

green
eats

SALAD BAR

MENU



SALADS

35

TUNA TUNA

Tuna, Tomatoes, Carrots, Cucumber, Jalapeño Peppers, Coriander, Cranberries, Quinoa, Bell Peppers, Cheddar, Mozzarella Cheese

35

CHEEZY NACHO

Mozzarella, Cheddar, Feta, Chicken, Jalapeño Peppers, Black Beans, Onions, Coriander, Sweet Corn, Tomatoes, Pickles, Olives, Carrot

35

CRISPY CAESAR

Crispy Chicken, Egg, Croutons, Avocado, Tomatoes, Pickles, Parmesan Cheese

50

SPICY SHRIMP

Shrimp, Muscles, Egg, Jalapeño Peppers, Coriander, Roasted Nuts, Tomatoes, Onions, Bell Peppers, Potatoes, Chilli Peppers, Salmon, Mangoes, Cranberries, Avocado

50

MENAGE A TROIS

Beef, Chicken, Sausage, Mozzarella Cheese, Cheddar Cheese, Feta Cheese, Tomatoes, Onions, Jalapeño Peppers, Avocado, Mushrooms, Pasta, Cranberries, Cashews, Roasted Nuts

35

SWEET SUMMER

Apples, Mangoes, Cranberries, Dates, Mint, Coriander, Olives, Jalapeño Peppers, Cantaloupe, Beetroot, Grapes

50

ROYAL CAESAR SALAD

Grilled Chicken breast, Jalapeño Peppers, Basil, Coriander, Egg, Feta Cheese, Crutons, Avocado, Tomatoes, Mushrooms, Cucumber, Pickles.

35

RAW DEAL

Coriander, Basil, Mint, Bell Peppers, Chili Peppers, Beetroot, Carrots, Tomatoes, Mangoes, Apples, Avocado, Cucumber

40

CHICKEN OF THE SEA

Chicken, Salmon, Tuna, Apples, Avocado, Tomatoes, Boiled, Egg, Bell Peppers, Coriander

30

THE GREEK

Tomatoes, Cucumber, Feta Cheese, Olives, Bell Peppers, Coriander

35

PASTA PETE

Chicken, Pasta, Bell Peppers, Pickles, Grapes, Cranberries, Mushrooms, Plantain

50

THE LOVE BOX

Black Rice, Brown Rice, Quinoa, Avocado, Sweet Corn, Chicken, Crispy Chicken, Bacon, Shrimp, Beef, Beef Sausage, Plantain, Pita Chips, Mushrooms, Cauliflower, Pasta, Cranberries, Shrimp, Apples, Mangoes, Bell Peppers, Jalapeño Peppers, Olives, Egg, Cheddar Cheese, Mozzarella Cheese

3

TOPPINGS

Tomatoes
Onions
Carrots
Cucumber
Sweet Corn
Eggplant
Beans
Roasted Potatoes
Sweet Potatoes
Relish
Avocado
Boiled Eggs
Mushrooms
Plantain (Ripe)

5

TOPPINGS

Roasted Chickpeas
Pasta
Broccoli + Cauliflower
Croutons
Spicy Pita Chips
Apples
Grapes
Cranberries
Pickles
Mozzarella
Feta
Beef Sausage
Beetroot
Parmesan
Olives
Chicken
Beef
Crispy Chicken
Quinoa
Brown Rice
Black Rice

AVOCADO TOAST

20 **VEGAN**
Tomatoes, Onion, Pickles,
Cucumber, Jalapeño Peppers,
Bell Peppers, Coriander,
Carrots, Cauliflower,
Mushrooms, Quinoa, Olives

20 **VEGETARIAN**
Feta Cheese, Tomatoes,
Cucumbers, Onions,
Jalapeño Peppers,
Bell Peppers,
Coriander, Carrots,
Mushrooms, Olives

25 **SALMON AND EGG**
Cucumber, Tomatoes,
Jalapeño Peppers, Bell Peppers,
Coriander, Pickles, Mozzarella
Cheese, Feta Cheese,
Cheddar Cheese

30 **BURGER**
Black Bean Vegerarian Burge

40 **CHUNKY BURRITO**
Chicken, Tomatoes, Cucumber,
Pickles, Jalapeño, Mushrooms,
Brown Rice, Black Beans,
Avocado, Sweet Potatoes.

WITH

25 Chicken	20 Vegan
25 Salmon & Egg	20 Vegetarian
20 Egg	30 Chicken & Bacon

WRAP

30 **CHICKEN WRAP**
Chicken, Egg, Tomatoes,
Cucumber, Jalapeño Pepper,
Bell Peppers, Cheddar Cheese,
Mozzarella Cheese, Pickles,
Avocado

35 **BEEF WRAP**
Beef, Carrots, Sweetcorn,
Tomatoes, Cucumbers, Pickles,
Jalapeño Pepper, Bell Peppers,
Cheddar Cheese, Mozzarella Chee
Avocado

30 **TUNA WRAP**
Tuna, carrots, Sweetcorn, Tomatoe
Cucumbers, Pickles, Jalapeño pepi
Bell peppers, Cheddar cheese,
Mozzarella cheese, Avocado

35 **KETO BOWL**
Egg, Bacon, Chicken, Avocado,
Feta cheese, cucumbers,
mushrooms

35 **SATURDAY BREAKFAST**
Pancakes, Scrambled Eggs,
Orange Juice

30 **STIR FRY**
Veggie Stir Fry with Brown Rice

WITH

40 Meat

EXTRAS **20** Wings (60) **20** Chicken Taco **30** Pasta & Wing

SMOOTHIES

- 18** **PINK PARROT**
Carrots, Passion Fruit,
Pineapple, Apples,
Strawberries, Lemon
- 18** **ROYAL MINT**
Spinach, Pineapple, Apple,
Banana, Coconut, Mint
- 18** **EVE'S TEMPTATION**
Spinach, Cucumbers, Mint,
Apple, Lemon, Passion Fruit,
Pineapple
- 18** **GREEN LATIFAH**
Spinach, Cucumbers, Apples,
Lemon, Mint, Passion Fruit,
Celery
- 15** **TROPICAL KALE**
Kale, Passion Fruit, Mango,
Lemon, Pineapple
- 18** **GREEN LEMONADE**
Spinach, Cucumbers, Apple,
Banana, Pineapple, Lemon
- 18** **BLUEBERRY CHEESECAKE**
Banana, Strawberries,
Blueberries, Yogurt
- 18** **ROCKY ROAD**
Peanut Butter, Banana,
Dates, Dark Chocolate

- 18** **BUBBLE GUM**
Banana, Cranberries, Apples,
Yogurt, Strawberries, Watermelon

- 18** **BERRY ANTIOXIDANTS**
Beetroot, Mixed berries, Banana,
Baobab, Watermelon, Pineapple,
Cranberries

- 18** **BERRYBEET**
Beetroot, Lemon, Passion fruit,
Apple, Grapes, Mixed berries,
Watermelon

- 18** **BERRY COLADA**
Coconut, Pineapple, Banana,
Blueberries, Strawberry

- 18** **COFFEE FREEZE**
Coffee, Dates, Peanut butter,
Banana

PAPAYA SHAKE

- 15** **PAPAYA MANGO**

MORRIR SOÑANDO

PIÑA COLADA

COLD & HOT DRINKS

- 15** Lemonade
- 10** Coffee (No take out option)
- 12** Bullet Proof Coffee
- 12** Surprise Blend Coffee
- 2** Water
- 15** Pineapple Juice
- 15** Berry Sweet Juice
- 15** Lemonade



SALADS

PICK YOUR GREENS

Lettuce
Mixed Greens (Lettuce, Kale
+ Rocket)

BUILD IT YOUR WAY

PACKAGES

GHC 25

Greens
1 meat/fish/chicken topping
3 non meat toppings

GHC 30

Greens
1 meat/fish/chicken topping
4 non meat toppings

Extra toppings are priced by the colour code

● GHC 3

● GHC 5