



Mma
Zara
African Restaurant



**FOOD
MENU**





BREAKFAST

GHC

HAUSA KOKO	60.00
EKOEGBEEMI	60.00
WHITE KOKO(M)R3 KOKO)	60.00
KOOSE	30.00
RICE PORRIDGE	60.00
BREAD ROLLS	50.00

APPETIZERS

GHC

SPICY SNAIL	280.00
DOMEDO	200.00
SPICY KELEWELE WITH PEANUT	180.00
SPICY PORK RIBS	250.00

CHINCHINGA Your choice of

GOAT	280.00
BEEF	280.00
CHICKEN	280.00
SPICY GUINEA FOWL	320.00
AVOCADO SALAD (seasonal)	250.00

(Lettuce, cucumber, carrot, tomato, avocado, onions, chopped parsley, chopped chili, honey, and olive oil)

GHANAIAN SALAD	250.00
(Lettuce, cabbage, cucumber, tomato, green, onions, tuna, sausage, baked beans, sardine, boiled egg, and olive oil)	

SOUPS

APONKYE NKRAKRA	200.00
JAMES TOWN FISHERMAN SOUP	350.00
GUINEA FOWL LIGHT SOUP	320.00

MAIN DISHES

ASANKA KONTOMIRE 270.00
(Mashed kontomi, koobi, boiled egg, palm oil and sliced avocado (seasonal))

PALAVA SAUCE WITH AMPESI

Your choice of

TILAPIA 350.00
RED SNAPPER 280.00
CASSAVA FISH 280.00
SMOKED TUNA 280.00
SMOKED SALMON 280.00

GARDEN EGGS *Your choice of*

TILAPIA 350.00
RED SNAPPER 280.00
CASSAVA FISH 280.00
SMOKED TUNA 280.00
SMOKED SALMON 280.00

GRILLED /FRIED

GHC

CHARCOAL GRILLED TILAPIA 350.00
(Your choice of Banku, steamed rice/
Jollof rice)

MMA GRILLED SNAPPER 280.00
(Your choice of Banku, steamed
rice/Jollof rice)

WHOLE GRILLED CASSAVA FISH 280.00
(Your choice of Banku, steamed Rice/ Jollof)

NORTHERN GRILLED GUINEA FOWL 320.00
(Your choice of Steamed rice/Jollof rice, Yam chips)

CHARCOAL GRILLED CHICKEN 280.00
(Your choice of yam chips, steamed rice/Jollof rice)

MMA SPECIAL WAAKYE 270.00
(Fried snapper, gari, spaghetti, boiled egg, and coleslaw)

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SIDE DISHES

GHC

BRAISED RICE /RICE BALLS 70.00

JOLLOF RICE 70.00

GA/ FANTE KENKEY 70.00

BOILED / FRIED YAM 70.00

BOILED /FRIED PLANTAIN 70.00

BANKU/T.Z/AKPELE/EBA 70.00

FUFU 70.00

DESSERTS


FRUITS 150.00

NKATE CAKE 60.00

ATADWE MILK 60.00

POLOO 60.00

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ATSEKE ALOKO 350.00
(Atseke with Grilled tilapia with side fried plantain)

TUBAANI 350.00
(Grilled tilapia with tubani and red oil)

ABOLOO 70.00
(Aboloo with one man thousand fish)

VEGETARIAN

RED RED (no protein) 200.00
Beans stew with fried plantain

SOYA BEAN STEW (no protein) 200.00
Soya Beans stew with fried plantain

PALAVA SAUCE (no protein) 200.00
(palava sauce with boiled yam/ plantain)

ALL THE ABOVE MAIN MAELS ARE ACCOMPANIED BY EITHER ONE OF THE FOLLOWING BRAISED RICE, RICE BALLS, JOLLOF RICE, GA/ FANTE KENKEY, BOILED / FRIED YAM BOILED /FRIED PLANTAIN, BANKU, T.Z, AKPELE/EBA, FUFU AND APEM.

CHEFS SPECIAL FRIED RICE 300.00
(chicken, beef, and goat mixed with vegetables)

MMA MADE JOLLOF 270.00
(Goat, Beef, Chicken and sausage, mixed with Jollof)

LIGHT SOUP WITH FUFU **GHC**
Your choice of

GUINEA FOWL 320.00

TILAPIA 350.00

CASSAVA FISH 280.00

RED SNAPPER 280.00

GOAT 280.00

BEEF 280.00

CHICKEN 280.00

SMOKED CUT FISH 280.00

AKUAPEM SPECIAL 500.00

(Snail, Dry fish, Herrin's, Kobi, sliced Okro and garden eggs in green soup)

AGUSHIE STEW/SOUP

Your choice of

GUINEA FOWL 320.00

TILAPIA 350.00

GOAT 280.00

SNAPPER 280.00

PALMNUT SOUP

Your choice of

GUINEA FOWL 320.00

GOAT 280.00

TILAPIA 350.00

SNAPPER 280.00

CASSAVA FISH 280.00

DRY FISH 280.00

BEEF 280.00

GROUNDNUT SOUP

Your choice of

GUINEA FOWL	320.00
GOAT	280.00
TILAPIA	350.00
SNAPPER	280.00
CASSAVA FISH	280.00
DRY FISH	280.00
BEEF	280.00

MMA SPECIAL APRAPRANSA 250.00

(Palm nut soup, herriens, crab and roasted corn flour)

FANTE FANTE 280.00

(Fresh Snapper fish in fante fante stew with fante kenkey)

GA KOMI K3 SHITO 250.00

(Ga kenkey with shrimps and fried fish/ pepper)

GARI FORTOR 250.00

(Smoked tuna stew with boiled egg)

AKPLE WITH ADEME OR ABOBITADI

Your choice of

TILAPIA	350.00
GOAT	280.00
SNAPPER	280.00
CASSAVA FISH	280.00

POUNDERED YAM WITH EGUSHIE SOUP

Your choice of

GOAT	280.00
SNAPPER	280.00
TILAPIA	350.00
CASSAVA FISH	280.00

AYOYO SOUP WITH TUO ZAAFI

Your choice of

GOAT	280.00
GUINEA FOWL	320.00
TILAPIA	350.00
SNAPPER	280.00
CHICKEN	280.00
ETO	200.00

(Mashed yam/ ripe plantain, koobi, boiled egg, avocado, peanut and red oil)

OKRO STEW /SOUP

Your choice of

TILAPIA	350.00
GOAT	280.00
SNAPPER	280.00
CASSAVA FISH	280.00
BEEF BONE	280.00
CHICKEN	280.00

NORTHERN OKRO (DRY OKRO)

Your choice

GHC

GUINEA FOWL	320.00
TILAPIA	350.00
GOAT	280.00

INTER -TRIBAL SOUP/FUFU 550.00

(Dry fish, guinea fowl, smoked salmon, snail, goat light soup)

ABOBOI 280.00

(Bambara beans served with tatale with your choice of red fish or cassava fish)

KRAIN KRAIN SOUP WITH EBA

Krain krain leafs stew with your choice of

CHICKEN	280.00
GOAT	280.00
TILAPIA	350.00
SNAPPER	280.00