

# Menu

To place an order, Call/Whatsapp:

Spintex: +233 550 354 288 | Tema C4: +233 593 895 811

Delivery options available   Green Bowl Gh

## Order your Salads in 3 simple steps



*Your Health  
Is Your Wealth.  
Good Food is  
A Good Mood*

### Salads And Salad Wraps Base

Onion  
Lettuce  
Carrot  
Cucumber  
Green Pepper

#### Step 1

You get all these

### Proteins

Shredded Chicken  
Honey glazed chicken breast  
Tuna flakes  
Shrimps  
Spiced gizzard  
Octopus

#### Step 2

protein is key  
select your  
protein  
option

### Salads And Salad Wraps Toppings

Diced crunchy irish potatoes  
Diced crunchy carrots  
Red kidney beans  
Chick peas  
Green peas  
Sweet corn  
Pitted green Olives  
Pitted black olives  
Pickles  
Beetroots  
Boiled eggs  
Apples  
Tomatoes

#### Step 3

Select your  
toppings. The  
more you choose,  
the more you  
pay.

## Salads And Wraps Prices

- 1 Premixed Vegetarian Salad ..... GH¢22  
Salad base with 2 salad toppings of your choice.
- 2 Create your own Vegetarian Salad ..... GH¢25  
Salad base with 4 salad toppings of your choice
- 3 Premixed Salad/Wrap ..... GH¢27  
Salad base with chicken/tuna and  
two salad toppings of your choice.
- 4 Create your own salad/wrap (Basic option) ..... GH¢32  
Salad base with chicken/tuna and  
4 salad toppings of your choice
- 5 Create your own salad/wrap (Full option) ..... GH¢38  
Salad base with chicken/tuna and  
6 salad toppings of your choice

## Specials

### Green Bowl Special Salads/Wraps

- Honey glazed  
chicken breast  
salad ..... ¢60
- Shrimps Salad ..... ¢65
- Hot Spicy  
gizzard salad ..... ¢50
- Octopus Salad ..... ¢50

## Sandwich

Tuna Sandwich ..... ¢9  
Chicken Sandwich ..... ¢9

## Pie

Meat Pie ..... ¢7  
Fish Pie ..... ¢7



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# Green Bowl Smoothies

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- Berry Blast**  
Banana, coconut, grapes/strawberry flavored milk
  - Showtime**  
Pawpaw, banana, peach flavored milk
  - Hippy Chick**  
Avocado, pineapple, honey
  - Green Berry**  
Apple/pear, banana, grapes/ milk
  - Eden**  
Pineapple, banana, ginger
  - Tuth Fruity**  
Apple pear, vanilla, banana
  - Honey Dew**  
Pawpaw, coconut, honey, milk
  - Wow Baby**  
Banana, honey, nutmeg, strawberry flavored milk
  - Creamy Margarita**  
Chocolate, banana, mixed berries
  - Awake**  
Banana, apple pear, skimmed milk
- GH¢ 15**
- Peach Fairy**  
Mixed berries, mango, banana
  - Pure Passion**  
Passion fruit, mango
  - Club 18**  
Mango, pawpaw, skimmed milk
  - Black Eyed beets**  
Mango, banana, beetroots, ginger
  - Green Delight**  
Mint, cucumber, lettuce/dandelion, avocado, banana, honey
  - Activator**  
Mango, banana, ginger strawberry milk
  - Sweet Tooth**  
Banana, guava, passion fruit, grapes
  - High Five**  
Pawpaw, avocado, banana, strawberry milk

- Blue Berry**  
Mixed berry, pineapple, pawpaw
  - Energy Shake**  
Peanut butter, pineapple, banana
  - Banana Delight**  
Guava/passion fruit, coconut, banana
  - Refill**  
Pawpaw, lemon, ginger, skimmed milk
  - Hip Hip**  
Guava, passion fruit/grapes, banana
  - Morning Glory**  
Pineapple, coconut, skimmed milk
  - Paradise**  
Wheat bran, banana, orange juice/almond/pecans
  - Smash time**  
Mango, coconut, apple pear
  - Sunshine**  
Pawpaw, orange juice, mango
- GH¢ 18**
- Shine**  
Pawpaw, grapes, mango, yogurt
  - Romeos Choice**  
Mango/ avocado, banana, passion fruit, strawberry milk
  - Bells**  
Mango, avocado, grapes, yogurt
  - Appetizer**  
Banana, avocado, strawberry, yogurt
  - Purity**  
Avocado, yogurt, pineapple/banana
  - Green Detox**  
Apple, cucumber, spinach/dandelion, avocado, honey/maple syrup
  - Minty Sip**  
Pawpaw/avocado, coconut, honey, mint/celery
  - Cleanser**  
Banana, mango, spinach, lemon, coconut water