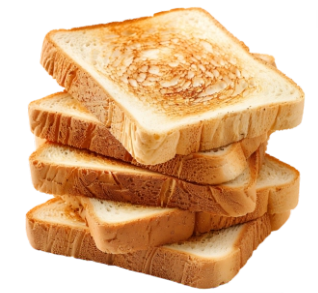



BREAKFAST MENU

A Choice Of Tea, Coffee, Milo, Oatmeal With Either Spanish Omelette, Fried Egg, Boiled Egg or Scrambled Egg With toast, butter and jam, Pancake, Sausage, Orange Juice, Fruit Salad, Baked Beans, Sliced Cheese, Corn Flakes.

GH¢ 150.00

EXTRA ORDERS

	Oat (Tin Milk, Sugar Bread and Butter)	GH¢ 40.00
	Milo (Milk, Sugar, Bread and Butter)	GH¢ 35.00
	Tea (Bread, Butter and Milk)	GH¢ 35.00
	Coffee (Milk and sugar)	GH¢ 25.00
	Sausage (Two Pieces)	GH¢ 35.00
	Bacon (Three Pieces)	GH¢ 40.00
	Sliced Cheese (Two Pieces)	GH¢ 35.00
	Baked Beans	GH¢ 35.00
	Corn Flakes (Milk and Sugar)	GH¢ 40.00
	Fried Egg (Bread and Butter)	GH¢ 35.00
	Boiled Egg (Bread and Butter)	GH¢ 35.00
	Scramble Egg (Bread and Butter)	GH¢ 40.00
	Spanish Omelette (Bread and Butter)	GH¢ 40.00
	Fruit Plater	GH¢ 45.00
	Fruit Salad	GH¢ 40.00
	Cheese Omelette (Bread And Butter)	GH¢ 50.00
	Porridge (Milk, Sugar, Bread & Butter)	GH¢ 40.00

ROOM SERVICE

GH¢ 30.00

STARTERS



Mixed Garden Salad (Lettuce, Fresh Tomatoes, Onions, Green Pepper, Garden Peas, Black Olives, Salad Cream, Bread and Butter) **GH¢ 100.00**



Mixed Salad (Lettuce, Fresh Tomatoes, Onions, Green Pepper, Grated Carrot, Black Olives, Salad Cream, Bread and Butter) **GH¢ 95.00**



Chicken Salad (Lettuce, Fresh Tomatoes, Onions, Green Pepper, Grated Carrot, Chicken, Black Olives, Salad Cream, Bread and Butter) **GH¢ 110.00**



Tuna Salad (Lettuce, Fresh Tomatoes, Onions, Green Pepper, Tuna Flakes, Black Olives, Salad Cream, Bread and Butter) **GH¢ 100.00**



Avocado Salad (Bed Of Lettuce, Avocado, Lemon, Fresh Tomatoes, Onion, Vinaigrette) **GH¢ 95.00**



Salad Nosie's (Lettuce, Fresh Tomatoes, Onions, Green Pepper, Green Beans, Boiled Potato, Tuna Flakes, Black Olives, Salad Cream, Bread And Butter) **GH¢ 115.00**



Cold Lobster with Mayonnaise (Bed Of Lettuce, Lobster, Black Olives, Mayonnaise) **GH¢ 115.00**

Chicken Creamy Soup (Chicken, Cream Fresh, Butter, Vegetable, Green Beans, Cucumber, Courgette) **GH¢ 105.00**

Vegetable Soup (Carrot, Courgette, Aubergene, Cucumber, Green Pepper, Bread and Butter) **GH¢ 90.00**

Fishermen Soup (Assorted Fish, Cassava Fish, Calamari in Tomato Soup, Bread and Butter) **GH¢ 115.00**

Vegetable Spring Rolls (Carrot, Green Beans, Green Peppers, Onions, Butter, Cabbage) **GH¢ 90.00**

Chicken Spring Rolls (Flour, Carrot, Green Beans, Green Peppers, Onions, Butter, Cabbage, Fresh Chicken chops) **GH¢ 95.00**

Beef Spring Rolls (Flour, Carrot, Green Beans, Green Peppers, Onions, Butter, Cabbage, Fresh Beef chops) **GH¢ 100.00**

ROOM SERVICE

GH¢ 30.00



SIR FRENKEL'S OCEAN VIEW RESTAURANT & BAR

Chicken

Spicy Grilled Chicken (Chicken, Ginger, Garlic, Pepper, Mustard) **GH¢ 138.00**

Chicken Kebab (Fillet Chicken, Ginger, Garlic, Pepper, Mustard, Green Pepper, Carrot, Onion) **GH¢ 138.00**

Shredded Chicken (Chicken, Ginger, Garlic, Mustard, Green Pepper, Carrot, Onions, Butter, Cream Fresh) **GH¢ 153.00**

Chicken Curry (Chicken, Curry, Pineapple, Carrot, Onion, Mushroom, Green Pepper, Butter, Watermelon) **GH¢ 153.00**

Chicken In Sauce (Chicken, Fresh Tomatoes, Onion, Fresh Pepper, Carrot, Green Pepper, Courgette, Butter) **GH¢ 153.00**

Chicken Kaver (Chicken, Garlic, Butter, Sliced Cheese, Onion, Bread Crumps, Deep-Fried) **GH¢ 138.00**

Stir-Fried Chicken (Chicken, Carrot, Onion, Green Pepper, Butter) **GH¢ 138.00**

Chicken Jambalaya (Chicken, Sausage, Egg, Rice, Cooked In Tomatoes) **GH¢ 153.00**



All The Above Dishes Are Served With Any Of The Side Orders Below:

Potato Chips

Vegetable Rice

Jollof Rice

Plain Rice

Banku

Yam chips Fried Rice

Fried Plantain

Boiled Plantain

Boiled Yam



ROOM SERVICE

GH¢ 30.00

BEEF



Tropical Beef Stew (Pieces of cooked beef and vegetables in tomato stew) **GH¢ 153.00**



Beef in red wine sauce (Beef, Red wine, Butter, Cucumber, Pepper, Flour, Garlic) **GH¢ 153.00**



Shredded Beef (Shreds of beef and vegetable in sauce) **GH¢ 153.00**

Beef Waakye (Beef, Butter, Carrots, Garlic, Gari, Waakye, Spaghetti, Green pepper and Wele) **GH¢ 153.00**

Grilled Steak and Eggs (Beef, garlic, Butter, Onions, Brown sauce and fried Eggs) **GH¢ 153.00**



Beef Stroganoff (Spicy Fresh beef, fresh milk, Macaroni like mustard and Cube butter) **GH¢ 163.00**



All the above dishes are served with any of the side orders below:

- Yam Chips
- Potato Chips
- Plain Rice
- Jollof Rice
- Fried Rice
- Vegetable Rice
- Fried Plantain
- Banku



ROOM SERVICE

GH¢ 30.00

Assorted Foods



Assorted fried rice (Fried rice, eggs, cooked beef, Grilled chicken, vegetables, sausages, butter ginger and garlic) **GH¢ 168.00**



Assorted Jollof Rice (Jollof rice, sausages, cooked beef, grilled chicken, vegetables, butter, ginger and garlic) **GH¢ 168.00**



Assorted Sea food Jollof Rice (Jollof rice, prawns, Calamari, Fish, Lobster with Vegetables and Butter) **GH¢ 248.00**



Assorted Sea food Fried Rice (Fried Rice, prawns, Calamari, Fish, Lobster with Vegetables and Butter) **GH¢ 248.00**

Assorted Seafood Spaghetti (Spaghetti, prawns, Calamari, fish, lobster with vegetables and butter) **GH¢ 248.00**

FISH



Snapper Papaya (Fillet Snapper, Pan-Fried With Papaya)
GH¢ 173.00



Traditional Fish (Snapper, Sauté, Cucumber, Onion,
Carrot)
GH¢ 173.00

Fish Panel (Fillet Fish, Bread Crumps In Deep-Fried)
GH¢ 173.00

Snapper Fish Stew (Snapper, Carrot, Tomatoes,
Green Pepper, Cucumber, Onion, Butter In Sauce)
GH¢ 177.00

Spicy Grilled Snapper (Snapper, Garlic and ginger)
GH¢ 173.00

Grouper Light Soup (Fresh grouper, Vegetables,
ginger and garlic)
GH¢ 173.00



Fried Grouper (Spice fresh grouper, deep fry)
GH¢ 173.00

Grouper Mainour (Pan-Fried Grouper With
Lemon Brown Sauce)
GH¢ 178.00



Grilled Grouper (Grouper, Ginger, Garlic, Lemon, Mustard)
GH¢ 178.00

Grouper In Sauce (Assorted Vegetables In Sauce)
GH¢ 195.00

Grilled Lobster (Lobster, Garlic, Butter) GH¢ 285.00

Lobster In Hot Sauce (Lobster, Pepper, Cooked In
Vegetable Sauce)
GH¢ 305.00



Lobster In Sauce (Lobster, Cooked In Vegetable Sauce)
GH¢ 305.00

Lobster Thermidor (Lobster, Butter Sauce, Onions,
Green Pepper, Carrot, Lemon)
GH¢ 305.00



ROOM SERVICE

GH¢ 30.00

FISH



Chill Grilled Squid With Garlic (Calamari, Pepper, Parsley, Ginger, Garlic, Butter) **GH¢ 195.00**



Calamari In Basket (Calamari, Flour, Egg, Ginger, Garlic, Salt, Curry, French Fries) **GH¢ 165.00**



Spicy Calamari And Salmon Kebab (Calamari, Salmon, Green Pepper, Onions, Carrot, Kebab Powder) **GH¢ 205.00**



Smokey Barracuda (Barracuda, Lime, Olive Oil, Mustard, White Pepper, Butter, Vinegar, Flour) **GH¢ 168.00**

Fried Barracuda (Barracuda, Oil, Ginger, Garlic, Mustard, Lime) **GH¢ 165.00**

Grilled Garlic Barracuda Steak (Barracuda, Garlic, Butter, Onions, Mustard, White Pepper, Green Beans, Carrot, Lemon) **GH¢ 168.00**



Grilled Cassava Fish (Cassava Fish, Ginger, Garlic, Lemon, Mustard) **GH¢ 173.00**

Pan-Fried Cassava Fish (Cassava Fish, Ginger, Garlic, Lemon, Mustard, Butter) **GH¢ 173.00**



Cassava Fish In Sauce (Cassava Fish, Carrot, Onion, Cucumber, Green Pepper, Cabbage, Butter) **GH¢ 187.00**

Fish Fingers (Cassava Fish Cut Into Pieces, Deep-Fried In Butter Sauce) **GH¢ 173.00**

Cassava Fish Light Soup (Fresh Cassava fish, vegetables, Ginger and Garlic) **GH¢ 173.00**

ROOM SERVICE

GH¢ 30.00

TILAPIA



Spicy Grilled Tilapia (Tilapia, Ginger, Garlic, Lemon, Mustard, Fresh Pepper) **GH¢ 157.00**



Fried Spicy Tilapia (Fresh Tilapia, Mustard, Ginger, Garlic, Salt, Lime in deep frying) **GH¢ 157.00**



Tilapia Pepper Soup (Tilapia, Fresh Tomatoes, Onion, Pepper) **GH¢ 173.00**

Tilapia In Sauce (Tilapia, Tomatoes, Onion, Carrot, Cabbage, Green Pepper) **GH¢ 173.00**

SEA FOOD



Jumbo Prawns (Prawns, Deep-Fried In Butter Sauce) **GH¢ 295.00**



Prawns In Sauce (Prawns Cooked In Vegetable Sauce) **GH¢ 315.00**



Seafood Pasta (Assorted Seafood, Lobster, Calamari, Prawns, Grouper) **GH¢ 315.00**



Seafood Platter (Assorted Grilled Lobster, Prawns, Calamari, Grouper) **GH¢ 315.00**

Spicy Grilled Prawns (Charcoal-Grilled, Toss Garlic Sauce) **GH¢ 295.00**

All The Above Dishes Are Served With Any Of The Side Orders Below:

Potato Chips	Vegetable Rice	Jollof Rice
Plain Rice	Banku	Yam chips Fried Rice
Fried Plantain	Boiled Plantain	Boiled Yam

ROOM SERVICE GH¢ 30.00

LOCAL DISHES



Beans Stew with Gari and Fried Plantain

GH¢ 187.00

Nkotomire Stew with half Boiled Yam and half
boiled Plantain

GH¢ 173.00



Assorted Goat Light Soup With Fufu (Fresh goat,
Smoked fish, Salted beef and Vegetables)

GH¢ 225.00



Goat Light Soup with Fufu (Fresh Goat, Fresh
Vegetables, Cassava & Plantain)

GH¢ 198.00



Chicken Groundnut Soup With Rice Ball (Fresh
groundnut paste, Fresh Chicken & Vegetables)

GH¢ 168.00

Assorted Fish Light Soup With Fufu (Herrings
Salted beef, Smoked Fish, Fresh vegetables)

GH¢ 205.00



Chicken Light Soup with Fufu (Fresh
Chicken, Fresh Vegetables, natural Spices,
Plantain and Cassava)

GH¢ 168.00

Chicken Light Soup with Plain Rice (Fresh
Chicken, Fresh Vegetables and natural Spices
and plain rice)

GH¢ 168.00



ROOM SERVICE

GH¢ 30.00

SANDWICHES



Club Sandwich (Lettuce, Mayonnaise, Beef, Eggs, Sausages, Fresh Tomatoes, Onion, Sliced Bread, Potato Chips)

GH¢ 121.00

Cheese And Tomatoes Sandwich (Mayonnaise, Slice Cheese, Fresh Tomatoes, Lettuce, Sliced Bread)

GH¢ 101.00

Egg And Cheese Sandwich (Fried Egg, Sliced Cheese, Mayonnaise, Sliced Bread)

GH¢ 105.00

Chicken Sandwich (Lettuce, Mayonnaise, Chicken, Fresh Tomatoes, Onion, Sliced Bread, Potato Chips)

GH¢ 105.00

Tuna & Tomato Sandwich (tomatoes Mayonnaise, Chop Onion, Tuna Flakes, Sliced Bread)

GH¢ 101.00

Tuna Sandwich (Mayonnaise, Chop Onion, Tuna Flakes, Sliced Bread)

GH¢ 101.00

Hawaiian Sandwich (Ham, bacon, lettuce, pineapple, bread and tomatoes)

GH¢ 120.00

PIZZA

Chicken Pizza (Grilled Chicken, Tomatoes, Sausage, Green Pepper, Onion, Mozzarella Cheese)

GH¢ 148.00

Beef Pizza (Cooked Beef, Tomatoes, Sausage, Green Pepper, Onion, Mozzarella Cheese)

GH¢ 163.00

Hawaiian Pizza (Ham, Tomatoes, onions, green pepper, mushroom and cheese)

GH¢ 148.00

Seafood Pizza (Lobster, Prawns, Calamari, Grouper Fish, Fresh Tomatoes, Green Pepper, Onion and cheese)

GH¢ 250.00

Vegetable Pizza (Tomatoes, Green Pepper, Onion, Mozzarella Cheese)

GH¢ 120.00

ROOM SERVICE

GH¢ 30.00

VEGETARIAN DISH



Vegetarian Red-Red (Black Eye Beans, Carrot, Onion, Cucumber, Courgette, Red Oil) **GH¢ 100.00**

Ratatouille (Courgette, Aubergene, Cucumber, Onion, Carrot, Butter, Potato) **GH¢ 100.00**

Veggie Curry (Carrot, Courgette, Aubergene, Cucumber, Onion, Watermelon, Mushroom, Pineapple, Butter) **GH¢ 95.00**



Vegetarian Kontomire Sauce (Kontomire, Carrot, Aubergene, Courgette, Onion, Agushie, Fresh Tomato, Oil) **GH¢ 95.00**

Kids Menu



Sausage & Fries **GH¢ 105.00**

Pasta Al forno (macaroni, mince meat, tomatoes sauce, Vegetables, cheese and butter) **GH¢ 105.00**

Spaghetti Bolognese (Mince meat, Spaghetti, red wine, cheese, onions and garlic) **GH¢ 105.00**



Spaghetti with Tuna Sauce (Spaghetti, Tuna, tomatoes, Carrot and green pepper) **GH¢ 105.00**

Macaroni and Cheese (macaroni, fresh milk, butter, cheese in sauce) **GH¢ 115.00**



Chicken Nugget (Pieces of chicken, bread crumbs, eggs, flour and salt in deep frying) **GH¢ 110.00**

ROOM SERVICE

GH¢ 30.00

EXTRA ORDERS



Potato Chips	GH¢ 50.00
Yam Chips	GH¢ 45.00
Fried Plantain	GH¢ 45.00
Jollof Rice	GH¢ 50.00
Plain Rice	GH¢ 45.00
Fried Rice	GH¢ 50.00
Vegetable Rice	GH¢ 50.00
Oriental Rice	GH¢ 45.00
Banku (two balls)	GH¢ 40.00
Mush Potatoes	GH¢ 50.00
Spicy Kelewele	GH¢ 50.00
Akyeke	GH¢ 40.00

DESSERTS

Tropical Fruit Pancake (Pancake filled with Pineapple, apple, watermelon and banana)	GH¢ 95.00
Fruit platter (Sliced of Pineapple, watermelon, banana and Apple)	GH¢ 85.00
Fruit Trifle (Fruit filled with custard, sultana and cherry)	GH¢ 95.00
Cheesecake (Cheese, Digestive biscuit, Lime juice and Cherry)	GH¢ 95.00
Pancake with Chocolate sauce	GH¢ 85.00
Pancake with Ice Cream	GH¢ 100.00
Plain Pancake	GH¢ 70.00
Fruit Salad	GH¢ 50.00
Ice Cream	GH¢ 85.00

ROOM SERVICE

GH¢ 30.00