

JUICE BAR

FRESHLY SQUEEZED - RAW – ORGANIC (16oz)

SPINAMINT

Baby Spinach, Pineapple, Mint 30

GREENLEAF POWERUP

Baby Spinach, Pineapple, Kale, Cucumber, Mint 30

ISLAND BREEZE

Pineapple, Apple, Cucumber, Mint 30

RAINFOREST HYDRATION

Coconut, Pineapple, Ginger, Lime 30

ULTIMATE DTOX

Baby Spinach, Cucumber, Orange, Apple, Ginger, Lemon 30

MELON MINT

Watermelon, Pineapple, Mint 30

RED VELVET

Beet, Apple, Orange, Carrot, Ginger 30

CARROT SPLASH

Carrot, Apple, Cucumber, Orange, Ginger 30

CACAO LECHE

Pure 100% Cocoa powder, Almond milk, Dates and Vanilla beans extract. 35

VANILLA LECHE

Vanilla beans extract, Dates, and Almond milk 35

CUSTOMIZE YOUR OWN FLAVORS

Add any of above 3 ingredients (20) or 4 and more (30)

BUY 10 OR MORE JUICE FOR 20GHS EACH

SIMPLE JUICE

PINEAPPLE, WATERMELON, CARROT, ORANGE, TURMERIC

Any of the juices above 20

Cafe Menu

DAILY SPECIALS

Monday: Mac N Cheese w/ chicken

Tuesday:

Wednesday:

Thursday: Baked Ziti w/ garlic bread

Friday: Greenleaf Pizza special

Saturday:

Sunday: Chicken and Waffles



BREAKFAST

BACON IT UP

Bacon, eggs, cheese on pressed whole wheat bread or as a wrap 60

GREENLEAF ENGLISH BREAKFAST

Eggs (anyway you want), mushrooms, baked beans, sausage or bacon with a side of wheat toast and Avocado 65

VEGETABLE OMELETTE 25

MEATLOVERS OMELETTE 35

GREENLEAF CREPES

Nutella Crepe 40 Add strawberry, raspberry or blackberry Jam 45

Nana Berries Crepe 50

Egg & cheese with scallions Crepe 40 Add Sausage or Bacon or turkey Ham 50

FRENCH TOAST W/ BROWN SUGAR AND CINNAMON 40

BUTTERMILK PANCAKE

Fluffy American style buttermilk pancakes, sprinkled with confectioners sugar and topped with whipped cream and blueberries and a side of maple syrup 30

Add 2 slices of bacon/sausage and choice of egg for additional 25

ACAI BOWL WITH GRANOLA AND FRESH FRUIT TOPPINGS 45

FLAVORED MASHED KENKEY (KETO FRIENDLY)

Mashed Fanti Kenkey with dairy free milk and sugar free syrups

Choose your flavor of **Vanilla, Raspberry, Pumpkin, Peanut butter or Caramel Mocha** 30

REGULAR MASHED KENKEY 20



greenleafcafegh

TEMA COMMUNITY 25
PEACE BE JUNCTION
0303408319/ 055 930 0556 ph
OSU NYANIBA
0559300997/0207759719

OPENING HOURS:

MON-SAT: 7:30AM- 9PM

SUN: 1PM – 9PM

www.greenleafgh.com

MON-SAT: 7AM – 8PM

SUN: 12PM – 8PM

gr&3nleaf
superfood juice & smoothie cafe

Fresh & Delicious Gourmet Sandwiches, Salads, and Meals

SANDWICHES/SALAD/PASTA/SOUP

HOT DRINKS



| | |
|--------------------|----|
| Caffé Americano | 25 |
| Cappuccino | 30 |
| Espresso | 25 |
| Caffé Latte/ Mocha | 30 |
| Coffee | 25 |
| Tea | 15 |

All Teas and Coffees

Served with Sugar

Free syrup or stevia.

Honey and Lemon

available upon request

Almond milk or

Coconut milk can be

substituted at additional

cost

COLD DRINKS

| | |
|----------------------|----|
| Java Chip Frappe | 45 |
| Caramel Frappe | 40 |
| Caramel Mocha Frappe | 40 |
| Iced Coffee | 25 |
| Caramel Machiatto | 35 |



SMOOTHIES (350/500ML)

MANGO JOY

Mango, Pineapple, Banana and Almond Milk 30/40

BANANA BOAT

Banana, Mango, Spinach and Orange Juice 30/40

COCONUT BLUES

Blueberry, Banana and Coconut Milk 30/40

AVOSPINANA LANE

Avocado, Spinach, Pineapple, Banana 30/40

BANANA HEALTH NUT

Peanut Butter, Banana, Protein blend, & Chocolate 30/35/40/45

BERRY BLISS ANTIOXIDANT

Blueberry, Raspberry, Strawberry, and Banana 30/40

VEGGIE LOVERS

Kale, Spinach, Banana, Pineapple, Mango, Ginger, & Almonds 35/45

RAINFOREST REFRESHER

Coconut, Pineapple, Banana, Ginger 30/40

HEAVEN ON EARTH

Coconut, Mango, Banana, and Spinach 30/40

Add Ons:

Immune Booster| Fat Burner| Probiotic| Energy++

Whey Protein| Peanut Butter| Chia Seeds| Antioxidant

Granola| Moringa Powder for extra +7 GHS

APPETIZERS

| | |
|------------------------|-----------------------|
| Spring rolls 40 | Cheese Quesadilla 45 |
| Nachos w/ Guacamole 50 | Chicken Quesadilla 55 |



Chicken Wings 12/75 6/40

Spicy Buffalo

Smokey BBQ

Sweet Chilli & Tangy

Kpaposhito (Green Chillies)



CHICKEN PESTO PANINI OR WRAP

Grilled chicken, onions, tomatoes, mozzarella cheese with basil pesto sauce 60

TEMA/NYANIBA TURKEY CLUB (WRAP OR SANDWICH)

Turkey ham, bacon, avocado, tomatoes, lettuce, cheese w/garlic mayo 60

GREENLEAF STEAK AND CHEESE

Shredded Beef stuffed with sauteed onions and green peppers topped with melted mozzarella and cheddar cheese sandwich 75

SOUTHWESTERN CHICKEN RICE BOWL

Brown rice layered with Chicken, lettuce, cabbage, tomatoes, sauted green peppers and onions, sweet corn and chili 70

SEASONAL MIXED GREENS SALAD

Fresh picked greens, layered with tomatoes, onions, cucumber, cheese, egg, with a choice of **chicken, turkey ham, or tuna** in special house vinaigrette 100 with Shrimps 85

COUSCOUS SALAD

Couscous tossed in colorful assorted peppers, topped w/chickpeas and red beans drizzled in fresh balsamic herb dressing. Served w/ a side of Avocado 65

MAIN MEALS

Grilled Chicken with Fried rice/Fries 30/60

Shrimp Fried Rice 90

Chicken wings with Fried rice/French Fries 35/65

Jollof Rice with Grilled Chicken 50/ fish 30/60

Grilled Chicken Breast with Couscous Jollof and Veggies 65

Grilled Chicken Pesto Pasta 60

Stir-fried Noodles w/Chicken 60 Beef 70

Avocado Bowl Brown rice with red beans layered with, lettuce, cabbage, tomatoes, sauted green peppers and onions, sweet corn and Guac. 70

