



MABEL'S TABLE

RESTAURANT - ELMINA

The only table on the ocean

FOOD MENU

The only table on the ocean

For enquiries: 0244610009 / 0208210027

BREAKFAST



BREAKFAST

English Breakfast	GHC 74
Fresh juice/coffee/tea/Milo, sausage, baked beans and French toast	
Continental	GHC 61
Coffee/tea, bread, eggs and sliced fruit	
Grits Only	GHC 49
Fresh Coffee	GHC 43
Two Egg Omelettes	GHC 43
Bread Slice (2 slices)	GHC 30
Tea / Coffee / Milo	GHC 37
Pancake	GHC 49
Extra Syrup	GHC 10
American Southern Breakfast	GHC 150
Grits, scrambled eggs and fried fish	
Home Fried Potatoes	GHC 55
Tuna Cake with Grits & Scrambled Egg	GHC 92
Waffle with Chicken	GHC 98
Waffle Only	GHC 55

APPETIZERS & SALADS



APPETIZERS

Chicken Wings (6 pcs)	GHC 60
Spring Rolls (Vegetable)	GHC 45
Kelewele	GHC 35
Crispy Yam Fries	GHC 45
Fish Tacos	GHC 70
Chicken Tacos	GHC 60
Mabel's Sampler Platter	GHC 120
Chicken wings, spring rolls, yam fries and plantain	

SALADS

Chicken	GHC 86
Tuna	GHC 74
Potato Salad	GHC 61
Cucumber	GHC 43
Coleslaw	GHC 49
Vegetable Macaroni Salad	GHC 68
Tuna Macaroni	GHC 80
Mabel's Special Green Salad	GHC 55
Ghanaian Salad	GHC 75
Lettuce, tomatoes, onions, peppers, carrots, egg, baked beans, sardines, ketchup and mayo	

BURGERS, SANDWICHES & CHICKEN



BURGERS & SANDWICHES

Chicken Sandwich	GHC 92
Tuna Sandwich	GHC 75
Club Sandwich	GHC 86
Grilled Cheese	GHC 80
Beef Burger and Chips	GHC 80
No cheese; served with fries	
Elmina Burger	GHC 86
With cheese; served with fries	
Fish Burger	GHC 110
Chicken Burger	GHC 92

CHICKEN

Chicken Curry with Rice	GHC 92
Chicken Casserole	GHC 92
Elmina Chicken	GHC 68
2 pieces; served with rice or fries	
Quarter Chicken	GHC 86
Served with rice or fries	
Chicken Fillet	GHC 90
Garnished with vegetables; served with rice or fries	

FISH & BEEF



FISH

Battered Fish & Chips	GHC 135
Grilled Fish with Rice	GHC 147
Fish Only - Medium	GHC 123
Fish Only - Large	GHC 184
Fish Only - Extra Large	GHC 221
Fish with White Sauce & Vegetables	GHC 135
Grilled / Fried Fish	GHC 147
Mabel's Special Fried Fish	GHC 147

Medium / large split fish fried in corn flour; served with fries, rice or plantain and salad

BEEF

Shredded Beef Stir-Fried with Spring Onions	GHC 98
Served with fried rice	
Beef Pepper Corn	GHC 123
Beef cooked in pepper corn sauce with rice or chips	

GHANAIAN & VEGETARIAN



GHANAIAN DISHES

Tilapia and Banku	GHC 147
Red Red with Fish	GHC 147
Red Red without Fish	GHC 80
Palava Sauce with Apere Yam	GHC 147
Fish Pepper Soup with Rice	GHC 147
Chicken in Ghanaian Stew	GHC 98
Tilapia with Attieke	GHC 160

VEGETARIAN MEALS

Mabel's Vegetable Special	GHC 92
Vegetable Pasta	GHC 80
Sauteed Vegetables	GHC 44
Vegetable Fried Rice	GHC 44
Vegetable Curry Supreme	GHC 80

SIDES, SOUPS & DESSERTS



SIDE ORDERS

Quarter Chicken	GHC 61
Portion of Fried Rice	GHC 44
Portion of Plain Rice	GHC 37
Portion of Chips	GHC 43
Green (Kale Leaves)	GHC 43
Green (Kontomire)	GHC 43
Side of Jollof Rice	GHC 44

SOUPS

Tomato Soup	GHC 49
Onion Soup	GHC 49
Vegetable Soup	GHC 55
Fish Pepper Soup	GHC 98
Chicken Soup	GHC 86

DESSERTS

Slice Cake of the Day	GHC 45
Slice Cake with 2 Scoops of Ice Cream	GHC 44
Fruit Salad	GHC 55