ALL KINDS OF DIPS TO GET YOU STARTEDso you can linger a little longer

V: Vegetarian

VG: Vegan

***	Traditional Hummus Creamy hummus topped with whole chick peas & pine nuts	GH¢40.00
New	Beetroot Hummus Pretty and pink hummus garnished with crumbly feta and black olives	GH¢40.00
New	Pumpkin Hummus The pumpkin is roasted with warm spices and ground with the chick peas, then topped with pumpkin seeds and walnuts	GH¢40.00
***	Avocado Hummus Luscious green avocado hummus, topped with sliced radishes and chili flakes	GH¢40.00
₩	Chili Hummus	GH¢40.00

Excitingly spicy chili hummus, topped with pistachios and kidney beans

Smoky aubergine dip topped with dried pomegranate and fresh herbs

Silky drained yogurt seasoned with garlic, salt and pepper, topped with fresh and dried mint and almonds

GH¢40.00 Guacamole Salsa & Sour Cream Crispy tortilla chips served with this 3 layer dip is a great appetizer to awaken the taste buds

> Our story is a romantic onefull of love, excitement, passion, laughter, pain, success, drama, trepidation, liberation, validation, miracles, tears, joy....and this is all just about our food ... and our food is about our lives ... and our lives are about you....we are all, "Rays Of Sunshine"!

GH¢40.00

GH¢40.00

APPETISERS

..or otherwise called a warm up exercise

***	Garlic bread	GH¢30.00
	Cheesy garlic bread	GH¢35.00
***	French fries	GH¢25.00
***	Masala fries	GH¢25.00
***	Sweet potato fries	GH¢35.00
	Aubergine crisps with yogurt & mint dip	GH¢40.00
***	Halloumi & courgette fritters	GH¢50.00
***	Spring rolls-veg/ chicken	GH¢5.00
***	Samosas-veg/meat/chicken	GH¢5.00
***	Mozzarella sticks with marinara sauce (4 pcs)	GH¢50.00
New	Grilled aubergines with feta, olives, chili & mint served with crispy pita bread	GH¢45.00
ANTE NOW	Beetroot & millet felafels (4 pcs)	GH¢40.00

EOD THE FADIN DAD	
FOR THE EARLY BIRD	
A Full English Eggs, sausages, hash browns, bacon, mushrooms, baked beans, toast	GH¢75.00
Veggie Sunrise Eggs, veggie sausages, mushrooms, hash browns, baked beans, toast	GH¢70.00
Morning Paradise Sunny side eggs with smoked salmon on toast	GH¢75.00
Masala Omelette An omelette with a spicy kick, served with flat bread, papadum & pickles	GH¢55.00
Shakshuka Turkish egg stew served with avocado and crispy dipping bread	GH¢65.00
Dreamy Trio Pancake with syrup, chocolate pancake with chocolate sauce, lemon pancake with honey	GH¢55.00
Goodness Gracious Quesadillas Quesadillas filled with breakfast goodness of eggs, avocado, bacon and chees	GH¢55.00
"A salad is not a meal; it is a style of eating," Fran Lebowi Our unique salad selection is worth a read!	tz
VEGGIE WONDERS	
RUBY RED - beetroot, quinoa & orange salad lettuce, cucumbers, sun dried tomatoes, quinoa, pickled beets, orange segments, sunflower seeds & walnuts with an orange vinaigrette	GH¢65.00
PI OH MY - potato & puy lentil salad Lettuce, cucumbers, tomato wedges, potatoes, aubergines, puy lentils, peppers, onions, olives with a pomegranate dressing	GH¢65.00
KUNG FU PANDA - 5 spice tofu salad Lettuce, cucumbers, noodles, bean sprouts, crispy tofu, topped with crispy schezuan vegetables, sesame seeds and a sweet chili dressing	GH¢65.00
MIRCHI MASALA - grilled aubergines & cauliflower salad Lettuce, cucumbers, cauliflower florets, grilled aubergines, chick peas, onion tomato, chili relish, with a lemon & herb dressing	GH¢65.00
SANTORINI - halloumi & herb salad Lettuce, cucumbers, tomatoes, chick peas, peppers, onions, olives and crispy halloumi cheese with pita croutons, topped with a fresh mint & olive oil dressing	GH¢65.00
MERENGUE - mango and avocado salad Lettuce, cucumbers, tomatoes, diced mangoes, diced avocados, slices of radish and onions, with a sweet chili and lime dressing	GH¢65.00
CARNIVALE - roasted pumpkin and pine nut salad A bed of greens, and grilled tomatoes topped with warm, spiced pumpkin cubes, pine nuts and parmesan cheese, dressed with silky roasted garlic vinaigrette	GH¢65.00

GH¢65.00

GH¢65.00

GHe65.00

AROMATHERAPY - aromatic couscous salad

with fresh herbs

GREEN GODDESS - Greek salad

OLYMPUS - aubergine & feta salad

herbs with a red wine vinaigrette

Lettuce and cucumbers, topped with aromatic couscous, aubergines, tomatoes,

caramelized onions, and pine nuts, drizzled with olive oil, and sprinkled

Lettuce, cucumbers, tomatoes, onions, olives & feta cheese, garnished with

Lettuce, cucumbers, delicious grilled vegetables (aubergines, courgettes,

tomato wedges, onions and bell peppers), crumbly feta cheese and fresh

oregano & fresh herbs dressed with a Mediterranean vinaigrette

FRUITS OF THE DEEP BLUE SEA

CLUB TROPICANA - coconut prawn salad Lettuce, cucumbers, tomato wedges, grilled courgettes, peppers and onion<mark>s, _____</mark> crispy coconut prawns, spicy sweet potato croutons, with a creamy garlic dressing

SICILIAN - prawn and squid salad

TUSCAN SUN - aubergine and mozzarella salad

MANDARINE - tofu and crispy noodle salad

TOFU SAN - crispy tofu & ginger salad

SAVANNAH - sweet potato and feta salad

Seasonal fruits in all their natural glory!

AU NATURALE - fresh fruit salad

onions, with a coriander and lemon dressing

SHISHLICIOUS - chicken shawarma salad

almond slivers & a maple tahineh dressing

BAADSHAH - exotic chicken salad

drizzle of honey mustard dressing

in a mustard vinaigrette

LUCKY STRIKE - 3 spice chicken salad

FIORENTINA - parmesan crusted chicken salad

CRUNCHY NUTS - fruit and nut chicken salad

HONG KONG PHOOEY - schezuan chicken salad

ATHENA - mediterranean chicken salad

pickled onions

silky garlic vinaigrette

black bean infusion

ginger and cashew nuts

Chunks of melting mozzarella wrapped in warm, grilled aubergine slices,

Lettuce, sliced cucumbers, grilled aubergines, crunchy bean sprouts,

Lettuce, cucumbers, carrots, crispy tofu with schezuan chili sauce, pickled

Lettuce topped with a crunchy mix of chopped cucumbers, tomatoes,

onions, peppers, herbs, embellished with crispy chicken shawarma,

Slices of chicken marinated in yogurt and spices, on a bed of lettuce,

Chicken slices, crispy bacon, cooked to perfection, on a bed of lettuce,

Slices of chicken marinated in aromatic spices, on a bed of lettuce,

cucumbers and tomatoes, topped with avocado, garlic mushrooms and a

cucumbers, and tomatoes, topped with crispy onions and garlic, coated

Lettuce, cucumbers, tomatoes, topped with parmesan crusted chicken...all this

A bed of greens topped with finger licking bbq chicken pieces, tomatoes,

Lettuce, luscious chicken pieces and grilled peppers, topped with a

refreshing cucumber and onion salsa, with a sweet & sour dressing

goodness garnished with golden matchstick potatoes and dressed with basil vinaigrette

cucumbers, citrus segments and cashew nuts, drizzled with honey mustard sauce.

Lettuce, cucumbers, onions, tomatoes and peppers, topped with lemon chicken,

chick peas, olives and feta cheese, pine nuts, with sesame and yogurt dressing.

A PROVENCE SUMMER - fruity and nutty summer chicken salad

Lettuce, cucumbers, roast chicken, bacon, apples, dried cranberries,

walnuts and blue cheese with a lemon and mustard dressing

cucumbers, carrots, beetroot, radish and tomatoes sprinkled with

GRAND CANYON - chicken, bacon and avocado salad

Lettuce, cucumbers, warm sweet potatoes, crumbly feta cheese and spring

CHICKEN FOR THE WIN

topped with tofu, crispy noodles, fresh herbs doused in a sweet chili &

on a bed of mixed greens, cucumbers, tomatoes and pine nuts, dressed with a

Fruits of the sea, prawns and squid, with a herb & parsley dressing on a bed of lettuce, with tomato wedges and crispy onion rings



GHe65.00

GH¢65.00

GH¢65.00

GHc65.00

GH¢60.00

GH¢75.00

GHé75.00

GH¢75.00

GHé75.00

GHe75.00

GHé75.00

GH¢75.00

GH¢75.00

PATTAYA - Thai prawn salad Lettuce, cabbage, cucumbers, noodles, coconut prawns, crispy shallots and garlic, crushed peanuts and red chilies with a soy and sesame dressing which tickles the taste buds. CALAMARRY ME - prawn, mango and crispy calamari salad Lettuce, spicy prawns, crispy calamari, julienne of cucumbers and spring onions, perfectly balanced with diced mangoes and a soy & chili vinaigrette. MALAY TIGER - prawn satay salad Lettuce, cucumbers, cabbage, carrots, beansprouts, crispy noodles, satay prawns, peanuts with an exotic peanut dressing WOK IN - spicy prawn salad Lettuce, cucumbers, tomatoes, peppers, spicy grilled prawns and crunchy tempura courgettes with a sweet & spicy vinaigrette. SEA SHELLS - butterfly prawn & avocado salad Lettuce, cucumbers, tomatoes, butterfly prawns, avocado slices with a light yogurt and chili dressing and crunchy onions. MEAT LOVERS SELECTION BISTRO BEST - steak and potato salad A well grilled steak, sliced and served on a bed of lettuce and cucumbers, topped with crispy potatoes, sautéed onions and grilled tomato wedges, a mustard dressing ties it all together. KAWASAKI - sesame beef and noodle salad Seared slices of beef, marinated in ginger, chili and honey, on a bed of greens, cucumbers, grilled aubergines, sesame noodles, garnished with crispy courgette tempura and dressed with a sesame and soy vinaigrette. BABYLON - lamb kafta salad Lettuce, cucumbers, grilled tomatoes, succulent minced lamb kebabs, green beans, grilled onions and peppers drizzled with a lemon and herb dressing LILY & LOTUS - Thai beef salad Lettuce, cucumbers, carrots, and crispy noodles with slivers of grilled beef, with a soy and ginger dressing. Mezze Platter Vegetarian (hummus / felafel / cheese sambusik / battata harra / pita bread / vegetables) (hummus / kibbeh / chicken wings / meat sambusik / pita bread / vegetables) Indian Platter Veg

Super Duper Vegan Platter

pumpkin dip, avocado hummus, olives)

PLATTERS, FOR TWO OF YOU.. (serves 2)

•	(paneer tikka / veg samosa / pakoda / masala potatoes / roti / chutney)		
	Indian Platter Non Veg (chicken tikka / masala fish / lamb kebab / lamb samosa / roti / chutney)	GH¢140.00	
VIE.	Healthy Hearty Platter (roasted & fresh veggies, avocado slices, sautee mushrooms, potato wedges with hummus, labneh and pumpkin dip)	GH¢120.00	

(roasted veggies, fresh veggies, cashewnuts, peanuts, crispy pita chips,



GH¢85.00

GH¢85.00

GH¢85.00

GH¢85.00

GH¢85.00

GH¢80.00

GH¢80.00

GH¢80.00

GH¢80.00

GH¢120.00

GH¢140.00

GH¢120.00

GH¢120.00

WRAP IT UP...in pita, roti or a tortilla (served with fries or masala fries and a side salad) ask for sweet potato fries at GH\$\phi\$15.00 extra

Skyros Island - slow cooked lamb, lettuce, olives, onions, tomatoes, peppers & feta with aioli

GH¢65.00

Santa Fe - chicken and avocado, lettuce, spicy sour cream and salsa

Cyprus Special - grilled beef, lettuce, peppers, onions, tomatoes and garlic mayo

Tacorama - minced beef, guacamole, salsa, with lettuce onions, cheese & sour cream

Sunshine Super Star - chicken, bacon & avocado, with lettuce and mayonnaise

Arabian Nights - lamb kafta with lettuce, onions, tomatoes and yogurt

Cave Man - grilled chicken and hummus, with lettuce, onions and tomatoes

Catch up - fish & chips, with lettuce, onions, tartar sauce and tomatoes

Linking Road Special - diced spicy chicken, masala omelet and diced onions with chutney

Taj Mahal - diced, spicy, tender lamb, masala omelet and diced onions with herb chutney

Kashmiri - tender and spicy chicken tikka pieces, a masala omelet, chopped onions, tomatoes, and herb chutney

Mumbai Masti - tender slices of spicy steak, topped with grilled onions, curried cabbage & melting cheese

*** Aladin - felafels, with lettuce, onions, tomatoes, pickles and tahineh

Benaresi - potatoes and aubergines, cooked in exotic spices, onions, tomatoes & coconut

Sombrero - beans, avocado, cheese, with lettuce, peppers, onions, tomatoes and sour cream

Kaharani - paneer cheese cooked with creamy yogurt and masalas, topped with onions and a delicious herb chutney

Maha Magic Mushrooms - grilled mushrooms, onions and peppers, with hot melting cheese

Coastal Bliss - crispy coconut prawns, lettuce, pickled onions & dreamy curry sauce

Masala Chicken Frankie - deliciously spiced chicken, masala omelet, curry cabbage and

SANDWICH SPECIALS (served with chips and salad)

ask for sweet potato fries at GH¢15.00 extra

Cubano - pulled pork, ham slices, cheese, mustard and mayo in a crispy roll

King and Crown - lettuce, sliced turkey, bacon, avocado and cranberry mayo on brown bread

QEII - lettuce, capers, smoked salmon and cream cheese on brown bread

Club Class - chicken club sandwich with ham, tomatoes, onions and eggs on brown bread

Café de Paris - ham & cheese grilled sandwich in brown bread

Veg Delight - veg club sandwich with cheese and vegetables in brown bread

Venetian - grilled aubergine, mozzarella and pesto sandwich in baguette

Lean On Me - super lean turkey sandwich with vegetables and light mayo on brown bread

Stake Out - steak and cheese sandwich with caramelized onions in a sub roll.

Buffalo's Best - Cajun chicken topped with crispy bacon, hot sauce & creamy blue sheese in a

Smokey Joe - Cold roast beef slices, crispy lettuce, bacon, tomato with a scrumptious mayo mustard

Aloo Gobi - Spicy potatoes, cauliflower and green herb chutney toastie

BURGER WONDERLAND (served with accompaniments) ask for sweet potato fries at GH¢15.00 extra

GH¢65.00

The Italian - a crispy chicken burger topped with marinara sauce and melting mozzarella cheese

The Peruvian - a grilled beef burger, seasoned with cumin and paprika, with a dollop of cilantro and lime mayo

The Malay - slivers of chicken satay, marinated in exotic spices, grilled & served with a peanut sauce

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 English - a crispy fish and tartar sauce burger

The Moroccan - a spiced lamb burger, topped with grilled halloumi cheese and a harissa spiced yogurt dressing

The Mexican - a mixed bean burger topped with guacamole and served with spicy fries and salsa

A SUNSHINE SALUTE TO GHANA

Kokrobite Burger GHe65.00 Crispy fish topped with our house special local stew served with crunchy yam chips and salad

GH¢75.00 Akosombo Chicken Platter Crispy chicken pieces, served with steamed rice, avocado, salad,

yam chips and stew GHe65.00 Suya Luya Wrap Tender beef suya in a pita wrap with lettuce, onions, tomatoes and green

shitor served with yam chips and salad GHé75.00

₩ Gold Coast Salad Lettuce, cucumbers, tomatoes, fried plantain, spicy chicken pieces topped with sliced onions and a light mayo dressing

Street Corner Special Crispy calamari, pepper wings, yam cubes, mixed salad

LOW CARB PITA PIZZAS

GH¢50.00

GHé80.00

Pizza Magharita - tomato, cheese and oregano

Pizza Cleopatra - spinach and mushrooms

Pizza Michelangelo - bbq chicken, sweetcorn and caramelized onions

Pizza Isabella - ham, mushrooms and peppers



HOT SPECIALS

(served with choice of steamed rice, fried rice, vegetable rice, sautee potatoes, steamed veg) Ask for sweet potato fries at 15gh extra

Creamy Lemon Sauce - a perfect sauce for seafood made with lemon, butter, herbs & cream GHe80.00 GH¢ 85.00 prawns Sweet Chili Sauce - tangy, spicy and sweet..satisfies all the taste buds GH¢75.00 GHc80.00 prawns GH¢85.00 Hot Madras Curry - if you like a hot curry, I bet you will love this one... GHe65.00 chicken

GH¢75.00 GH¢80.00 fish GHe85.00 GH¢85.00

Mild Curry - full of flavor and not too spicy.. GHe65.00 GH¢75.00 fish GHe80.00 GH¢85.00

Tikka Masala - an internationally famous curry sauce.. GH¢65.00 chicken GH¢75.00 GHé80.00 GH¢85.00 prawns

Tandoori Grilled - Punjab's most popular grilled meat GH¢75.00 chicken GH¢80.00 GHc85.00

Harissa Grilled - simple flavours.... delectable tasteGH¢75.00 chicken fish GH¢80.00 GHe85.00 prawns

Masala Fried - when you need to crunch and munch chicken GHe75.00 GH¢80.00

Biryani - a one pot meal...fills up your senses of taste and aroma GHe65.00 GHe75.00 chicken fish GH¢80.00 GHe85.00

Pork Chops Vindaloo - Portuguese influence, Indian flavors GH¢85.00

Korma - a North Indian creamy dreamy curry GH¢65.00 GHé75.00 chicken GHe80.00 GH¢85.00

GH¢85.00 Curry Goat with Coconut Rice - highly recommended Panch Poran Daal - Served with steamed rice, papadum & fried potatoes GH¢65.00

GH¢55.00 🐇 **Chicken Fried Rice** GH¢45.00 Vegetable Fried Rice

Egg Fried Rice



COLD BEVERAGES Coke/Fanta/Sprite/Malt/Alvaro GH¢15.00 GH¢20.00

GHe25.00

GH¢25.00

GH¢15.00 Soda/Tonic GH¢15.00 Water L/S GH¢10.00 Water S/S Sanpellegrino Sparkling Water GH¢35.00

BEERS & STOUTS

STAR BEER	
Mini	GH¢15.00

CLUB BEER

Belaqua Sparkling Water

Diet Coke

GH¢15.00 Large GH¢25.00 GH¢15.00 Guinness GH¢20.00 Heineken GH¢15.00 Savannah Dry GH¢15.00 Smirnoff Ice

HOUSE WINE

GHe25.00 GH¢125.00

JUICY BOOSTS, BODY CLEANSERS & PICK ME UPS

Pure Tropical Blend - pineapple/mango/pawpaw/watermelon)	GH¢20.00
Creamy Delight - fresh fruit and yogurt	GH¢20.00
Very Green Lean Machine - lettuce, mint, cumin, lemon	GH¢20.00
Beauty & the Beets - beetroot, orange & carrots	GH¢20.00
Citrus Burst - orange, pineapple, lemon	GH¢20.00
Mango Tango - mango, pineapple, lemon	GH¢20.00
Summer Melon Breeze - watermelon, cantaloupe,mint	GH¢20.00
Cool as a Cucumber - cucumber & mint	GH¢20.00
Apple Carrot Zinger - apple,carrot, ginger	GH¢20.00 *
Mangolicious - mango, apple, orange, lemon	GH¢20.00
Garden Gingerale - apple, cucumber, lemon, ginger	GH ¢2 0.00

Six pack of Veg - lettuce, carrot, cucumber, lemon, mint, tomato GH¢20.00 Heart Beets - beetroot, carrot, pineapple GH¢20.00 Choice of Lassi - mango/pineapple/pawpaw/sweet/salty/masala GH¢20.00 GH¢20.00 Vita Boost - carrot, pineapple, raisins, ginger, turmeric, lemon) Vegan Peanut Colada - peanut butter, banana, honey, almond milk, dates GHc20.00 GH¢20.00 Orange Sunrise - mango, banana, orange, apple Summer Blend - cucumber, apple, pineapple, ginger, lemon, mint GH¢20.00 Waist Buster - apple, avocado, honey, lemon, cucumber, mint GH¢20.00 Apple Pie - apple, banana, cinnamom, almond milk, vanilla, honey GHé20.00 Fresh Orange Juice GHe20.00 GH¢20.00 Ice Coffee GH¢15.00 Ice Tea GH¢15.00 Green Ice Tea GHé15.00 Fruit Ice tea

HOT BEVERAGES

James Beard

"When we drink coffee, ideas march in like the army" - Honore de Balzac

GH¢15.00 Nescafe Filter Coffee GH¢15.00 Herbal Tea GH¢15.00 GH¢15.00 Specialty Teas GH¢10.00 Lipton Tea GH¢20.00 Chaii Tea GH¢20.00 Capuccino GH¢20.00 Americano GH¢20.00 Machiato Espresso GH¢15.00 Café Latte GH¢20.00

> "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



We 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...

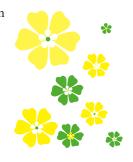
Anita Punjabi

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





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¢20.00
Masala Fries	GH¢20.00
Sweet Potato Fries	GH¢25.00
Garlic Bread	GH¢25.00
3 Slices of Buttered Bread	GH¢10.00
Samosa (veg / chicken / meat)	GH¢5.00
Spring Roll (veg / chicken)	<i>G</i> H¢5.00
Traditional Hummus	<i>G</i> H¢35.00
Chili Hummus	GH¢35.00
Avocado Hummus	GH¢35.00
Kibbeh Plate (4 pcs)	GH¢45.00
Felafel Plate (4pcs)	GH¢45.00

PLATTERS FOR 2

Mezze Platter Veg	Gh¢120.00
(hummus / felafel / cheese sambusik / battata	
harra / pita bread / vegetables)	
Mezze Platter Non Veg	Gh¢140.00
(hummus / kibbeh / chicken wings / meat	
sambusik / pita bread / vegetables)	Ch

Indian Platter Veg

(paneer tikka / veg samosa / pakoda / masala potatoes / roti / chutney)

Indian Platter Non Veg

(chicken tikka / masala fish / lamb hebab/ lamb samosa / roti / chutney)

EARLY BIRD - Platter for one

Breakfast Platter Veg

(eggs / sausages / hash browns / bacon / mushrooms/

baked beans / toast)

Breakfast Platter Non Veg

(eggs / veg sausages / mushrooms / hash browns / baked beans / toast)

BURGERS

Greek Lamb And Feta Burger Malay Chicken Burger New Yorker Beef Burger Aussie Burger With Beets Moroccan Lamb Burger Italian Chicken Burger Hindustani Chicken Burger West African Chicken Burger Mexican Bean Burger English Fish Burger Peruvian Steak Burger

WRAPS (Request for pita bread, tortilla or roti)

GH¢45.00

GH\$45.00

Chicken & Bacon Wrap Fish & Chip Wrap Grilled Beef & Vegetable Wrap Greek Wrap Kafta Wrap Felafel Wrap Crispy Chicken Wrap Grilled Chicken and Hummus Wrap Avocado Shrimp & Mayo Wrap

Roast Chicken Wrap Meatball & Cheese Wrap Chicken & Avocado Wrap Chicken Tikka Wrap Curry Paneer Wrap Madras Lamb Wrap

h¢120,00

Gh\$140.00

Gh¢70.00

Gh¢75.00

VEGETARIAN SALADS

Mediterranean Salad GH\$45.00

Light & fresh garden salad with a herb vinaigrette GH\$45.00 Greek Salad Salad

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

GH¢45.00 Greek Pasta Salad

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

GH\$45.00 Oriental Noodle Salad

Mixed salad with bean sprouts and a soy and sesame vinaigrette

Aromatic Couscous Salad

GH¢ 50.00

GH\$40.00

GH\$50.00

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

GH¢50.00 Felafel Salad

Fresh garden salad topped with crispy felafels and a tahineh dressing

Tofu & Noodle Salad GH¢50.00

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

Fresh Fruit Salad

Seasonal fruits in all their natural glory

SEAFOOD SALADS

Thai Prawn Salad

GH¢65.00

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

Salad Nicoise

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

Shrimp Cocktail Salad

GH¢65.00

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

Macaroni & Tuna Salad

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





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¢20.00
Masala Fries	GH¢20.00
Sweet Potato Fries	GH¢25.00
Garlic Bread	GH¢25.00
3 Slices of Buttered Bread	GH¢10.00
Samosa (veg / chicken / meat)	GH¢5.00
Spring Roll (veg / chicken)	<i>G</i> H¢5.00
Traditional Hummus	<i>G</i> H¢35.00
Chili Hummus	GH¢35.00
Avocado Hummus	GH¢35.00
Kibbeh Plate (4 pcs)	GH¢45.00
Felafel Plate (4pcs)	GH¢45.00

PLATTERS FOR 2

Mezze Platter Veg	Gh¢120.00
(hummus / felafel / cheese sambusik / battata	
harra / pita bread / vegetables)	
Mezze Platter Non Veg	Gh¢140.00
(hummus / kibbeh / chicken wings / meat	
sambusik / pita bread / vegetables)	Ch

Indian Platter Veg

(paneer tikka / veg samosa / pakoda / masala potatoes / roti / chutney)

Indian Platter Non Veg

(chicken tikka / masala fish / lamb hebab/ lamb samosa / roti / chutney)

EARLY BIRD - Platter for one

Breakfast Platter Veg

(eggs / sausages / hash browns / bacon / mushrooms/

baked beans / toast)

Breakfast Platter Non Veg

(eggs / veg sausages / mushrooms / hash browns / baked beans / toast)

BURGERS

Greek Lamb And Feta Burger Malay Chicken Burger New Yorker Beef Burger Aussie Burger With Beets Moroccan Lamb Burger Italian Chicken Burger Hindustani Chicken Burger West African Chicken Burger Mexican Bean Burger English Fish Burger Peruvian Steak Burger

WRAPS (Request for pita bread, tortilla or roti)

GH¢45.00

GH\$45.00

Chicken & Bacon Wrap Fish & Chip Wrap Grilled Beef & Vegetable Wrap Greek Wrap Kafta Wrap Felafel Wrap Crispy Chicken Wrap Grilled Chicken and Hummus Wrap Avocado Shrimp & Mayo Wrap

Roast Chicken Wrap Meatball & Cheese Wrap Chicken & Avocado Wrap Chicken Tikka Wrap Curry Paneer Wrap Madras Lamb Wrap

h¢120,00

Gh\$140.00

Gh¢70.00

Gh¢75.00

VEGETARIAN SALADS

Mediterranean Salad GH\$45.00

Light & fresh garden salad with a herb vinaigrette GH\$45.00 Greek Salad Salad

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

GH¢45.00 Greek Pasta Salad

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

GH\$45.00 Oriental Noodle Salad

Mixed salad with bean sprouts and a soy and sesame vinaigrette

Aromatic Couscous Salad

GH¢ 50.00

GH\$40.00

GH\$50.00

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

GH¢50.00 Felafel Salad

Fresh garden salad topped with crispy felafels and a tahineh dressing

Tofu & Noodle Salad GH¢50.00

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

Fresh Fruit Salad

Seasonal fruits in all their natural glory

SEAFOOD SALADS

Thai Prawn Salad

GH¢65.00

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

Salad Nicoise

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

Shrimp Cocktail Salad

GH¢65.00

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

Macaroni & Tuna Salad

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



|--|

CHICKEN SALADS		HOT SPECIALS & ETHNIC CURRIES	
		(Request for chips / rice)	
Exotic Hawaiian	GH¢50.00	Creamy Lemon & Parsley Sauce - a perfec	t sauce for seafood
Lots of vegetables topped with pasta, eggs, chicken	1,	made with lemon, butter, herbs & cream	
mayo & a delicious pineapple vinaigrette		fish	GH¢65.00
Chicken & Bacon Salad	GH¢50.00	prawns	GH¢75.00
A classic combo of roast chicken, bacon bits, lettuc	re,		
croutons, eggs and a honey mustard dressing		Sweet Chili Sauce - tangy, spicy and sweetsat	tisfies a <mark>ll the taste</mark>
Crispy Chicken Salad	GH¢50.00	buds	
Crispy fried strips of chicken, on a bed of vegetable	es	chicken	GH¢60.00
with a honey mustard dressing		veg	GH¢50.00
Crunchy Asian Combo	GH¢55.00	fish	GH¢65.00
Crunchy greens, topped with chicken, shrimps,		prawns	GH¢75.00
noodles and a soy & sesame dressing			
Harissa Salad	GH¢50.00	Hot Madras Curry - if you like a spicy curry, I bet	you will love this one
Fresh green salad, spicy grilled chicken ,		chicken	GH¢60.00
herb vinaigrette		veg	GH¢50.00
3 Spice Chicken Salad	GH¢50.00	fish	GH¢65.00
Slices of chicken marinated in aromatic spices,		prawns	GH¢75.00
on a bed of mixed greens with a mustard dressing			
Fruit & Nut Chicken Salad	<i>G</i> H¢50.00	Mild Curry - full of flavour, exotic Indian aroma	ntics, and not too spicy
A fresh garden salad topped with slices of bbq		chicken	GH¢60.00
chicken, orange segments and cashewnuts with a		veg	GH¢50.00
honey mu <mark>stard dressing</mark>		fish	GH¢65.00
Chicken Tikka Salad	GH¢50.00	prawns	GH¢75.00
Tasty chicken tikka on a mixed salad with a yogurt			
and mint raita dressing		Tandoori Chicken	GH¢60.00
Chicken & Pasta Salad	GH¢50.00		
Lettuce, cucumbers, tomatoes, onions, eggs, green		Harissa Chicken	GH¢60.00
peppers, sweetcorn,chicken, green peas and pasta			
with a light mayo dressing		Masala Fried Chicken	GH\$60.00
Curry Chicken & Pasta Salad	GH¢50.00		
Lettuce, cucumbers, tomatoes, curry chicken slivers	S,	Chicken Fried Rice	GH\$45.00
grilled onions, peppers and a curry mayonnaise dress	sing	Chicken They Rice	0114-13.00
Best Ever Chicken Salad	Gh¢50.00	Vegetable Fried Rice	GH¢40.00
Lettuce, vegetables, baked beans, sweetcorn,		vegetable fried Rice	9H440.00
chicken & 1000 island dressing		Egg Fried Rice	GH\$40.00
	* 2	Lyg Fried Rice	9H440.00

SUNSHINE SANDWICHES

On brown bread. Baguette on request at an extra 10gh Aubergine Mozzarella & Pesto Mini Club

Super Lean Turkey Ham & Cheese Grilled Tuna Sweet Corn

Masala Cheese Toastie

Veggie Club

Mozarella Tomato & Pesto

Tuna Club

Ham & Mustard

Roast Chicken & Mint Sauce

Chicken Tikka Corned Beef & Salad

Chicken & Bacon

LOW CARB PITA PIZZAS

Pizza Magherita Pizza With Spinach & Mushrooms Pizza With Ham, Peppers & Mushrooms Pizza With Bbq Chicken & Sweetcorn

EXTRA TOPPINGS

Chicken	GH¢15.00
Olives	GH\$5.00
Potatoes	GH\$5.00
Tuna	GH¢15.00
Dressing	GH\$5.00
Egg	GH¢5.00
Avocado	GH¢5.00
Any vegetable	GH¢5.0

JUICY BOOSTS, BODY CLEANSERS & PICK ME UPS

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

GH\$20.00

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)

GH¢ 20.00

GH50.00

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)

Fresh Orange Juice

Ice Coffee

Ice Tea	GH \$15.00
Green Ice Tea	GH ¢15.00
Fruit Ice tea	GH \$15.00
Nescafe	GH \$15.00
Filter Coffee	GH \$15.00
Herbal Tea	GH \$15.00
Specialty Teas	GH \$15.00
Lipton Tea	GH \$10.00
Chaii Tea	GH \$20.00
Capuccino	GH \$20.00
Americano	GH \$20.00
Machiato	GH \$20.00
Espresso	GH \$15.00
Café Latte	GH \$20.00

|--|

CHICKEN SALADS		HOT SPECIALS & ETHNIC CURRIES	
		(Request for chips / rice)	
Exotic Hawaiian	GH¢50.00	Creamy Lemon & Parsley Sauce - a perfect sauce for seafood	
Lots of vegetables topped with pasta, eggs, chicker	1,	made with lemon, butter, herbs & cream	
mayo & a delicious pineapple vinaigrette		fish	<i>G</i> H¢65.00
Chicken & Bacon Salad	GH¢50.00	prawns	GH¢75.00
A classic combo of roast chicken, bacon bits, lettuc	ce,		
croutons, eggs and a honey mustard dressing		Sweet Chili Sauce - tangy, spicy and sweetsat	tisfies a <mark>ll the taste</mark>
Crispy Chicken Salad	GH¢50.00	buds	
Crispy fried strips of chicken, on a bed of vegetabl	es	chicken	GH¢60.00
with a honey mustard dressing		veg	GH¢50.00
Crunchy Asian Combo	GH¢55.00	fish	GH¢65.00
Crunchy greens, topped with chicken, shrimps,		prawns	GH¢75.00
noodles and a soy & sesame dressing			
Harissa Salad	GH¢50.00	Hot Madras Curry - if you like a spicy curry, I bet	you will love this one
Fresh green salad, spicy grilled chicken ,		chicken	GH¢60.00
herb vinaigrette		veg	GH¢50.00
3 Spice Chicken Salad	GH¢50.00	fish	GH¢65.00
Slices of chicken marinated in aromatic spices,		prawns	GH¢75.00
on a bed of mixed greens with a mustard dressing			
Fruit & Nut Chicken Salad	GH¢50.00	Mild Curry - full of flavour, exotic Indian aromatics, and not too spicy	
A fresh garden salad topped with slices of bbq		chicken	GH¢60.00
chicken, orange segments and cashewnuts with a		veg	GH¢50.00
honey mustard dressing		fish	GH¢65.00
Chicken Tikka Salad	GH¢50.00	prawns	GH¢75.00
Tasty chicken tikka on a mixed salad with a yogurt			
and mint raita dressing		Tandoori Chicken	GH¢60,00
Chicken & Pasta Salad	GH¢50.00		
Lettuce, cucumbers, tomatoes, onions, eggs, green		Harissa Chicken	GH¢60.00
peppers, sweetcorn,chicken, green peas and pasta		Trainissa Griffichan	511100.00
with a light mayo dressing		Masala Fried Chicken	GH¢60.00
Curry Chicken & Pasta Salad	GH¢50.00	Musulu I Fled Gricken	011400:00
Lettuce, cucumbers, tomatoes, curry chicken sliver.	5,	Chicken Fried Rice	GH\$45.00
grilled onions, peppers and a curry mayonnaise dres	sing	Chicken I Med Rice	Ø/1 4 3.00
Best Ever Chicken Salad	Gh¢50.00	V 5: 15:	CL1#40, 00
Lettuce, vegetables, baked beans, sweetcorn,		Vegetable Fried Rice	GH¢40.00
chicken & 1000 island dressing		For Foird Bio	COLUMN 00
	* .	Egg Fried Rice	GH¢40.00
	4 N		

SUNSHINE SANDWICHES

On brown bread. Baguette on request at an extra 10gh Aubergine Mozzarella & Pesto Mini Club

Super Lean Turkey Ham & Cheese Grilled Tuna Sweet Corn

Masala Cheese Toastie

Veggie Club

Mozarella Tomato & Pesto

Tuna Club

Ham & Mustard

Roast Chicken & Mint Sauce

Chicken Tikka Corned Beef & Salad

Chicken & Bacon

LOW CARB PITA PIZZAS

Pizza Magherita Pizza With Spinach & Mushrooms Pizza With Ham, Peppers & Mushrooms Pizza With Bbq Chicken & Sweetcorn

EXTRA TOPPINGS

Chicken	GH¢15.00
Olives	GH\$5.00
Potatoes	GH\$5.00
Tuna	GH¢15.00
Dressing	GH\$5.00
Egg	GH¢5.00
Avocado	GH¢5.00
Any vegetable	GH¢5.0

JUICY BOOSTS, BODY CLEANSERS & PICK ME UPS

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

GH\$20.00

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)

GH¢ 20.00

GH50.00

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)

Fresh Orange Juice

Ice Coffee

Ice Tea	GH \$15.00
Green Ice Tea	GH ¢15.00
Fruit Ice tea	GH \$15.00
Nescafe	GH \$15.00
Filter Coffee	GH \$15.00
Herbal Tea	GH \$15.00
Specialty Teas	GH \$15.00
Lipton Tea	GH \$10.00
Chaii Tea	GH \$20.00
Capuccino	GH \$20.00
Americano	GH \$20.00
Machiato	GH \$20.00
Espresso	GH \$15.00
Café Latte	GH \$20.00