

# SIR FRENKEL'S OCEAN VIEW RESTAURANT & BAR

## STARTERS



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



**Chicken Creamy Soup** (Chicken, Cream, 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¢ 95.00**



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



**Beef Spring Rolls** (Flour, Carrot, Green Beans, Green Peppers, Onions, Butter, Cabbage, Fresh Beef chops) **GH¢ 110.00**



## SALADS

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



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

**Greek Salad** (Lettuce, Fresh Tomatoes, Onions, Green Pepper, feta cheese, Black Olives, vinegar dressing salad, 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**

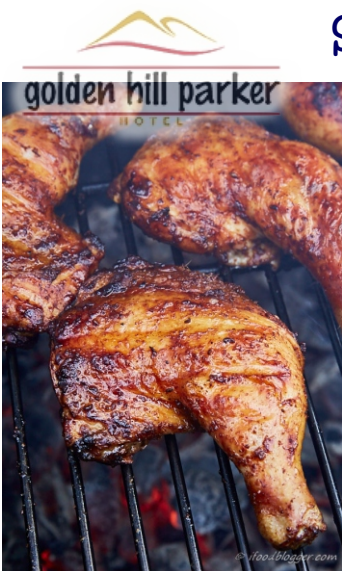
**Tuna Salad** (Lettuce, Fresh Tomatoes, Onions, Green Pepper, Tuna Flakes, Black Olives, Salad Cream, Bread and Butter) **GH¢ 100.00**

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

**ROOM SERVICE**

**GH¢ 30.00**





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

**Chicken cordon bleu** (chicken breast, ham, cheese, breadcrumbs, flour, eggs, served with tartar sauce) **GH¢ 168.00**

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

**Chicken Nugget** (pieces of chicken, breadcrumbs, eggs, flour and salt deep fried) **GH¢ 125.00**

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

Potato Chips  
Plain Rice  
Fried Plantain

Vegetable Rice  
Banku  
Boiled Plantain

Jollof Rice  
Yam chips  
Fried Rice  
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 Creamy Sauce** (Shredded beef, vegetables and Creamy 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** (Spicey Fresh beef, fresh milk, Macaroni like mustard and Cube butter) **GH¢ 163.00**



**Beef Kebab** (Fillet beef, Ginger, Garlic, Pepper, Mustard, Green Pepper and Onion) **GH¢ 153.00**

**Lamb Chops** (grilled lamb with peppercorn sauce) **GH¢ 195.00**



**Grilled Ribeye Steak** (ribeye beef, salt, black pepper & peppercorn sauce) **GH¢ 195.00**

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**





## TILAPIA



**Spicy Grilled Tilapia** (Tilapia, Ginger, Garlic, Lemon, Mustard, Fresh Pepper) **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 tomato Sauce) **GH¢ 315.00**



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

**Seafood Platter** (Assorted Grilled Lobster, Prawns, Calamari, Grouper) **GH¢ 400.00**

**Our signature Platter** (sandwich, babarcue sausage, coated egg, fish or chicken deeps, side salad, onion rings, tartar sauce and green chilly sauce) **GH¢ 270.00**

**The Ambitious Tilapia Platter** (grilled tilapia served with basquaise or moyo sauce, atsieke, french fries, jollof, vegetable aloko) **GH¢ 250.00**

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

**Seafood Provencal** (prawns, fish, Calamari in a steamed tomato sauce and olives) **GH¢ 315.00**

**Seafood Lover** (prawns, fish, Calamari in Creamy sauce and parsley) **GH¢ 335.00**

**Crispy Calamari** (coated in light butter and fried to golden perfection, served with tartar sauce) **GH¢ 295.00**

**Sleepy Prawns** (prawns, lettuce, vegetables and olives) **GH¢ 165.00**

**ROOM SERVICE**

**GH¢ 30.00**

## SNAPPER & Sole



**Fish Panel** (Fillet Fish, Bread Crumbs In Deep-Fried)

**GH¢ 173.00**



**Snapper Papaya** (Fillet Snapper, Pan-Fried With Papaya)

**GH¢ 173.00**

**Snapper Fish Sauce** (Snapper, Carrot, Tomatoes, Green Pepper, Cucumber, Onion, Butter In Sauce)

**GH¢ 177.00**

**Spicy Grilled/Fried Snapper** (Snapper, Garlic and ginger)

**GH¢ 173.00**

**Sole Milanese** (sole, breadCrumbs, eggs, flour, shallow fried)

**GH¢ 173.00**



**Grouper Light Soup** (Fresh grouper, Vegetables, ginger and garlic)

**GH¢ 173.00**



**Grilled/Fried Grouper** (Grouper, Ginger, Garlic, Lemon, Mustard)

**GH¢ 178.00**

**Grouper In Sauce** (Assorted Vegetables In Sauce)

**GH¢ 195.00**



**Grilled/Fried Lobster** (Lobster, Garlic, Butter)

**GH¢ 285.00**

**Lobster Hot Sauce** (Lobster, Pepper, Cooked In Vegetable Sauce)

**GH¢ 305.00**

**Lobster 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**



## CALAMARI



**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**



**Calamari In Sauce** (Calamari, Fresh Tomatoes, Ginger, Garlic, Green Pepper, Carrot, Oil, Butter) **GH¢ 185.00**

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

## BARRACUDA



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

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

## CASSAVA FISH



**Grilled/Fried Cassava Fish** (Cassava Fish, Ginger, Garlic, Lemon, Mustard) **GH¢ 200.00**

**Casava Fish Stew** (Cassava Fish, Carrot, Onion, Cucumber, Green Pepper, Cabbage, Butter) **GH¢ 215.00**

**Cassava Fish Light Soup** (Fresh Cassava fish, vegetables, Ginger and Garlic) **GH¢ 215.00**



**Fish Fingers** (Fish Cut Into Pieces, Deep-Fried In Butter Sauce)

**Barracuda**

**GH¢ 200.00**

**Cassava Fish**

**GH¢ 200.00**

**Grouper**

**GH¢ 215.00**

**ROOM SERVICE**

**GH¢ 30.00**

## Assorted Foods & Noodles



### Golden Hill Special Fried/Jollof Rice

(Fried/Jollof rice, eggs, cooked beef, Grilled chicken, vegetables, sausages kelewele, garlic butter ginger and garlic)

**GH¢ 200.00**



**Assorted Fried/Jollof Rice** (Jollof/fried rice, sausages, cooked beef, grilled chicken, vegetables, garlic butter, ginger and garlic)

**GH¢ 185.00**



**Assorted Sea food Fried /Jollof Rice** (Fried/jollof Rice, prawns, Calamari, Fish, Lobster with Vegetables and garlic Butter)

**GH¢ 348.00**



**Assorted Spaghetti** (spaghetti, chicken, beef, sausage, eggs and vegetables)

**GH¢ 248.00**

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

**GH¢ 348.00**

**Chicken Jambalaya** (chicken, sausage, eggs, jollof rice and vegetables)

**GH¢ 153.00**

**ROOM SERVICE**

**GH¢ 30.00**



## LOCAL DISHES



Beans Stew with Gari and Fried Plantain (with chicken or fish) **GH¢ 168.00**

Nkutomire Stew with half Boiled Yam and half boiled Plantain (with chicken or fish) **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¢ 187.00**

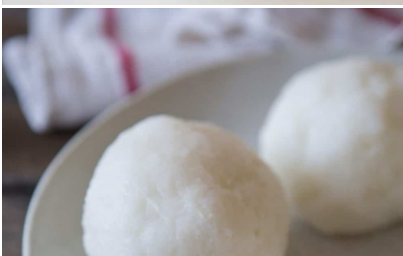


Assorted Fish Light Soup With Fufu (Herrings Salted beef, Smoked Fish, Fresh vegetables) **GH¢ 205.00**



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**



Assorted Okro (Crab, salmon, wele, dry fish) **GH¢ 168.00**

ROOM SERVICE

GH¢ 30.00



## VEGETARIAN DISH



**Vegetarian Red-Red** (Black Eye Beans, Carrot, Onion, Cucumber, Courgette, Red Oil) **GH¢ 125.00**



**Veggie Curry** (Carrot, Courgette, Aubergene, Cucumber, Onion, Watermelon, Mushroom, Pineapple, Butter) **GH¢ 120.00**



**Vegetarian Kontomire Sauce** (Kontomire, Carrot, Aubergene, Courgette, Onion, Agushie, Fresh Tomato, Oil) **GH¢ 110.00**

## Pasta & Noodles



**Beef Noodles** (beef, green, red and yellow bell peppers in Chinese style) **GH¢ 160.00**



**Chicken Noodles** (chicken, red, green and yellow bell peppers in Chinese style) **GH¢ 140.00**



**Penne Alfredo** (al dente pasta in creamy and fresh parmesan cheese) **GH¢ 135.00**

**\*with chicken** - **GH¢ 140.00**

**\* with prawns** - **GH¢ 250.00**

**Pasta Carbonara** (pasta, bacon, eggs, Creamy and Parmesan Cheese) **GH¢ 165.00**

**Spaghetti Bolognaise** (Mince meat, Spaghetti, red wine, cheese, mushrooms, onions and garlic) **GH¢ 150.00**

**Macaroni and Cheese** (macaroni, cooking cream, garlic butter, Cheese) **GH¢ 135.00**

**ROOM SERVICE**

**GH¢ 30.00**



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## BURGERS



**Golden Hill Special burger** (All inclusive)

**GH¢ 195.00**

**Croque Monsieur** (Toasted ham, cheese sandwich, Mornay sauce)

**GH¢ 130.00**



**Cheese burger** (Beef patty, cheddar cheese, eggs, lettuce, onions and tomatoes, cucumbers and calypso sauce)

**GH¢ 170.00**

**Chicken burger** (Chicken patty with lettuce, cheddar cheese, onions and tomatoes, cucumber and burger sauce)

**GH¢ 145.00**



**Beef Burger** (beef patty, eggs, lettuce, onions and tomatoes, cucumber and burger sauce)

**GH¢ 165.00**

## SANDWICHES

**Club Sandwich** (Lettuce, Mayonnaise, Chicken, Eggs, Fresh Tomatoes, Onion, Sliced Bread)

**GH¢ 130.00**

**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)

**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**



**All served with french fries**

**ROOM SERVICE**

**GH¢ 30.00**



## Quesadillas



**Golden Hill Special Quesadillas** (mozzarella cheese, sausage, mushroom, spinach, prawns, ham and vegetables) **GH¢ 175.00**



**Beef Quesadillas** (beef, paprika, garlic butter, onions, bel red, yellow and green peppers) **GH¢ 160.00**



**Chicken Quesadillas** (Chicken, paprika, garlic butter, onions, bel red, yellow and green peppers) **GH¢ 145.00**

**Quiche lorraine** - **GH¢ 200.00**

**Vegetable Couscous** - **GH¢ 135.00**

**Grilled Ribeye Steak** (ribeye beef, salt, black pepper & peppercorn sauce) **GH¢ 195.00**

## WRAPS



Golden Hill Special Shawarma (Beef, chicken, sausage, vegetables and cheddar cheese) **GH¢ 160.00**



Crispy Fish Wrap (Fish, vegetables and spicy garlic mayo sauce)

Chicken & Avocado Wrap (seasonal) **GH¢ 130.00**

(Chicken, avocado, vegetables and garlic mayo sauce) **GH¢ 145.00**



Beef Shawarma (Beef, lettuce, vegetables and calypso sauce) **GH¢ 150.00**

Chicken Shawarma (Chicken, vegetables and calypso sauce) **GH¢ 130.00**

## PIZZAS



Golden Hill Parker Special Pizza (Chicken, beef, sausage, bacon, vegetables and mozzarella cheese) **GH¢ 220.00**

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

**Medium**

**Large**

**Family Size**

**GH¢ 148.00**

**GH¢ 175.00**

**GH¢ 215.00**



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

**Medium**

**Large**

**Family Size**

**GH¢ 163.00**

**GH¢ 193.00**

**GH¢ 235.00**



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¢ 130.00**

Pepperoni Pizza (pepperoni, pizza sauce and mozzarella cheeses) **GH¢ 150.00**



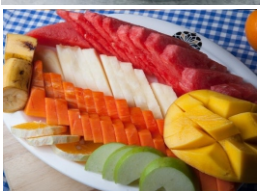
**ROOM SERVICE**

**GH¢ 30.00**



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### EXTRA ORDERS



Potato Chips	GH¢ 60.00
Yam Chips	GH¢ 50.00
Fried Plantain	GH¢ 45.00
Jollof Rice	GH¢ 50.00
Plain Rice	GH¢ 45.00
Fried Rice	GH¢ 50.00
Vegetable Rice	GH¢ 70.00
Saute potatoes	GH¢ 70.00
Banku ( two balls)	GH¢ 40.00
Mashed Potatoes	GH¢ 50.00
Spicy Kelewele	GH¢ 50.00
Atsieke	GH¢ 50.00
Baked Potatoes	GH¢ 70.00

### 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