

Menu

To place an order, Call/Whatsapp:

Spintex: +233 550 354 288 | Tema C4: +233 593 895 811

Delivery options available

  Green Bowl Gh

Order your Salads in 3 simple steps



*Your Health
Is Your Wealth.
Good Food is
A Good Mood*

Salads And Salad Wraps Base

Onion
Lettuce
Carrot
Cucumber
Green Pepper

Step 1

You get all these

Proteins

Honey glazed chicken breast
Shredded Chicken Breast
Tuna flakes
Spiced gizzard
Spiced Snails
Octopus

Step 2

protein is key
select your
protein
option

Salads And Salad Wraps Toppings

Diced crunchy irish potatoes
Red kidney beans
Chick peas
Green peas
Sweet corn
Pitted green Olives
Pitted black olives
Pickles
Beetroots
Boiled eggs
Apples
Tomatoes

Step 3

Select your
toppings. The
more you choose,
the more you
pay.

Salads And Wraps Prices

- 1 Premixed Vegetarian Salad GH¢25
Salad base with 2 salad toppings of your choice.
- 2 Create your own Vegetarian Salad GH¢30
Salad base with 4 salad toppings of your choice
- 3 Premixed Salad/Wrap GH¢35
Salad base with chicken/tuna and
two salad toppings of your choice.
- 4 Create your own salad/wrap (Basic option) GH¢40
Salad base with chicken/tuna and
4 salad toppings of your choice
- 5 Create your own salad/wrap (Full option) GH¢45
Salad base with chicken/tuna and
6 salad toppings of your choice

Specials

Green Bowl Special Salads/Wraps

- Honey glazed
chicken breast
salad ¢80
- Hot Spicy ¢70
gizzard salad
- Hot Spicy ¢70
snail salad
- Octopus Salad ¢70

Sandwich

Tuna Sandwich ¢12
Chicken Sandwich ¢12

Pie

Meat Pie ¢10
Fish Pie ¢10
Chicken Pie ¢10

Fresh Fruit Juice

- Watermelon
- Pineapple & ginger
- Watermelon, pineapple & ginger
- Beetroots, carrots, pineapple & ginger

GH¢
12



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Green Bowl Smoothies

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- 1. Berry Blast**
Banana, coconut, grapes/strawberry flavored milk
- 2. Showtime**
Pawpaw, banana, peach flavored milk
- 3. Hippy Chick**
Avocado, pineapple, honey
- 4. Green Berry**
Apple/pear, banana, grapes/ milk
- 5. Eden**
Pineapple, banana, ginger
- 6. Tuth Fruity**
Apple pear, vanilla, banana
- 7. Honey Dew**
Pawpaw, coconut, honey, milk
- 8. Wow Baby**
Banana, honey, nutmeg, strawberry flavored milk
- 9. Creamy Margarita**
Chocolate, banana, mixed berries
- 10. Awake**
Banana, apple pear, skimmed milk

GH¢
18

- 18. Smash time**
Mango, coconut, apple pear
- 19. Sunshine**
Pawpaw, orange juice, mango
- 20. Peach Fairy**
Mixed berries, mango, banana
- 21. Pure Passion**
Passion fruit, mango
- 22. Club 18**
Mango, pawpaw, skimmed milk
- 23. Black Eyed beets**
Mango, banana, beetroots, ginger
- 24. Green Delight**
Mint, cucumber, lettuce/dandelion, avocado, banana, honey
- 25. Activator**
Mango, banana, ginger strawberry milk

GH¢
22

- 11. Blue Berry**
Mixed berry, pineapple, pawpaw
- 12. Energy Shake**
Peanut butter, pineapple, banana
- 13. Banana Delight**
Guava/passion fruit, coconut, banana
- 14. Refill**
Pawpaw, lemon, ginger, skimmed milk
- 15. Hip Hip**
Guava, passion fruit/grapes, banana
- 16. Morning Glory**
Pineapple, coconut, skimmed milk
- 26. Sweet Tooth**
Banana, guava, passion fruit, grapes
- 27. High Five**
Pawpaw, avocado, banana, strawberry milk
- 28. Shine**
Pawpaw, grapes, mango, yogurt
- 29. Romeos Choice**
Mango/ avocado, banana, passion fruit, strawberry milk
- 30. Bells**
Mango, avocado, grapes, yogurt
- 31. Appetizer**
Banana, avocado, strawberry, yogurt
- 32. Purity**
Avocado, yogurt, pineapple/banana
- 33. Green Detox**
Apple, cucumber, spinach/dandelion, avocado, honey/maple syrup
- 34. Minty Sip**
Pawpaw/avocado, coconut, honey, mint/celery
- 35. Cleanser**
Banana, mango, spinach, lemon, coconut water



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