





Juice / Milk / Plant-Based Add Vegan Protein Powder - **Ghc 25**

MELON MANIA

Watermelon, Pineapple, Apple, Grapes.

GREEN JUICE

Spinach, Cucumber, Pineapple, Kiwi

TROPICAL FLAVOURS

Coconut, Banana, Pineapple

GRANOLA MIX

Oatmeal, Banana, Blueberry, Pineapple

CARROT CAKE

Carrot, Pineapple, Apple, Strawberry

MANGO BOOST

Mango, Banana, Apple, Chia seeds

>→ SMOOTHIE BOWLS <



CHOOSE TWO TOPPINGS:

Sliced Fruit, Cinnamon, Honey, Chia Seeds, Flax Seeds, Nuts, Coconut, Granola, Dried Fruit, Jam

*** Additional Toppings - Ghc10 ***

THE FULL MONTY 4



This full English breakfast consists of two slices of bacon, two sausages (choice of Pork, Chicken or Quorn) mushrooms, baked beans, toast, grilled tomatoes, and hashbrowns.

>THE BIG PLATE 44



Oatmeal pancakes, two eggs your way, breakfast potatoes; select two of the following: breakfast sausage, quorn sausage, chicken sausage or bacon

Sub French toast, **Crepes Or Pancakes** - make vegan with Tofu Scramble

> BREAKFAST WRAP 4



Eggs and bacon or tofu and mushrooms scrambled with onions, tomatoes and green pepper wrapped in a tortilla.

> TUNA / CHICKEN MELT 4



Our melt is made with tuna or chicken, tomatoes, and mozzarella cheese topped with pickled red onions, and grilled between two fresh slices of bread.

> AVOCADO TOAST <



Freshly made avocado mash on sourdough toast is topped with two eggs cooked to your choosing, cilantro, garlic, and a sprinkle of salt and pepper.

> LOADED BREAKFAST GNOCCHI 4



Freshly Made Gnocchi, topped with flavorful Minced Beef and Pico De Gallo.