical Blend (*pineapple / mango / pawpaw / watermelon*)

Creamy Delight (*fresh fruit and yogurt*)

Very Green Lean Machine (*lettuce, mint, cumin, lemon*)

Beauty & the Beets (*beetroot, orange & carrots*)

Citrus Burst (*orange, pineapple, lemon*)

Mango Tango (*mango, pineapple, lemon*)

Summer Melon Breeze (*watermelon, cantaloupe, mint*)

Cool as a Cucumber (*cucumber & mint*)

Apple Carrot Zinger (*apple,carrot, ginger*)

Mangolicious (*mango, apple,orange,lemon*)

Garden Gingerale (*apple, cucumber, lemon, ginger*)

Six pack of Veg (*lettuce, carrot, cucumber, lemon, mint, beetroot*)

Heart Beets (*beetroot, carrot, pineapple*)

Choice of Lassi-*mango / pineapple / pawpaw / sweet / salty / masala*

Vita Boost (*carrot,pineapple,raisins,ginger, turmeric,lemon*)

Vegan Peanut Colada (*peanut butter, banana,honey,almond milk,dates*)

Orange Sunrise (*mango,banana,orange,apple*)

Summer Blend (*cucumber, apple, pineapple, ginger, lemon, mint*)

Waist Buster-(*apple, avocado, honey, lemon, cucumber, mint*)

Apple Pie-(*apple, banana, cinnamom, almond milk, vanilla, honey*)

Fresh Orange Juice

Ice Coffee

Ice Tea

Green Ice Tea

Fruit Ice Tea



HOT BEVERAGES - James Beard

"When we drink coffee, ideas march in like the army"

- Honore de Balzac

Nescafe	GH¢20.00
Filter Coffee	GH¢25.00
Herbal Tea	GH¢20.00
Specialty Teas	GH¢20.00
Lipton Tea	GH¢15.00
Chaii Tea	GH¢35.00
Capuccino	GH¢30.00
Americano	GH¢25.00
Machiato	GH¢25.00
Espresso	GH¢25.00
Café Latte	GH¢35.00

"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

All prices are TAX inclusive

