

COCKTAILS

GHC 20

PLANTAIN OLD FASHIONED

PLANTAIN SYRUP, BOURBON WHISKEY, BITTERS

HIBISCUS MOJITO

HIBISCUS SYRUP, RUM, LIME, MINT AND SODA

PINEAPPLE AND MINT DAIQUIRI

PINEAPPLE, RUM, MINT, SUGAR SYRUP AND LIME

FRESH START

CUCUMBER, GIN, LEMONGRASS SYRUP, MINT AND LIME

FIRE IN DA BELLY

GINGER SYRUP, TEQUILA, CHILLY AND LIME

CAIPIRINHA

FRESH LIMES, SUGAR AND CANE RUM

LIME DAIQUIRI

LIME JUICE, SUGAR SYRUP, RUM



OTHER DRINKS

MINERALS

GHC 3

MALT/ ALVARO

GHC 4

BEL AQUA

GHC 3

IN A MISSION TO BECOME PLASTIC FREE WE USE BEL-AQUA GLASS
BOTTLES WHICH WE FILL WITH BEL-AQUA STILL WATER

BEL-AQUA SPARKLING WATER 750ML

GHC 12

CLUB / STAR

GHC 8

GUINNESS / CLUB SHANDY / ORIGIN

GHC 7

MIXER - SINGLE / DOUBLE

GHC 15 / GHC 20

TOP SHELF

ASK FOR PRICES

WINE (BY THE BOTTLE ONLY)

GHC 60

LOCAL SHOTS

GHC 3

BLACK LABEL

GHC 15 PER SHOT

RED LABEL

GHC 10 PER SHOT

JACK DANIELS

GHC 15 PER SHOT

BAILEYS

GHC 15 PER SHOT

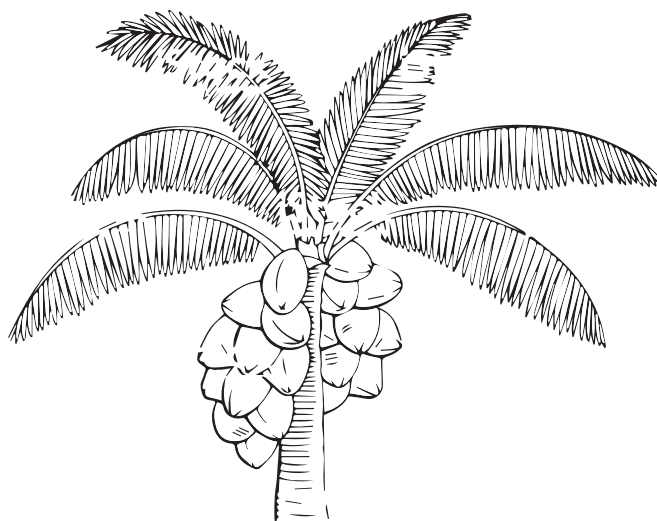
BREAKFAST MENU

DRINKS

FRESHLY MADE JUICE: ORANGE OR PINEAPPLE MINT AND LIME	GHC 10
BANANA, HONEY AND GROUNDNUT SHAKE	GHC 15
TEA (LIPTON OR MORINGA AND HIBISCUS)	GHC 6
FRESH COFFEE (DELICIOUS VOLTA COFFEE, JAMESTOWN COFFEE ROASTER)	GHC 10

FOOD

BEANS ON TOAST	GHC 13
SCRAMBLED EGG WITH TOAST	GHC 18
VEGGIE OMELETTE WITH CHEESE AND TOAST	GHC 25
SAUSAGE, EGG, TOMATO, BEANS AND TOAST	GHC 30
PANCAKES WITH FRUIT (PLAIN OR CHOCOLATE)	GHC 20
FRIED PLANTAIN AND SAUSAGE OMELETTE WITH TOAST	GHC 25
MAMA J'S HOMEMADE MUESLI WITH FRUIT	GHC 18
FRESH FRUIT SALAD	GHC 15
*WHEN IN SEASON ADD SMASHED AVOCADO	GHC 6



LUNCH AND DINNER MENU

GHANAIAAN

BANKU AND TILAPIA WITH FRESH PEPPER:	
SMALL	GHC 35
MEDIUM	GHC 40
LARGE	GHC 45
RICE BALLS WITH VEGGIE GROUNDNUT SOUP	GHC 25
RICE BALLS WITH CHICKEN GROUNDNUT SOUP	GHC 35
FRIED RICE WITH GRILLED CHICKEN AND SALAD	GHC 35

VEGETARIAN

PALAVA SAUCE WITH RICE AND SALAD	GHC 30
MAMA RITA'S MORINGA STEW WITH RICE OR BOILED YAM	GHC 25
RED RED WITH RICE. FRIED PLANTAIN AND SALAD	GHC 30
BAMBARA BEANS WITH KAKLO/SALAD	GHC 25

FUSION

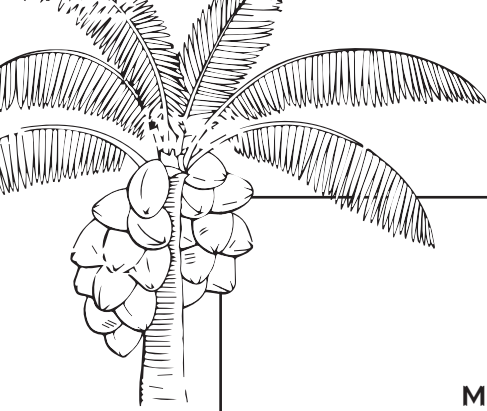
GRILLED CHICKEN WITH CASSAVA CHIPS	GHC 35
FRESH PEPPER DIPPING SAUCE AND SALAD	
SPICY VEGETABLE NOODLES WITH SALAD	GHC 25
COCONUT FRIED RICE WITH GRILLED CHICKEN	GHC 35
AND OKRA AND MANGO/PAPAYA SALAD	
COCONUT SALAD WITH TILAPIA OR SEA FISH WITH	GHC 35
TOSSED FRENCH BEANS	

SNACKS AND SIDES

CASSAVA CHIPS WITH FRESH PEPPER DIPPING SAUCE	GHC 15
SPICY OR SWEET CHICKEN PIECES	GHC 15
GREEK SALAD	GHC 30
AVOCADO (SEASONAL) OR VEGGIE WRAP	GHC 15

PLEASE NOTE. ALL OF OUR FOOD IS FRESHLY PREPARED SO DO ORDER IN ADVANCE IF YOU ARE IN A HURRY.





HOMEMADE PIZZAS

MARGARITA

MOZZARELLA, TOMATOES AND FRESH BASIL
HANDPICKED FROM OUR GARDEN

MEDIUM
GHC 40

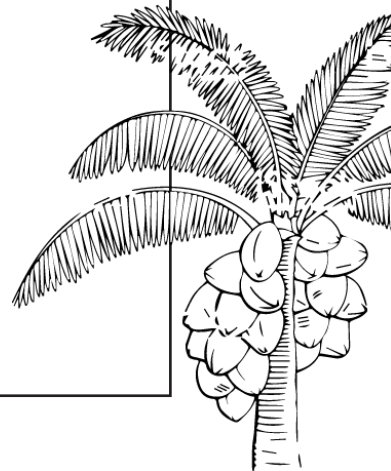
LARGE
GHC 50

HOT 'N' SPICY

MOZZARELLA, TOMATOES AND
SPICY SCOTCH BONNETS

MEDIUM
GHC 40

LARGE
GHC 50



DESSERTS

ASK CHEF JUSTINE WHAT TODAY'S SPECIAL IS!
IT'S ALWAYS A SURPRISE!

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At Meet Me There we make every effort to cater for everyone! Our well thought out menu is heavily influenced by delicious local dishes and flavours. We aim to source as much of our produce locally, ensuring it's wholesome, supports the local economy and gives you a taste of the Volta region and Ghana on a whole.

All of our food is freshly prepared and made with love, so please do order in advance; or enjoy our plentiful buffet style meals when we're busy!

Please find below a glossary of our local dishes / ingredients.

Feel free to talk to our fantastic Head Chef Justine if you have any questions.

RED RED

This dish, served with the traditional fried plantain, is a delicious combination of black-eyed beans stewed in a gently spiced tomato and red palm oil sauce; a hearty stew that is extremely popular in Ghana.

PALAVA

A type of stew that is widely enjoyed in countries such as Ghana, Liberia, Sierra Leone and Nigeria. Palava leaves are very similar to spinach, resulting in a dish especially high in iron.

PLANTAIN

A close relative in the banana family, plantain is an incredibly versatile vegetable that can be used at all times of its ripeness, and so ranges from an ingredient low in fat, salt and cholesterol and high in dietary starch and fibre to a super tasty sweet treat. Not only this, but overall plantain helps to boost the immune system, regulate digestion and is rich in potassium – a vegetable of many talents.

BANKU

A side made from ingredients including corn and cassava and comparable to a giant dumpling, banku is accompanied with soups and stews all across Africa and largely savoured with delicious freshly grilled tilapia.

GROUNDNUT SOUP

A Ghanaian favourite for its creamy yet oily consistency and spicy taste, this appetizing soup is served with rice balls – the less heavy version of banku. With a main ingredient being groundnuts, which are actually peanuts, this dish has a whole range of health benefits, including boosting memory power, protection against cancer and lowering the risk of heart disease.



MORINGA

This indigenous West African superfood (we even have a tree in our own garden) is not only super tasty in stews, soups and salads, but is also one of the most nutrient-rich plants in the world. To name just a few, moringa leaves, akin to spinach, kelp and spirulina, are abundant in nutrients such as vitamin C, calcium, essential amino acids and protein. As well as this, it can even be used for water purification and hand washing!

CASSAVA

A starchy root vegetable / tuber that, after preparation, can be boiled, steamed, roasted or fried – such as our delicious novel cassava chips.

YAM

As another tuber, yam is very similar to cassava, in the way it can be cooked or milled into flour. Although, it holds significantly more health benefits, such as being strong in antioxidants, vitamin C and many Bs, fibre and minerals. Frequently, yam is classified as sweet potato, however even though they are both tuberous root veggies that come from a flowering plant, this is definitely not the case.

FRESH PEPPER

A delicious and fiery dip that perfectly accompanies so many of our dishes – without overpowering any other flavours – and is a totally central condiment in African cuisine. Fresh pepper is made up of ingredients such as tomatoes, garlic and the legendary Scotch Bonnet peppers – these hold a specific smoky, sweet (and rather hot) flavour and are an excellent source of many vitamins and minerals.

WAGASHI

A special cheese that has its origins in Benin, wagashi is a natural form of grass-fed cow's cheese that, unlike many of the cheeses of the world, does not melt at high temperatures. This is a delicacy that is popular throughout West Africa, and is not only delicious, but is a prime ingredient in some unique meals – such as our deliciously cheesy kebabs.

HIBISCUS

Not only known for its large, colourful flowers, this plant can be used in drinks, and even food, to add a delectable taste, essential vitamins and minerals, and various medicinal benefits; these include lowering blood pressure, reducing the risk of heart disease and stimulating liver function. Hibiscus grows abundantly in Ghana, and the deeply vibrant flower can be found overflowing from huge woven baskets in the market places (and in our super popular hibiscus mojito).

