

APPENDICES

Appendix A - Menu Samples



Breakfast Menu

English/American Breakfast

Eggs (Omelette, Scrambled, Boiled)

Breakfast Sausages

Bacon

Stirfry Mushrooms

Pancakes

Waffles

Baked Beans

Potato & Ham Mix

Hash Browns

Breadrolls

Brown & White Toast

Pastries

Assorted Sandwiches

Profiteroles

Ham & Cheese Puffs

Sausage Twist

Beef Rolls

Croissants

Muffins

Pain au Chocolat

Pain au raisin

Salads/Fruits

Oriental Salad

Braised Vegetables

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Email: goodfoodkadina@yahoo.com



Tuna Salad

Fruit Salad

Fruit Platter

Beverages

Assorted Tea

Coffee

Chocolate Beverage

Horlicks

Juices

Local Breakfast

Oats

Hausa Koko

Koose

Oblayoo

Corn Grits (Ekuegbemi)

Rice Water

Local Food

Waakye

Gari fotor/ Spaghetti

Oxtail Sauce

Fried Fish

Kenkey

Small small Fish/Octopus/Squid

Plain/ Vegetable Rice

Pig feet Stew

Pepper Sauces

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COCKTAIL MENU

CHICKEN

Chicken Cutlets

Chicken Fingers

Chicken Satays (Kebabs)

Chicken Pieces

B'Q Chicken Wings

BEEF/LAMB/PORK

Beef Khebabs

Beef Croquettes

Spicy Spare ribs

Teriyaki Pork Chops

Meat Balls

SEAFOOD

Fish & Corn Fritters

Fish 'n' batter

Fish Finger

Fish balls

Golden Fried Shrimps

Squid Fingers

Calamari curls

Prawn Balls

B'Q Prawns

PASTRIES/ SAVORIES

Assorted Sandwiches (Tuna, Chicken & Cheese, Ham & Cheese etc)

Open Faced Sandwiches

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Pitta Rolls

Spring Rolls

Sambuskis

Spinach Quiche

Fish & Vegetable Quiche

Profiteroles

Cream Horns

Mini Pizzas

Bean Cakes (koose)

Sausage Twist

Cucumber rolls

Cheese and Olive platter



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MENU LIST

STARTERS

Cream of Courgette Soup
Goat Light Soup
Pumpkin Soup
Fish light soup
Chicken Cutlets
Spring Rolls
Bread Rolls served with Butter
Beef skewers
Barbecued Chicken Wings

SALADS

Green Salad
Smoked Salmon Salad
Potato Salad
Salad Niçoise
Oriental Salad
Tuna Salad
French Salad
Braised Vegetables
Beetroot and Feta Cheese Salad
Avocado, Tomato and Cucumber Salad
Avocado Salad
Pasta Salad

MAIN MENU

Barbecued Grilled Chicken
Spicy grilled chicken medley
Barbecued chicken lollipops
Jerk grilled chicken
Shredded Chicken in mushroom Sauce
Diced chicken in tomato sauce
Fillet of Grouper in white sauce
Fish and vegetable medley
Seafood Medley
Diced grouper fillet in tomato concasse sauce
Baked whole fish
Roast Lamb in brown mint sauce
Lamb Casserole
Lamb curry

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Barbecued whole lamb
Goat stew
Diced Beef Buigogne
Beef tenderloins
Shredded beef in mushroom sauce
Beef and Broccoli stir-fry
Jerk grilled pork chops
Spicy Spare ribs
Barbecued whole Piglet

ACCOMPANIMENT

Aromatic Rice
Oriental Rice
Braised Rice with peas & Carrots
Jollof Rice
Fried Rice
French Onion Rice
Savoury Rice
Potato Lyonnaise
Sautéed Potatoes
Cheesy Potatoes
Lasagne
Pasta penne
Stir fried egg noodles
Yam croquettes/balls
Kelewele
Black Pepper Sauce
Green Pepper sauce
Tomato Concasse Sauce

DESSERTS

Fruit Platter/Salad
Black Forest Cake
Ice cream
Fruit crumble
Tiger nut mousse
Apple tart/Ice cream
Fruit crumble / custard sauce
Bread pudding/ice cream

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