

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

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 GH¢65.00
Crispy fish topped with our house special local stew served with crunchy yam chips and salad

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

Suya Luya Wrap GH¢65.00
Tender beef suya in a pita wrap with lettuce, onions, tomatoes and green shitor served with yam chips and salad

Gold Coast Salad GH¢75.00
Lettuce, cucumbers, tomatoes, fried plantain, spicy chicken pieces topped with sliced onions and a light mayo dressing

Street Corner Special GH¢80.00
Crispy calamari, pepper wings, yam cubes, mixed salad

LOW CARB PITA PIZZAS

GH¢50.00

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
fish GH¢80.00
prawns GH¢85.00

Sweet Chili Sauce - tangy, spicy and sweet...satisfies all the taste buds
chicken GH¢75.00
fish GH¢80.00
prawns GH¢85.00

Hot Madras Curry - if you like a hot curry. I bet you will love this one..
veg GH¢65.00
chicken GH¢75.00
fish GH¢80.00
prawns GH¢85.00
lamb GH¢85.00

Mild Curry - full of flavor and not too spicy..
veg GH¢65.00
chicken GH¢75.00
fish GH¢80.00
prawns GH¢85.00

Tikka Masala - an internationally famous curry sauce..
veg GH¢65.00
chicken GH¢75.00
fish GH¢80.00
prawns GH¢85.00

Tandoori Grilled - Punjab's most popular grilled meat
chicken GH¢75.00
fish GH¢80.00
prawns GH¢85.00

Harissa Grilled - simple flavours....delectable taste
chicken GH¢75.00
fish GH¢80.00
prawns GH¢85.00

Masala Fried - when you need to crunch and munch
chicken GH¢75.00
fish GH¢80.00

Biryani - a one pot meal...fills up your senses of taste and aroma
veg GH¢65.00
chicken GH¢75.00
fish GH¢80.00
prawn GH¢85.00

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

Korma - a North Indian creamy dreamy curry
veg GH¢65.00
chicken GH¢75.00
fish GH¢80.00
prawns GH¢85.00

Curry Goat with Coconut Rice - highly recommended GH¢85.00

Panch Poran Daal - Served with steamed rice, papadum & fried potatoes GH¢65.00

Chicken Fried Rice GH¢55.00

Vegetable Fried Rice GH¢45.00

Egg Fried Rice GH¢45.00



COLD BEVERAGES

Coke/Fanta/Sprite/Malt/Alvaro GH¢15.00
Diet Coke GH¢20.00
Soda/Tonic GH¢15.00
Water L/S GH¢15.00
Water S/S GH¢10.00
Sanpellegrino Sparkling Water GH¢35.00
Belaqua Sparkling Water GH¢25.00

BEERS & STOUTS

STAR BEER
Mini GH¢15.00
Large GH¢25.00

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

HOUSE WINE

Glass GH¢25.00
Bottle 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¢20.00



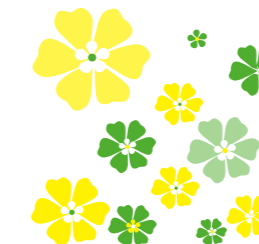
Six pack of Veg - lettuce, carrot, cucumber, lemon, mint, tomato GH¢20.00
Heart Beets - beetroot, carrot, pineapple GH¢20.00
Choice of Lassi - mango/pineapple/pawpaw/sweet/salty/masala GH¢20.00
Vita Boost - carrot, pineapple, raisins, ginger, turmeric, lemon GH¢20.00
Vegan Peanut Colada - peanut butter, banana, honey, almond milk, dates GH¢20.00
Orange Sunrise - mango, banana, orange, apple GH¢20.00
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, cinnamon, almond milk, vanilla, honey GH¢20.00
Fresh Orange Juice GH¢20.00
Ice Coffee GH¢20.00
Ice Tea GH¢15.00
Green Ice Tea GH¢15.00
Fruit Ice tea GH¢15.00

HOT BEVERAGES

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

Nescafe GH¢15.00
Filter Coffee GH¢15.00
Herbal Tea GH¢15.00
Specialty Teas GH¢15.00
Lipton Tea GH¢10.00
Chai 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

"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...

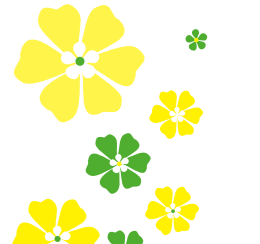
Anita Punjabi

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





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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)	Gh¢5.00
Traditional Hummus	Gh¢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 <i>(hummus / felafel / cheese sambusik / battata harra / pita bread / vegetables)</i>	Gh¢120.00
Mezze Platter Non Veg <i>(hummus / kibbeh / chicken wings / meat sambusik / pita bread / vegetables)</i>	Gh¢140.00
Indian Platter Veg <i>(paneer tikka / veg samosa / pakoda / masala potatoes / roti / chutney)</i>	Gh¢120.00
Indian Platter Non Veg <i>(chicken tikka / masala fish / lamb hebab/ lamb samosa / roti / chutney)</i>	Gh¢140.00

EARLY BIRD - Platter for one

Breakfast Platter Veg <i>(eggs / sausages / hash browns / bacon / mushrooms/ baked beans / toast)</i>	Gh¢70.00
Breakfast Platter Non Veg <i>(eggs / veg sausages / mushrooms / hash browns / baked beans / toast)</i>	Gh¢75.00

BURGERS

Greek Lamb And Feta Burger	Gh¢45.00
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)

Chicken & Bacon Wrap	Gh¢45.00
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	

VEGETARIAN SALADS

Mediterranean Salad <i>Light & fresh garden salad with a herb vinaigrette</i>	Gh¢45.00
Greek Salad Salad <i>A fresh green salad with olives , feta cheese and a herb vinaigrette</i>	Gh¢45.00
Greek Pasta Salad <i>A combination of leaves, pasta, beans, feta cheese and olives with a minty vinaigrette</i>	Gh¢45.00
Oriental Noodle Salad <i>Mixed salad with bean sprouts and a soy and sesame vinaigrette</i>	Gh¢45.00
Aromatic Couscous Salad <i>Lettuce and cucumbers, topped with aromatic couscous, aubergines, tomatoes, caramelized onions, pine nuts and vinaigrette</i>	Gh¢50.00
Felafel Salad <i>Fresh garden salad topped with crispy felafels and a tahineh dressing</i>	Gh¢50.00
Tofu & Noodle Salad <i>Fresh green salad leaves, cucumbers, courgettes, carrots, bean sprouts, noodles and crispy tofu with a sweet chili dressing</i>	Gh¢50.00
Fresh Fruit Salad <i>Seasonal fruits in all their natural glory</i>	Gh¢40.00

SEAFOOD SALADS

Thai Prawn Salad <i>Lettuce, cucumbers, noodles, courgettes, cabbage, coconut prawns, crispy onions and garlic slivers, soy & sesame vinaigrette</i>	Gh¢65.00
Salad Nicoise <i>A fresh green salad topped with tuna, eggs, beans and potatoes, with a herb vinaigrette</i>	Gh¢50.00
Shrimp Cocktail Salad <i>Lettuce, cucumbers, shrimps and green peppers, with a 1000 island dressing</i>	Gh¢65.00
Macaroni & Tuna Salad <i>A mix of pasta, tuna, cucumbers, eggs, vegetables with a light mayo dressing</i>	Gh¢50.00



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Fresh Fruit Salad <i>Seasonal fruits in all their natural glory</i>	Gh¢40.00

SEAFOOD SALADS

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Salad Nicoise <i>A fresh green salad topped with tuna, eggs, beans and potatoes, with a herb vinaigrette</i>	Gh¢50.00
Shrimp Cocktail Salad <i>Lettuce, cucumbers, shrimps and green peppers, with a 1000 island dressing</i>	Gh¢65.00
Macaroni & Tuna Salad <i>A mix of pasta, tuna, cucumbers, eggs, vegetables with a light mayo dressing</i>	Gh¢50.00

CHICKEN SALADS

Exotic Hawaiian	GH¢50.00
<i>Lots of vegetables topped with pasta, eggs, chicken, mayo & a delicious pineapple vinaigrette</i>	
Chicken & Bacon Salad	GH¢50.00
<i>A classic combo of roast chicken, bacon bits, lettuce, croutons, eggs and a honey mustard dressing</i>	
Crispy Chicken Salad	GH¢50.00
<i>Crispy fried strips of chicken, on a bed of vegetables with a honey mustard dressing</i>	
Crunchy Asian Combo	GH¢55.00
<i>Crunchy greens, topped with chicken, shrimps, noodles and a soy & sesame dressing</i>	
Harissa Salad	GH¢50.00
<i>Fresh green salad, spicy grilled chicken, herb vinaigrette</i>	
3 Spice Chicken Salad	GH¢50.00
<i>Slices of chicken marinated in aromatic spices, on a bed of mixed greens with a mustard dressing</i>	
Fruit & Nut Chicken Salad	GH¢50.00
<i>A fresh garden salad topped with slices of bbq chicken, orange segments and cashewnuts with a honey mustard dressing</i>	
Chicken Tikka Salad	GH¢50.00
<i>Tasty chicken tikka on a mixed salad with a yogurt and mint raita dressing</i>	
Chicken & Pasta Salad	GH¢50.00
<i>Lettuce, cucumbers, tomatoes, onions, eggs, green peppers, sweetcorn, chicken, green peas and pasta with a light mayo dressing</i>	
Curry Chicken & Pasta Salad	GH¢50.00
<i>Lettuce, cucumbers, tomatoes, curry chicken slivers, grilled onions, peppers and a curry mayonnaise dressing</i>	
Best Ever Chicken Salad	Gh¢50.00
<i>Lettuce, vegetables, baked beans, sweetcorn, chicken & 1000 island dressing</i>	

HOT SPECIALS & ETHNIC CURRIES

(Request for chips / rice)

Creamy Lemon & Parsley Sauce - a perfect sauce for seafood made with lemon, butter, herbs & cream	
fish	GH¢65.00
prawns	GH¢75.00
Sweet Chili Sauce - tangy, spicy and sweet...satisfies all the taste buds	
chicken	GH¢60.00
veg	GH¢50.00
fish	GH¢65.00
prawns	GH¢75.00
Hot Madras Curry - if you like a spicy curry, I bet you will love this one	
chicken	GH¢60.00
veg	GH¢50.00
fish	GH¢65.00
prawns	GH¢75.00
Mild Curry - full of flavour, exotic Indian aromatics, and not too spicy	
chicken	GH¢60.00
veg	GH¢50.00
fish	GH¢65.00
prawns	GH¢75.00
Tandoori Chicken	GH¢60.00
Harissa Chicken	GH¢60.00
Masala Fried Chicken	GH¢60.00
Chicken Fried Rice	GH¢45.00
Vegetable Fried Rice	GH¢40.00
Egg Fried Rice	GH¢40.00

SUNSHINE SANDWICHES

GH¢ 20.00

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

GH50.00

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¢5.00

JUICY BOOSTS, BODY CLEANSERS & PICK ME UPS

GH¢20.00

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

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(Request for chips / rice)

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On brown bread.

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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

GH50.00

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

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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)	
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