



LA VILLA
BOUTIQUE HOTEL



FOOD MENU

Breakfast FROM 6:00 AM TO 10:00 AM

BREAKFAST BUFFET GHC 55.00

BREAKFAST A LA CARTE

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|------------------------------------|-------|
| Chilled Juice..... | 15.00 |
| Fruit Salad | 25.00 |
| Oatmeal Porridge..... | 15.00 |
| Yogurt | 12.00 |
| Freshly Baked Bread or Toast | 8.00 |
| Croissants | 8.00 |

OMELETS

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|-----------------------------|-------|
| Plain Omelet | 15.00 |
| Ham Omelet | 20.00 |
| Cheese Omelet | 25.00 |
| Ham and Cheese Omelet | 25.00 |
| Spanish Omelet | 18.00 |

LIGHT MEALS

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|-------------------------|-------|
| Chicken Kebabs | 25.00 |
| Vegetarian Spring Rolls | 20.00 |
| Beef Kebabs | 30.00 |
| Bourbon Meat Balls | 20.00 |
| Fried Calamari | 30.00 |
| Chicken Fingers | 30.00 |
| Golden Fried Prawns | 38.00 |
| Kelewele | 20.00 |

CONTORNI 20.00

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| Whole Baked Potato |
| Boiled Potatoes |
| French Fries |
| Sautéed Potatoes |
| Green Salad |
| Grilled Vegetables |
| Plain Rice |
| Mashed Potatoes |
| Roasted Potatoes |
| Yam Chips |
| Kelewele |

DESSERT 25.00

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| Tiramisu |
| Cheese Cake |
| Fruit Salad |
| Cake & Ice Cream |
| Crème Caramel I |
| alian Ice Cream |
| Crosstata In Tropical Fruit |

LA VILLA SPECIAL PIZZA

(MARGHERITA) (Tomato & Mozzarella) **40.00**

TONNO (Tomato Onion, Green Pepper, Tuna flakes. **45.00**
Mozzarella Cheese, Oregano

QUATTRO STAGIONI **55.00**
Tomato, Artichoke, Cooked Ham, Black Olives,
Mozzarella cheese, Oregano

CHICKEN **40.00**
Tomato, Onion, Green Pepper, Chicken diced Mozzarella
Cheese, Oregano

SAFINA BEEF **40.00**
Tomato, Onion, Green pepper, Mixed Meat, Mozzarella
Cheese, Oregano

VEGETARIAN **50.00**
Tomato, Onion, Green Pepper, Mushroom Egg Plants
Mozzarella Cheese, Oregano

LA VILLA SPECIAL

JOMBO **75.00**

LARGE **55.00**

Tomato, Onion, Green Pepper, Beef, Chicken, Prawns
Tuna, Sweet Corn, Mozzarella Cheese Oregano

FUNGHI **40.00**
Tomato, Mushroom, Mozzarella

STARTERS

Served with Fresh Bread

TAGLIERE ALL'ITALIANA **50.00**
Ham, Salami, Italian Cheese
And Mushrooms

LA VILLA STUZZI CHINI **40.00**
Assortment of Cheese, Mushrooms, Olives,
Roasted Green Pepper, Pickles

LA VILLA SWEET STUZZI CHINI **45.00**
Assortment of Cheese, Mushrooms, Olives, Roasted Yellow
Green Pepper, Marmalade and Honey, Mixed Pickles

POLIPO CON PATATE **45.00**
Octopus and Potato

INSALATA – SALADS

Served With Fresh Bread

INSALATA DI CERNIA 45.00

Grouper Salad

INSALATA DI MARE 45.00

Seafood Salad of Squid, Prawns, Octopus

INSALATA CAPRESE 40.00

Tomato, Mozzarella Cheese and Basil

INSALATA DI POLLO 40.00

Grilled Chicken Breast and Green Salad Served
With Fresh Home-Made Italian Bread

GREEN SALAD – Choose Your Toppings

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|------------------------|-------|
| Raisins | 10.00 |
| Toasted Seeds and Nuts | 15.00 |
| Boiled Egg | 10.00 |
| Mushrooms | 10.00 |
| Olives | 12.00 |
| Ham | 15.00 |
| Tuna | 15.00 |
| Cheese | 15.00 |
| Roasted Garlic | 7.00 |
| Grilled Prawns | 40.00 |
| Grilled Lobster | 45.00 |
| Grilled Chicken | 30.00 |

FISH

ENGLISH STYLE FISH AND CHIPS 50.00

Beer Battered and Deep Fried Fish Served
With Fries, Malt Vinegar, and Tartar Sauce

OVEN BAKED GROUPE R 55.00

Oven Baked Potato and Sautéed Vegetables
And Mustard Cream Sauce

GRILLED SWORD FISH 55.00

With Mashed Potatoes and Butter Cream Sauce
Garnished With a Side Salad

GROUPE R PROVENCEALE 55.00

Served With Boiled Potatoes or Plain Rice

SEAFOOD

ARAGOSTE 80.00

Grilled or Boiled Lobster in Lemon, Served With Boiled or Baked Potatoes, with a Green Salad Garnish

GRIGLIATA MISTA 85.00

Lobster, Prawns, Sword Fish, Served with Green Salad

PEELED GRIGLIATA MISTA 85.00

Lobster and Prawns Out of the Shell
On a bed of Grilled Seasonal Vegetables
Served with Boiled Potatoes and a Side Salad

FRITTO MISTO 50.00

Fried Squid, Small Prawns
And Sword Fish, Served With Green Salad

GRILLED TILAPIA 50.00

served with Yam Fries

ZUPPA

Served with Fresh Bread

Zuppa di Pomodoro (Tomato Soup) 25.00

Zuppa di Cipolle (Onion Soup) 25.00

Minestrone (Vegetable Soup) 25.00

Lobster Bisque 35.00

SANDWICHES

Served with Fries or Tossed Salad

Prosciutto and Cheddar 30.00

Tuna 30.00

Opened Face Tuna Melt 30.00

Chicken And Fried Egg Club 30.00

Cheese 30.00

Grilled Seasonal Vegetables 30.00

Chicken Sandwiches 30.00

Beef Burger 40.00

CLOSE TOASTED SANDWICHES

Ham 35.00

Tuna 30.00

Cheese 30.00

Grilled Vegetables 30.00

MEAT

PORK CHOP – IMPORTED 55.00

Served with Caramelized Apples and mashed Potatoes

PORK CHOP IN TOMATOES SAUCE 55.00

Served With Plain Rice or Mashed Potato

GRIGLIATA MISTA 80.00

Grilled Beef, Pork Chops,
Lamb Chops and Chicken Breast Served
With Fries or a Baked Potato

FILETTO 75.00

Australian Beef Fillet in Creamy
Peppercorn and Mushroom Sauce Served With Grilled
Tomatoes, Onion Rings, Sautéed Potatoes

RISOTTO

Seafood 45.00

Vegetarian 35.00

CHICKEN

CHICKEN PARMESAN 45.00

Served With Your Choice of Pasta
Or Sautée Potato Garnished With a Side Salad

COTOLETTA DI POLLO 35.00

Fried Chicken Breast
Served With French Fries and Green Salad

CHICKEN IN WHITE WINE SAUCE 45.00

Served with Vegetable Rice or Oven
Baked Potato Garnished With a Side Salad

GRILLED CHICKEN 40.00

Served With Fried Rice or Baked Potato
Garnished Sautéed Vegetables.

MAIN MEALS

PASTA

CHOOSE YOUR PASTA

SHORT PASTA

Penne
Fussily

LONG PASTA

Spaghetti
Tagliatelle
Leguine

CHOOSE YOUR SAUCE

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|-----------------------------|-------|
| Tomato Sauce | 30.00 |
| Tuna and Tomato Sauce | 35.00 |
| Ragu' all Bolognese | 35.00 |
| Vegetable Ragout | 30.00 |
| Freshly made Pesto | 40.00 |
| Alfredo | 35.00 |
| Prawns Zucchini and Cream | 40.00 |
| Butter with parmesan cheese | 30.00 |
| Arrabiata (Hot and Spicy) | 30.00 |
| Lobster in Tomato Sauce | 45.00 |

GNOCCHI CHOOSE YOUR SAUCE

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|----------------------|-------|
| Tomato Sauce | 30.00 |
| Ragu' alla Bolognese | 35.00 |
| Pesto | 40.00 |
| Red Wine Rose | 35.00 |

LASAGNA

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| Meat Lasagna | 45.00 |
| Vegetable Lasagna | 35.00 |
| Egg Plant | 45.00 |

Tips Nutrition Education

1 eat for your teeth and gums

Many people find that their **teeth and gums** change as they age.

People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

2 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! **Maybe your sense of smell, sense of taste, or both have changed.** Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.



3 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. **Avoid certain foods** that are always risky for an older person, such as unpasteurized dairy