Sm thy's

- BERRY MANGOBAN Mixed Berry, Mango, Banana
- PEACH CREAM SMOOTHIE
 Peach, Mango, Banana
- Corange, Pineapple, Banana
- SLAM DUNK Peach, Pineappie, Pawpaw
- VALENTINE HEARTS
 Mixed Berry, Pineapple, Pawpaw
- VENICE BOARDWALK
 Mixed Berry, Pineapple, Banana
- ORANGE SMOOTHIE Orange, Banana, Lemon
- TROJAN MUSCLE
 Peanut Butter, Pineapple, Banana
- OSU-RE Pineapple, Banana, Pawpaw
- AVOCADO BRUNCH Avocado, Pineapple, Honey
- USC BRUNCH Pawpaw, Orange, Mango
- SMOOTHYS POWER HUS Ginger, Honey, Pineapple, Banana
- ORABANGO Orange, Banana, Mango
- JOB 600 Strawberry, Banana, Honey, Nutmeg
- BONE SHAKER
 Strawberry, Mango, Ginger, Honey

Sm thy's

- BERRY COLADA
 Strawberry, Banana, Coconut
- PINA COLADA Pineapple, Coconut
- IGWEE!! Pawpaw, Banana, Peach
- FORBIDDEN FRUIT
 Passion Fruit, Mango
- TRAIL BLAZER
 Passion Fruit, Banana, Coconut
- PICCOLO MONDO Pawpaw, Coconut, Honey, Vanilla
- THE ULTIMATE Pawpaw, Mango, Peach
- BALM TAVERN
 Pawpaw, Lemon, Ginger, Vanilla
- SILKENIRMA Pawpaw, banana, Passion, Pineapple
- SUPER MUGUYARO
 Passion Fruit, Lemon, Pineapple
- QUENCH Guava, Coconut, Banana, Pineapple, Mango
- TWITTER
 Passion Fruit, Guava, Banana
- EXPRESSIONS
 Guava, Banana, Coconut
- SLAKE
 Passion Fruit, Mango, Banana
- ACCRA AM
 Passion Fruit, Pineapple, Coconut

Sm othy's

- AVOCADO SMOOTHIE
 Avocado, Banana, Honey
- TROJAN MUSCLE 2
 Peanut Butter, Pineapple, Honey, Banana
- FIBRE COCONUT
 Wheat Bran, Banana, Coconut, Almond/Pecans/Cashew
- FIBRE OJ
 Wheat Bran, Banana, Orange Juice, Almond/Pecans/Cashew
- CHOCOLATE BERRYBAN Chocolate, Banana, Mixed Berry
- ADAM AND EVE Peach, Banana, Apple
- YUMMLY Apple/Pear, Banana, Vanilla, Grapes
- GRAPEZILA Grapes, Pineapple, Peach, Coconut
- 3RD LANE Apple, Vanilla, Banana
- HMMM!!!!
 Berry, Pawpaw, Banana
- BAALE SH!
 Mango, Coconut, Apple

SALADS, WRAPS, PANINIS

Vegetable salad ¢15

Comes with lettuce, green pepper, onions, carrots and cucumber

Tuna salad ¢20

Comes with tuna, lettuce, green pepper, onions, carrots and cucumber

Chicken salad ¢20

Comes with chicken, lettuce, green pepper, onions, carrots and cucumber

Bentley salad ¢25

Comes with lettuce, cucumber, sausage, egg, pasta, olives (optional)

Vegetable wrap

Comes with lettuce, onions, cucumber and green pepper

with ranch dressing GH¢15.00 with honey mustard dressing GH¢15.00

Tuna wrap

Comes with tuna, lettuce, onions, cucumber and green pepper

 $\label{eq:with ranch dressing} Weight and Market GH (20.00) with honey mustard dressing GH (20.00) and (20.00) with honey mustard dressing GH (20.00) and (20.00) with honey mustard dressing GH (20.00) with honey mustard dressing$

Chicken wrap

Comes with chicken, lettuce, onions, cucumber and green pepper

with ranch dressing GH¢20.00 with honey mustard dressing GH¢20.00

Pocholala wrap

Comes with chicken, tuna, egg, lettuce, onions, cucumber, green pepper, apples

with ranch dressing GH\$\psi_25.00 with honey mustard dressing GH\$\psi_25.00

Egg wrap

Comes with egg, lettuce, onions, cucumber and green pepper

with ranch dressing GH¢17.00 with honey mustard dressing GH¢17.00

Vegetable panini

Comes with lettuce, onions, cucumber and green pepper

with ranch dressing GH¢15.00 with honey mustard dressing GH¢15.00

Egg panini

Comes with egg,lettuce, onions, cucumber and green pepper and cheese

with ranch dressing GH\$17.00 with honey mustard dressing GH\$17.00

Tuna panini

Comes with tuna, lettuce, onions, cucumber and green pepper and cheese

with ranch dressing GH\$\psi^21.00 with honey mustard dressing GH\$\psi^21.00

Chicken panini

Comes with chicken, lettuce, onions, cucumber and green pepper and cheese

with ranch dressing GH\$\psi^21.00 with honey mustard dressing GH\$\psi^21.00 Desserts

Cake

Banana GH\$\psi.00 Dark Choclate GH\$\psi.00 Carrot Cake GH\$\psi.00