



WHAT DOES GAIA CAFÉ STAND FOR?

OUR MISSION

IS TO BE THE MOST SUSTAINABLE CAFÉ IN ACCRA BY SOURCING OUR ORGANIC INGREDIENTS LOCALLY AND SUPPORTING SMALL FARMERS. WE EXIST TO GIVE OUR CUSTOMERS A PLACE TO FEEL COMFORTABLE AND SPECIAL.

OUR MENU ITEMS ARE WELL CALCULATED
IN TERMS OF MACROS (MACRONUTRIENT)

THEY'RE THE THREE CATEGORIES OF NUTRIENTS YOU EAT THE MOST AND PROVIDE YOU WITH MOST OF YOUR ENERGY: PROTEIN, CARBOHYDRATES AND FATS. SO WHEN YOU'RE COUNTING YOUR MACROS, YOU'RE COUNTING THE GRAMS OF PROTEIN, CARBS OR FAT THAT YOU'RE CONSUMING.

WHAT OUR CODES IN THE MENU STAND FOR;

- KCAL** **CALORIES** |
REFERS TO THE ENERGY PEOPLE GET FROM THE FOOD AND DRINKS THEY CONSUME, AND THE ENERGY THEY USE IN PHYSICAL ACTIVITIES.
- P** **PROTEIN** |
ARE MADE OF AMINO ACIDS, WHICH FUNCTION AS A CELL'S "BUILDING BLOCKS". THEY ARE FOUND IN MANY FOODS LIKE MEAT, FISH, POULTRY, EGGS, LEGUMES AND DAIRY PRODUCTS.
- C** **CARBOHYDRATES** |
ARE MAINLY SUGARS AND STARCHES THAT THE BODY BREAKS DOWN INTO GLUCOSE.
- F** **FATS** |
ARE NUTRIENTS THAT GIVE YOU ENERGY. FATS HAVE 9 CALORIES IN EACH GRAM.
- VEG** **VEGETARIAN** |
A PERSON WHO DOES NOT EAT MEAT OR FISH HOWEVER DOES EAT EGGS AND DAIRY.
- VG** **VEGAN** |
A PERSON THAT DOES NOT CONSUME ANY ANIMAL PRODUCTS.
- GF** **GLUTEN FREE** |
IS A NUTRITIONAL PLAN THAT STRICTLY EXCLUDES GLUTEN, A MIXTURE OF PROTEINS FOUND IN WHEAT, BARLEY, RYE AND OATS.



BREKKIE

AVO TOAST

KCAL 690 P 17.5 C 72 F 77 VEG GF VG

Boiled sweet potatoes, mashed avocados topped with fried eggs and salsa.

50.00

OPTIONS Sourdough Toast KCAL 136 P 5.4 C 25.9 F 1.2

BREAKFAST BURRITO

KCAL 720 P 42.71 C 100 F 30 VEG VG

Eggs, beans, cheese, lettuce, avocado, mushrooms, Carrot, bell peppers served with Pico de Gallo.

51.00

MIGHTY OMELETTE

KCAL 457 P 35 C 51 F 34 VEG GF

Eggs, mushrooms, bell peppers, onions, tomatoes, carrots, served on sourdough.

40.00

HOME-MADE OATMEAL

KCAL 224 P 5 C 28 F 5.6 VEG VG

Oats, seeds, dried fruits, nuts, served with caramelized banana and honey on the side.

35.00

HEALTHY WAFFLE

KCAL 320 P 4 C 80 F 6

Whole grain oats, flax seeds, chia seeds, nuts, seasonal fresh fruits and almond butter.

50.00

BLUE BERRY KEFIR PANCAKES

KCAL 260 P 6.9 C 33 F 10.5

Fluffy pancakes with blue berries served with organic maple syrup and a berry compote.

48.00

CURRIED EGGS

KCAL 231 P 9 C 3 F 20

3 boiled eggs in a curry creamy sauce served on sourdough.

38.00

GRANOLA BREAKFAST BOWL

KCAL 355 P 20 C 53 F 8.2

Plain Greek yoghurt, shredded coconut, dried fruits, oats granola served with seasonal fruits.

40.00



WHOLESOME

MEDITERRANEAN SALAD

KCAL: 364 P: 9 C: 38 F: 15 VG GF

50.00

Quinoa, Lentil, tomatoes, cucumbers, bell pepper, red onion, roasted beets, olives, avocado, and parsley tossed in an olive oil and lemon dressing.

ARABIC BOWL

KCAL: 390 P: 9 C: 30 F: 15 VG GF

50.00

Lettuce, mint, olives, tomatoes, cucumbers, onions, labneh balls, cashew zaatar, kofta, served with creamy tahini and toasted pita bread.

*GRILLED WAGASHI SALAD

KCAL: 360 P: 31 C: 18 F: 13 VEG GF

45.00

Grilled wagashi (AKA Ghana cottage cheese), lettuce, cucumbers, bell peppers, spring onions, avocado, cherry tomatoes, carrots, green olives in a creamy tahini dressing.

*TROPICAL CHICKEN SALAD

KCAL: 470 P: 32 C: 42 F: 21 GF

43.00

Almond and coconut crusted chicken tender, lettuce, mango, avocado, bell peppers, coconut chips, spring onions, cilantro tossed in a honey mustard dressing.

EROS BOWL

KCAL: 357 P: 12.1 C: 50.3 F: 11.2

55.00

Quinoa, broccoli, roasted peanuts, mushrooms, peas, cauliflower, bell pepper, carrots, parsley, kale, chili flakes, shredded chicken, served with our special peanut sauce.

*THAI CHICKEN BUDDHA BOWL

KCAL: 356 P: 21 C: 23 F: 21 GF

42.00

Coconut brown rice, Kale, shredded carrots, cucumbers, red pepper, cabbage, chicken satay in our special peanut sauce.

OPTIONS Fish

CURRY CASHEW QUINOA SALAD

KCAL: 135.4 P: 4.0 C: 17.5 F: 5.5 GF

46.00

Quinoa, green peas, bell peppers, toasted cashew, cranberry, curry, shredded carrots tossed in ginger and fresh herbs.

*JERK CHICKEN BOWL

KCAL: 700 P: 41 C: 128 F: 26

50.00

Spicy chicken, kale, cabbage, shredded carrots, spring onions, coriander brown rice, red kidney beans served with a tangy pineapple and mango salsa.



WHOLESOME

CONTINUED

TERIYAKI CHICKEN BOWL

KCAL 370 P 30 C 39 F 9

Coconut brown rice, broccoli, green pepper, sesame seeds, carrots and teriyaki chicken.

45.00

NO MAYO TUNA SALAD

KCAL 381 P 34 C 4 F 23

Bell peppers, red onions, tuna, cucumber, capers, parsley, lettuce in a lemon herb dressing.

40.00

SOM TAM SALAD (THAI GREEN PAPAYA SALAD)

KCAL 124 P 6 C 25 F 3

Crispy green papaya, cherry tomatoes, chillies, peanuts, green beans in a spicy sweet dressing.

40.00

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GAIA ORGANICS

A SUSTAINABLE & ETHICAL
NO SYNTHETIC COLLAGEN PRODUCTS

SANDWICHES AND WRAPS

WITH SWEET POTATOES OR
FRENCH FRIES AIRFRIED OR DEEP FRIED

- *TUNA MELT** 35.00
KCAL: 450 P: 29 C: 65 F: 17
Tuna salad in whole wheat sourdough with low fat spicy mayo.
- *BBQ CHICKEN WRAP** 42.00
KCAL: 600 P: 29 C: 65 F: 28
Chicken breast, cheese, caramelized onions, carrots, bell peppers.
- *ASIAN CHICKEN WRAP** 46.00
KCAL: 650 P: 34 C: 68 F: 28
Sautéed chicken breast, cilantro, Thai peanut coleslaw.
- *CHEESEBURGER WRAP** 46.00
KCAL: 329 P: 32 C: 21 F: 15
BBQ minced meat, cheese, lettuce, tomato, mustard, red onions.
- GROUPER WITH CHIMICHURRI** 45.00
KCAL: 400 P: 28 C: 20 F: 15
Grouper fish, avocado, lemon coleslaw served with chimichurri
- *FALAFEL WRAP** 35.00
KCAL: 310 P: 18 C: 23 F: 19
Falafel balls, lettuce, cucumbers, tomatoes, pickled radish, pickled peppers, red onions, in tahini sauce.
- XAVIERS MESSY CLUB SANDWICH** 40.00
KCAL: 500 P: 48 C: 50 F: 33
Sourdough, avocado, tomatoes, chicken breast, eggs in low fat spicy mayo.
- PESTO CHICKEN SANDWICH** 40.00
KCAL: 602 P: 20 C: 8 F: 54
Sourdough bread, chicken breast, homemade pesto, avocado, tomatoes, cheese.
- LINDERRRRRRRS QUESADILLAS** 45.00
KCAL: 528.48 P: 33.52 C: 47.6 F: 21.58
Beef steak, chicken breast, homemade bbq sauce, served with guacamole, sour cream and salsa.
- SPICY CHICKEN COLLARD WRAP** 45.00
KCAL: 231 P: 24 C: 21 F: 7
Bell peppers, spicy chicken, mango, cilantro wrapped in collard green with peanut sauce.



SIDES (20.00)

SWEET POTATO FRIES

KCAL 344 P 3.4 C 44.01 F 17.80

FRENCH FRIES

KCAL 150 P 1.98 C 20.33 F 8.01

COCONUT BROWN RICE

KCAL 160 P 3 C 32 F 1.5

QUINOA

KCAL 229 P 8.01 C 42.17 F 3.55

LENTIL

KCAL 323 P 18.44 C 36.21 F 13.25

EXTRAS (10.00) VG

CHIMICHURRI

KCAL 187 P 1 C 2 F 20

TAHINI SAUCE

KCAL 82.31 P 1.79 C 2.95 F 5.39

PICO DE GALLO

KCAL 23 P 1 C 8 F 1

LEMON HERB VINAIGRETTE

KCAL 140 P 0 C 2 F 15

SPICY KETCHUP

SESAME GINGER DRESSING

KCAL 62 P 1 C 3 F 6

VEGAN MAYO

HONEY MUSTARD

KCAL 114 P 0 C 12 F 8

THAI PEANUT SAUCE

KCAL 113 P 4.5 C 7.5 F 8

MANGO AND PINEAPPLE SALSA

KCAL 73 P 3 C 15 F 0.3



SMOOTHIE BOWLS

WE HAVE VEGAN OPTIONS.

TOPPING: SHREDDED COCONUT, CHIA SEEDS, FLAX SEEDS, DRIED FRUITS, CHOPPED NUTS, GRANOLA, CHOPPED SEASONAL FRUITS AND HEMP SEEDS.

BERRY CRAZY

KCAL 207 P 6 C 37 F 11

Frozen mixed berries, kefir, yoghurt, honey.

30.00

DOVES CHUNKY MONKEY

KCAL 405 P 14 C 64 F 21

Frozen banana, almond butter, cocoa powder, coconut water and baobab powder.

30.00

GAIA THE GREEN GODDESS

KCAL 322 P 6 C 79 F 5

Pineapple juice, yoghurt, frozen mango, vanilla protein powder, and green super foods.

30.00

BLESSED RISING

KCAL 377 P 7 C 77 F 7

Frozen mango, frozen banana, turmeric, hemp milk.

30.00



DESSERT

RADHAS FULLY LOADED WAFFLE

40.00

KCAL 246 P 8 C 30 F 10

Nutella, fresh seasonal fruits.

RUBINA'S CREPE

35.00

KCAL 420 P 15 C 57 F 15

Nutella, fresh seasonal fruits.

GLUTEN FREE ALMOND AND ORANGE CAKE

24.00

KCAL 307 P 8.3 C 47.4 F 11.4

LEMON LOAF CAKE

22.00

KCAL 297 P 3.8 C 33.1 F 17.5

VEGAN CHOCOLATE AND HIBISCUS CAKE

20.00

KCAL 345 P 3.7 C 46.9 F 8.9

VEGAN & GF CHOCOLATE OAT COOKIES

15.00

KCAL 280 P 2.2 C 24.3 F 19.8

AVOCADO CHOCOLATE MOUSSE

30.00

KCAL 317 P 4.6 C 30.1 F 22.1