

Mango & Wheat

Advantage Place Menu

0245 771875

MWadvantageplace@mangoandwheat.com

BREAKFAST From January 2023

YOGHURT BOWL

yogurt, muesli/granola, dried fruit, seeds, honey/maple syrup

FRAFFLE

french toast waffle with greek yoghurt, honey/maple syrup

BREAKFAST BOARD

eggs, bacon, beef patty, tomato, beans, mushrooms, bread

PASTRY

WHOLEWHEAT PIE

Ghc 25

fish / chicken

PIE

Ghc 35

beef potato pie

APPLE PIE (1 mini)

Ghc 12

shortcrust pastry apple pie (extra: custard or ice cream)

BUNS

Ghc 20

chocolate / cinnamon raisin

DONUTS / ROCKIES

Ghc 12

CROISSANT

Ghc 24 / 28

SALADS *readymade*

CHICKEN CLUB

Ghc 75 / 100

chicken, bacon, vegetables

GREEK CHICKEN

Ghc 75 / 98

chicken, feta, olives, onion, tomato, cucumber, lettuce

METRO CHICKEN

Ghc 60

chicken, pumpkin seeds, cranberry, egg, cucumber, lettuce

CARROT CHICKEN / TUNA

Ghc 60 / 45

tuna/chicken, carrot, cucumber, tomato, lettuce

SUYA BEEF / CHICKEN

Ghc 50

suya beef/chicken, tomato, onion, lettuce

CHICKEN / TUNA RAINBOW

Ghc 65 / 50

chicken / tuna, sweetcorn, cucumber, tomato, onion, carrot, lettuce

GREEN BAR *made to order*

From January 2023

BASE

lettuce / spinach / shredded cabbage

VEGGIES

cucumber / sweet potato / carrot / avocado / beetroot / tomato / onion / sweetcorn / pickled sweet peppers / marinated tomatoes / pickled tomato / pico di gallo

GRAINS

fonio / couscous

PROTEIN

chicken / tuna // chickpeas / crabmeat / smoked salmon / prawns / bacon / egg / meatballs / sardine / corned beef

TOPPINGS

cream cheese, shredded cheese / feta / wagashi / pumpkin seed / olives / cranberries / capers

DRESSINGS

vinaigrette / honey mustard / sweet chilli / sayonnaise / beet dressing / yoghurt dressing

EXTRAS

bread roll / croutons / pita chips

SANDWICHES *fresh daily*

Egg Beef Patty Bun Ghc 35

Egg Bacon Bun Ghc 35

Egg & Bread Ghc 22

Chicken / Beef Club Panini Ghc 45

Egg Tuna / Egg Beef Bun Ghc 25

Tortizza From January 2023 Ghc 45

Wraps chicken / beef / tuna Ghc 45

Gourmet Sandwich Ghc 55

DRINKS *hot*

Cappucino / Latte Ghc 35

Americano / Espresso Ghc 16 / 22

Caramel / Hazelnut / Popcorn Ghc 15

Mocha / Hot Chocolate Ghc 35

DRINKS *cold*

bissap Ghc 28

C+ Fresh Orange Juice Ghc 35

mango lemonade Ghc 25

lemon ginger Ghc 25

lemonade Ghc 25

zing carrot juice Ghc 38

FREEZEY From January 2023

caramel coffee Ghc 55

kiwi cucumber Ghc 55

mango / pine passion Ghc 55

melon coco Ghc 55

SMOOTHIES *100% Natural*

ABC Ghc 40

apple beetroot carrot pineapple

BERRY / BEET BRAN Ghc 40

yoghurt blend with oats and berries / beetroot

CARROT MANGO Ghc 35

carrot mango banana orange cinnamon ginger

DATE SMOOTHIE Ghc 40

dates flaxseed yoghurt

GREEN HORNET Ghc 38

pineapple banana coconut spinach

MANGO MINT Ghc 35

mango mint cinnamon

MANGO SPINACH Ghc 35

mango spinach banana ginger

MELON BEET Ghc 40

melon flaxseed beetroot ginger

PINA COLADA Ghc 35

pineapple coconut

SUNSHINE Ghc 35

mango orange