



Est - Since 2016

Smiley's Cuisine, Inc. 1Home = 1Chef

Follow Us on most social medias, Smiley's Cuisine, Inc.

Website: <https://www.smileyscuisine.org/>

International and Local Dishes:



Lunch / Dinner

- French Cuisine - Wine, Sauces, Grills.
- Italian Taste - Typical & Authentic
- Authentic Lebanese Food - Grills and More...
- Chef Special Menu - Everyday Skills on Ur Table.
- Vegetarian / Full Vegans Meal - Special Diet.
- West African - Healthy Local Meal
- Restaurant Home Cooked Menu - Challengers
- Seafood's Special Cuisine
- Variant Continental Daily Soup's - Signatures.
- Cakes, Sweet, Waffle, Snacks, Soups. & Fingers LinkinGood, etc...

From Party / Lunch / Dinner / Cocktail / Banquet's / Wedding / Funeral's etc...

Below are the variant Food's and Prices and the agreement with the client and chef's cooking.

For a Fine Dining at Home Healthy Cooking as Lunch or Dinner.

Kids and Diet Control at a Special and Affordable Cost. #FoodsHappiness

Smiley's Cuisine Incorporated. IG: [smileys_cuisine_inc](https://www.instagram.com/smileys_cuisine_inc) / [fb.me/SmileysCuisineGh](https://www.facebook.com/SmileysCuisineGh)

Int'l Chefs of Smiley's Cuisine Incorporated.

The Original Diet for Principals Good Health and Smiles.



Conventional wisdom about what humans should eat for maximum health and well-being changes with every new study that come out. Each one is right for a brief moment in time – until it's not. This dietary flip-flopping that changes with the prevailing winds is confusing and certainly doesn't lead to lifelong wellness and weight control.

But what if you went back to the beginning – not to what's new and untested – but to the essential diet our hunter gathered our ancestors ate? The one we are uniquely involved to eat? Your body will respond as if it had finally come home to what is familiar and fitting. And you would be as fit and healthy as you'd ever been in life. That is Smiley's Cuisine Incorporated.

The Smiley's Cuisine Incorporated is based on whole, unprocessed, energy giving foods that humans were programmed by nature to eat. This includes animal proteins – meat, poultry, fish, shellfish – as well as a mind-boggling cornucopia of fruits, vegetables, nuts, herbs, spices, and healthy oils and fats. Smiley's Cuisine Incorporated may be motivated to lose weight, but the paleo way has also been shown to ease digestive diseases, skin conditions, arthritis, and cardiovascular disease.

THE SMILEY'S CUISINE: SPECIFIC DOS AND DON'T.

Fresh foods are best. When you decide to adopt the smiley's cooking diet, one of the key ideas to keep in mind for all foods is freshness and quality. Always strive to eat your fruits, vegetables, meat, eggs, poultry, fish, and seafood as fresh as possible. The order of preference is almost Fresh, Frozen, dried, and canned, bottled, or tinned. The fresher the food is the greater its nutritional value, vitamin and mineral content – to say nothing of how much better it tastes! This the lesson the Smiley's Cuisine, Inc. Personal Chefs and Private Chefs understand well.

It is axiomatic in the best international cuisines that freshness, food quality, and good taste go hand in hand. Keep this lesson firmly in mind we chef of smiley's cuisine incorporated accustomed to years salted sugary, processed foods, For the subtle and exquisite flavors of real, living foods perfectly prepared. You can start booking a Chef for your Home cooking now. Food is medicine, and eating good foods is lives

Greatest joys. The pleasure of eating each smiley's dish is equal to its ability to help you stay healthy – not just today, but for the rest of your life.



The Chefs of Smiley's Cuisine have in mind - everyday 270 + Main dishes / 90 + healthy continental, Soups and 30+ desserts to offer U.

Mean your lunch & fine dining is assured with great & healthy cooking foods.

Handling Diet for Young, Adults, Diabetics / Cancer. #Diet for a Healthy Life

\$60 / 360Gh Discount = 300Gh – Day Cooking - Portion Covering 4 Guest

2in1 Local Dish + 3 Continental dishes Cooked / Baked / Fried + Dessert.

\$100 / 600Gh Discount = 550Gh - 2days Cooking - Portion Covering 4 Guest a week.

2in1 Local Dish + 3 Continental dishes Cooked / Baked / Fried + Dessert.

\$120 / 720Gh Discount = 700Gh – 1 day Buffet Cooking - Portion Covering 6 Guest.

2in1 Local Dish + 5 Continental Dishes Cooked / Baked / Fried + Dessert.

Smiley's Cuisine Ghana. Customers most request Choices

Banku, Akpleh, Kenkey, Djekoumeh, Eba, Neat-Fufu, Rice, Atsieke, etc...

Motto: Everyday Smile Count. "More Food for more Smiles" #MoreFire #MoreDesign.



Executive – Head Chef Sena K. AKPABLY

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Facebook: fb.me/SmileysCuisineGh

IG: [smileys_cuisine_inc](https://www.instagram.com/smileys_cuisine_inc)

Website: <https://www.smileyscuisine.org/>

Regards with our policies and conditions. Approve from Core Hospitality Office, Smiley's Cuisine, Inc.