



SOPAK FOOD MENU

Our Menu is designed to give each **Taste** an adventurous **Blend** of modern traditional African cuisine. We select the finest ingredients and serve each plate in inventive **Sopak Style**.

AT SOPAK FOODS

We are intensely passionate about our food and each dish we create, which is why our freshly-prepared, classic & contemporary dishes are made with only the best quality, seasonal ingredients. Our skilled chefs make sure that each dish has been prepared, cooked & served to perfection.

Salads

Green Salad	Ghø15.00
Tuna Salad	Ghø18.00
Chicken Salad	Ghø20.00
Ghanaian Salad	Ghø25.00
Potato Salad	Ghø20.00
Coleslaw Salad	Ghø15.00
Macroni Salad	Ghø20.00
Egg Salad	Ghø15.00
Greek Salad	Ghø20.00

Main Dishes

Jollof Rice & Chicken / Fish	Ghø30.00
Fried Rice & Chicken / Fish	Ghø30.00
Chips & Chicken / Fish	Ghø30.00
Sopak Special Fried Rice	Ghø35.00
Chicken Sandwich With Chips	Ghø30.00
Tuna Sandwich With Chips	Ghø30.00
Egg Sandwich With Chips	Ghø25.00
Fried Yam With Pork / Fish	Ghø25.00
Red Red With Fish / Chicken	Ghø25.00
Gari Jollof With Fish / Chicken	Ghø25.00

Sauces

Fish Sauce	Ghø30.00
Fish & Octopus Sauce	Ghø35.00
Beef Sauce	Ghø30.00
Chicken Sauce	Ghø30.00

Starters

Spring Rolls	Ghø10.00
Chicken Wings	Ghø15.00
Teriyaki Chicken Wings	Ghø15.00

Noodles

Spaghetti Bolognese	Ghø25.00
Spaghetti Jollof	Ghø15.00
Beef Noodles	Ghø15.00
Chicken Noodles	Ghø25.00

Local Dishes

Goat Light Soup	Ghø30.00
Chicken Light Soup	Ghø30.00
Akrantie Soup (Tuesdays)	Ghø40.00
Abunabunu (Green Soup) (Wednesdays)	Ghø40.00
Palm Nut Soup (Thursdays)	Ghø30.00
Efie Nkwan	Ghø35.00
Tilapia Light Soup (Mondays And Fridays)	Ghø35.00
Okro Soup	Ghø25.00
Dry Fish (Adwene) Soup	Ghø35.00
Goes With Fufu, Banku, Plain Rice	
Palava Sauce	Ghø25.00
Chicken Stew	Ghø30.00
Fish Stew	Ghø30.00
Beef Stew	Ghø30.00
Goes With Ampesi, Rice & Jollof	

Rice Only

Beef Fried Rice	Ghø15.00
Chicken Fried Rice	Ghø15.00
Egg Fried Rice	Ghø12.00
Vegetables Fried Rice	Ghø10.00
Mixed Meat Fried Rice	Ghø20.00

Vegan Dishes

Mushroom & Chunks Soup	Ghø20.00
Okro Stew with Oyster & Chunks	Ghø20.00
Chunks Stew	Ghø20.00
Mushroom Sauce	Ghø20.00
Vegetable Stew	Ghø20.00
Groundnut Soup with Chunks & Oyster	Ghø20.00
Spaghetti Jollof	Ghø15.00
Stir Fry Vegetables	Ghø20.00
Vegetable Fried Rice	Ghø15.00
Goes With Fufu, Banku, Yam, Fried Rice, Jollof Rice, Plain Rice	