

LUNCH & DINER

GO LOCAL

RED RED – Black eyed beans with tasty tomato sauce and fried plantain
– Veggies only (V) 45 | With boiled egg (V) 55 | With fish or chicken 65 | With grilled full tilapia M 100 | L 120

PALAVA SAUCE – Tasty stew of cocoyam leaves with boiled yam or local brown rice
– Veggies only (V) 45 | With tofu (V) 55 | With boiled egg (V) 55 | With smoked fish or chicken 65

JOLLOF RICE – Famous West African rice dish
– Veggies only (V) 55 | With tofu kebab (V) 60 | With half tilapia or chicken 70 | With shredded beef 80

FUFU & LIGHT SOUP – The iconic Ghana dish with pounded cassava / plantain and served with spicy light soup
– Tofu only (V) 55 | With fish or chicken 70 | With full tilapia - M 100 | L 120

BANKU OR AKPLE – A traditional Volta dish served with a soup or pepper & shito

Tasty Okro Soup, Light Soup or Groundnut Soup

– Tofu only (V) 55 | With fish or goat 65 | With full tilapia - M 100 | L 120

Grinded Pepper and Shito

– With abobitadi 45 | With half tilapia 65 | With full tilapia - M 100 | L 120

GRILLED! – Our charcoal grills are served with sautéed potatoes / yam fries and garden salad:

Grilled Chicken – 70

Grilled Tilapia – Half fish 70 | Full fish - M 100 | L 120

Grilled Tofu Kebab (V) – 2 sticks 60

Grilled Goat or Local Chicken (Poulet Bicyclette) – Cost varies, ask the chef

SALADS – Served with a yummy dressing:

Garden Salad (V) – Lettuce, cucumber, and tomato only 45

Egg Salad (V) – Garden salad with egg 48

Tuna Salad – Garden salad with tuna 50

Pasta Salad – Garden salad with pasta, egg or tuna 55

Beetroot Salad (V) – Pickled beetroot with couscous or fonio 55

Lentils Salad (V) – Brown lentils with pumpkin or sautéed carrots 45

Extras – Toasted brown bread and butter (V) 10

FINEST FUSION

COCONUT CURRY SOUP (V) – Healthy, fragrant soup of lentils, pumpkin and coconut
– Served with homemade bread 65

COCONUT CURRY RICE (V) – Healthy curry of lentils, pumpkin and coconut
– Served with coconut rice and green beans 70

BEANS BURGER (V) – Beans burger on homemade bread
– Served with a garden salad 60 | With yam fries 65 | With french fries 70

VEGETARIAN COUSCOUS (V) – Fresh sautéed vegetables with couscous, tomato sauce and tofu – 55

PASTA BOLOGNESE OR TOFUNESE – Pasta with fresh tomato sauce
– With beef mince 60 | With soy mince (V) 55

PASTA SIMPLESE (V) – Vegetarian pasta with fresh tomato sauce and garden herbs – 45

PROVENCALE – Mediterranean beef or goat stew served with sautéed potatoes, brown rice or couscous – 100

SNACKS AND SIDE DISHES

Crispy Yam Chips (V) – Per portion 20

Tasty Yam Balls (V) – Per portion 25

Home-made Bread and Garlic Butter (V) – Per portion 35

Home-made French Fries (V) – Per portion 30

DESSERTS

Seasonal Fruit Salad – For 1 person 20 | for 2 people 25

Fruit Crumble – Seasonal fruits with a layer of oat crisps, honey and cinnamon – Per portion 30

Ice Cream – If available, different flavours – Per portion (2 scoops) 30

DRINKS

HOT

Ghana Filter Coffee	Per cup	10
	Per pot	25
Black or Herbal Tea	Per cup	5
	Per pot	12
Fresh Lemon Grass or Ginger Tea	Per cup	10
	Per pot	14
Hot Water with Lemon and Honey	Per cup	10
	Per pot	12
Hot Chocolate	Per cup	10

SOFT & FRUITY

Lemonade or Hibiscus Juice	500 ml	18
	1 L	25
Pineapple Juice (+ or - ginger)	Per glass	15
Orange Juice	Per glass	15
Mixed Fruit Smoothie	Per glass	18
Baobab or Green smoothie	Per glass	20
Coke, Fanta Sprite	Per bottle	8
Malt, Alvaro	Per bottle	10
Soda Water or Tonic	Per can	12
Water (bottles)	750 ml	7
	1.5 L bottle	12
Water (refill)		free

ALCOHOLIC

Beer (Club or Star)	Large bottle	18
Beer (Club)	Small bottle	12
Beer (Guinness)	Per bottle	15
Beer (Shandy)	Per bottle	13
Wine (red or white)	See board for prices	
Akpeteshie Pure (palm gin pure)	Per tot	7
Akpeteshi Special (herbal infusion)	Per tot	12
Akpeteshie n' Tonic (single)	Per glass	17
Akpeteshie n' Tonic (double)	Per glass	20
Mim Cashew Brandy	Per tot	15
Mim n' Soda	Per glass	20
Mim n' Juice	Per glass	20
Takai (coffee/chocolate liquor)	Per tot	20
Tale	Bottle	30

BREAKFAST



Our room rates are **without breakfast**, offering you the opportunity to make your desired choice to start your day.

It's very helpful for us to know the time you wish to take breakfast. Especially if you are planning for an early hike and wish to have breakfast before you leave. **Please inform the team the evening before.**


Breakfast is served from 6.30 am till 10.30 am.

Are you a hard-core hiker and prefer a very early breakfast (between 4.30-6.30 am)? That is possible, but since we are still a small team, we do charge an **early-bird fee of 20 GHS pp** for this service.

A take-away breakfast for hikers is also possible.

FULL BREAKFAST CHOICES

THE EGGS BREAKFAST – 65

- Hot drink of choice (one cup)
- Eggs of choice – Choose from the options on the right 
- Three slices of toasted brown bread
- Butter, honey, home-made jam and groundnut paste
- Seasonal fruits

THE PANCAKES BREAKFAST – 55

- Hot drink of choice (one cup)
- Two delicious pancakes
- Sugar, honey and home-made jam
- Seasonal fruits

THE GRANOLA BREAKFAST – 50

- Hot drink of choice (one cup)
- Home-made yoghurt or milk
- Granola of toasted oats, nuts, dried fruits and honey
- Seasonal fruits

THE OATMEAL BREAKFAST – 50

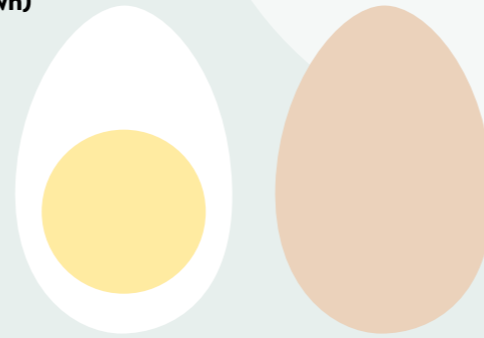
- Hot drink of choice (one cup)
- Oats meal with cow milk
- Honey or sugar
- Seasonal fruits
- Vegan option with coconut milk – 45**

EGGS OF CHOICE OPTIONS – 2 eggs per portion

- Vegetable Omelet
- Sunny Side Up (or Up & Down)
- Scrambled Eggs
- Poached Eggs
- Boiled Eggs

VEGAN OPTION

- Scrambled Tofu



SEASONAL

THE ADVOCADO BREAKFAST – 60

- Hot drink of choice (one cup)
- Tasty mashed avocado
- Three slices of toasted bread
- Butter, honey, home-made jam and groundnut paste
- Seasonal fruit salad

AND MORE

PORTION OF PANCAKES – 30


- Two delicious pancakes
- Home-made jam, sugar or honey

PORTION OF TOAST – 30

- Three slices of toasted bread
- Butter, home-made jam, honey and groundnut paste

PORTION OF OATMEAL – 38

EXTRAS

- Eggs of Choice (V) – Choose from the options above 12 
- Mashed Avocado (V) – (If in season) 15
- Baked Beans (V) – 10
- Chicken Sausages – (2 pieces) 10
- Seasonal Fruit Salad (V) – 20



TAGBO FALLS
lodge

LIATI WOTE • GHANA



TAGBOFALLSLODGE.COM

– *Let's Eat!*

MIDUNU

Discover our menu with flavours of the region and beyond. We offer 'Go Local' dishes inspired by Ghana's traditional cuisine, and 'Finest Fusion', in which we combine ingredients and ideas from around the world.

All our meals are prepared with love and care, using (mostly) locally produced products. We try our best to have all dishes available all the time, despite our remote location. In case we do run out of (or lack some) ingredients, we will find a creative solution to serve you a delicious meal.

When the lodge is very busy, meals are served in buffet style, but feel free to share preferences with us.

Some meals take quite long to prepare, so please discuss possibilities with the chef if you are in a 'fast-food mood'.

Enjoy your meal!

The Tagbo Falls Lodge Team

PLACING YOUR DINER ORDER
BEFORE 4.30 PM IS IDEAL.

THE KITCHEN CLOSSES AT 9.30 PM.
LAST ORDERS ARE TAKEN AT 7.30 PM.