



Authentic Kenyan Cuisine



STARTERS

Swahili Salad

Kshs. 400

Julienne of Red Green Yellow of Sweet Peppers; Fine Julienne of cabbage; Rice Pasta and a dash of desiccated Coconut



Kachumbari Salad

Kshs. 300

Finely cut julienne of onion, de-seeded tomato, Green Capsicum, Lettuce with a dash of dhania

Beetroot Salad

Kshs. 400

Freshly prepared beetroot with a dash of red creole onion and olive oil

Sweet Potato Salad

Kshs. 550

Macedoine of sweet potato mixed with finely chopped onion garnished with paysanne colored peppers

Tsimbapachiro

Kshs. 400

Chicken Wings: Marinated in Ginger Garlic Soy sauce and pan fried in spring onions; with/without chillis.

Served exclusively to the female folk within the Luhya community.

It is believed that if men eat them they will not be attractive to the female folk

Tsimondo

Kshs. 350

Chicken Gizzards: Marinated in Ginger Garlic Soy sauce and pan fried in spring onions; with/without chillis.

Served exclusively to the Male folk within the Luhya community. The lady of the house would be sent back to her parents if the Gizzard was found missing

Mutura

Kshs. 350

African Sausage: Tiny pieces of Tripe Liver Mutton sauted on a dry pan with spring onions; with/without chillis and stuffed into the intestine part of the tripe for that firmness

Prepared by the male folk during downy negotiation ceremonies.

However it is exclusively served to the female folk.

Tsiswa-(Seasonal)

Kshs. 500

Flying white ants: Roasted on a dry pan with the traditional emulsifying salt (Omunyu Omushrekha) added as a preservative

Five different types available; A Seasonal delicacy harvested mainly during the rainy season



Eshitiani

KShs. 400

Bean Soup: Dry Roasted Beans Boiled in the Pot and Mashed in Milk & Milk Cream added

Sambusa ya Ngombe

KShs. 200

Beef Samosa (3): Minced beef, spring onion, ginger, garlic, dhania and leeks sauted in a pan and stuffed in a folded sheet of dough

Ussu (Kamba)

KShs. 200

Porridge: Fermented finger millet porridge served in the Calabash

**Peanut Sauce**

KShs. 650

Peanut Sauce: Peanut Sauce whipped with a sauce of Soy sauce, Garlic lime and Coconut milk

Amatsukhu Keingokho

KShs. 300

Chicken Liver Skewers: Marinated in Ginger Garlic Soy sauce and pan sauted with capsicum, onion, tomato; with/without chillis.

*Served exclusively to children within the Lunya Community.***LIGHT TEMPTATIONS****Beef Salad**

Kshs. 850

Beef cured in Amaica's Traditional tenderizer; Cut in flakes and served with fine julienne Kachumbari

Chicken Salad

Kshs. 850

Charcoal roast spring traditional Chicken served with julienne of colored Peppers

Pork Spare Ribs

Kshs. 1,300

Marinated in Garlic, Ginger, Lemon and sauted in spring Onion and Honey
Served with Ugali, Rice, Chapati or Matoke

MAIN COURSES

FISH

Rech-Ngege

KShs. 1,200

Fresh Fish: Fresh Tilapia on the bone stewed in a rich tasty sauce of Onions, Garlic, Nyanya and Dhania

Rech-Omena

KShs. 850

Small Fish: Sun-dried omena (dogoo) on the bone stewed in a rich peanut sauce

Bude

KShs. 1,200

Smoked Fish: Carefully smoked Tilapia fish on the bone stewed in "Omunyu amusherekha" for tenderization with peanut sauce and milk added for that special flavor



Samaki wa Kupaka

KShs. 1,200

Fresh Fish: Fresh Tilapia on the bone marinated in Swahili spices and charcoal grilled.



POULTRY

Igokho

KShs. 950

Fresh Chicken: Freshly slaughtered traditional chicken (on the bone) steamed in the African Pot. Chicken is a dish served to very special guests or is slaughtered during special occasions. Until recently, it was served exclusively to the male folk

Igokho Isiche

KShs. 1050

Smoked Chicken: Carefully smoked traditional chicken (on the bone) stewed in "Omunyu amusherekha" for tenderization with peanut sauce and milk added for that special flavour



Biriani ya Kuku

KShs. 950

Chicken Biriani:

Traditional Swahili Wali (Rice) served with chicken (on the bone) in a thick sauce of Swahili spices (Spicy not hot)

**Ingokho inamba**

KShs. 1,800

Whole Chicken Amaica Special (On Order, without accompaniments): Freshly Slaughtered Traditional Chicken (on the bone) Steamed in the African Pot with spring onion

BEEF**Omuranda/Eshiango/Inyama Isiche**

KShs. 1,050

Smoked Beef: Fillet Steak specially smoked and boiled in 'Omunyu omusherekha' with peanut sauce and milk added for that special flavor

Athola

KShs. 1,050

Barbecued Beef: Fillet Steak specially barbecued and stewed in a rich tasty sauce of Onions, Ginger, Garlic, Capsicum and corriander

**Matumbo**

KShs. 750

Tripe: Specially Selected Tripe traditionally steamed in the African Pot

Karanga

KShs. 950

Beef Stew: Fillet steak cut into small cubes stewed in a sauce of red Onions, Tomatoes, Garlic, Capsicum and Coriander



VEGETARIAN DISHES

Obwoba

KShs. 950

Wild Traditional Mushroom:

Traditionally grown Sun-dried mushroom stewed in a tasty peanut sauce

Seasonal dish; harvested between the month of April to June. The locals have the knowledge of determining which mushrooms are safe for human consumption

Mbaazi za Mchuzi wa Nazi

KShs. 850

Pigeon Peas:

Pigeon peas boiled in the African pot; Stewed in a richtasty curry of Swahili spices and coconut milk

Mchuzi wa Kunde

KShs. 850

Cowpeas Curry: Cowpeas boiled in the African pot; Stewed in a richtasty curry of Swahili spices and coconut milk



Mchuzi wa Ndengu

KShs. 850

Green grams: Green grams boiled in the African pot; Stewed in a rich tasty curry of Swahili spices

Mchuzi wa Njahi

KShs. 850

Hyacinth Beans: Hyacinth beans boiled in the African pot; Stewed in a rich tasty curry of Swahili spices

Exotic Vegetables:-

Likhubi

Kshs. 250

Cowpens leaves steamed in the African Pot and flavoured with Milk

Tsisaka

Kshs. 250

Cat's Whiskers leaves steamed in the African Pot and flavoured with Milk

Lisutsa/Managu

Kshs. 250

Black Night Shade leaves steamed in the African Pot and flavoured with Milk

Emiroo

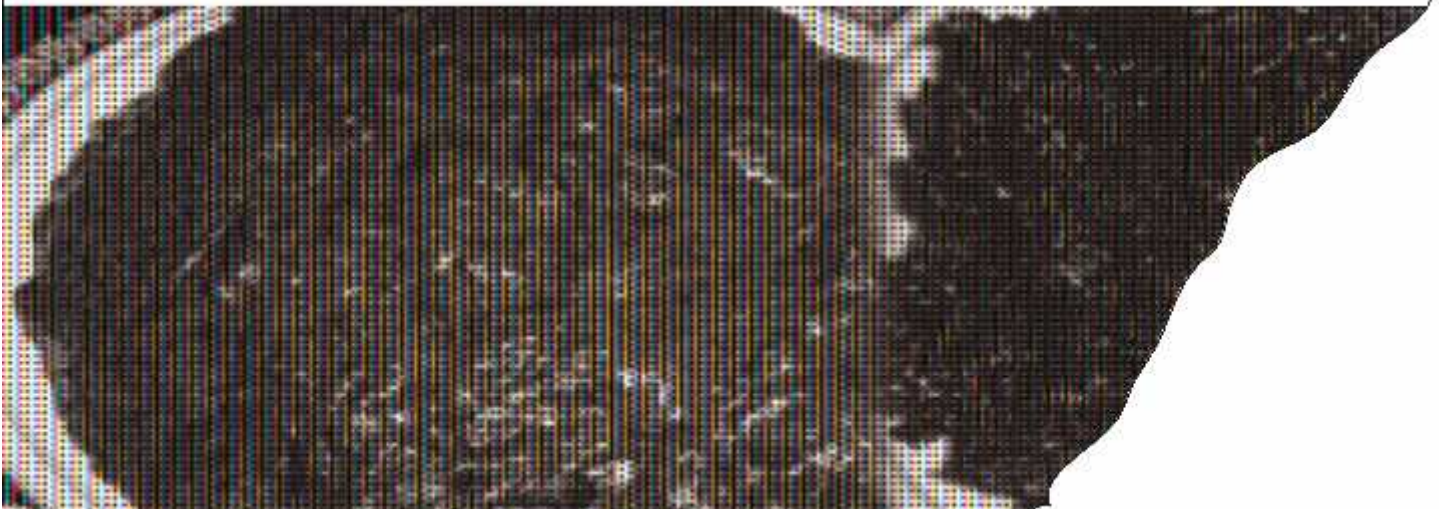
Kshs. 250

Crotolaria leaves steamed in the African Pot and flavoured with Milk

Omurere

Kshs. 250

Bush Okra steamed in the African Pot and flavoured with Milk



Lisebebe

KShs. 300

Pumpkin leaves steamed in the African Pot and flavoured with Peanut sauce.

Mchicha

KShs. 300

Amaranth leaves steamed in the African Pot and flavoured with Coconut gratings

GAME MEAT CORNER**Eshituyu**

KShs. 1,500

Char Grilled Rabbit: Charcoal slow-grilled Rabbit served with in-house salads on a platter

Isindu

KShs. 1,050

Quail Skewer: Home-made quail on bamboo skewer laced with vegetable cuts



All main course dishes are served with:

Ugali ya Mahindi

White maize (corn) flour mixed with hot boiling water cooked by continuously stirring with a wooden cooking stick forming a thick paste and eventually a white cake.

Ugali ya Wimbi

Finger millet, Sorghum and Cassava flours mixed with hot boiling water cooked by continuously stirring with a wooden cooking stick forming a thick paste and eventually a chocolate cake.

Matoke

Green Bananas: Stewed in the African Pot; garnished with leeks and spring onions

Chapati

Pan-fried Swahili bread made from whole wheat flour

Wali

Coconut steamed Rice



SIDE DISHES

Amenjera Ketsimbande

KShs. 750

Green maize, bambaranuts and groundnuts boiled in the African pot



Ngunza Matu

KShs. 850

Shelled white Corn, Pigeon peas and Pumpkin boiled in the African pot and mashed; served with traditional Ghee

Ngwacil

KShs. 300

Sweet Potatoes:
Traditionally boiled in the African Pot on the skin or off the skin



Olutekete

KShs. 650

Sesame Butter:
Traditionally ground sesame

Omushenye

KShs. 400

Sweet Potatoes and Cowpeas traditionally boiled in the African Pot and mashed

Nduma

KShs. 300

Arrow roots:
Traditionally boiled in the Pot; served off the skin

Mataha

KShs. 850

Ripe Bananas, hyacinth Beans and Pumpkin leaves boiled in the African pot and mashed
Commonly served during wedding ceremonies or to lactating mothers



DESSERTS

Matunda

Seasonal fresh fruit slices

KShs. 350

Omukhonye

Sugar Cane cutlets

KShs. 150



Kiinaa/Ikie

Traditionally ground (on the stone) and roasted Sorghum flour served with sour Milk and Honey

KShs. 450

Tsimbale

Roasted Fermented finger Millet flour served with Honey & hot water

KShs. 200

Kashata

Swahili sweets made from grated Coconut and Sugar

KShs. 250



Kaimati

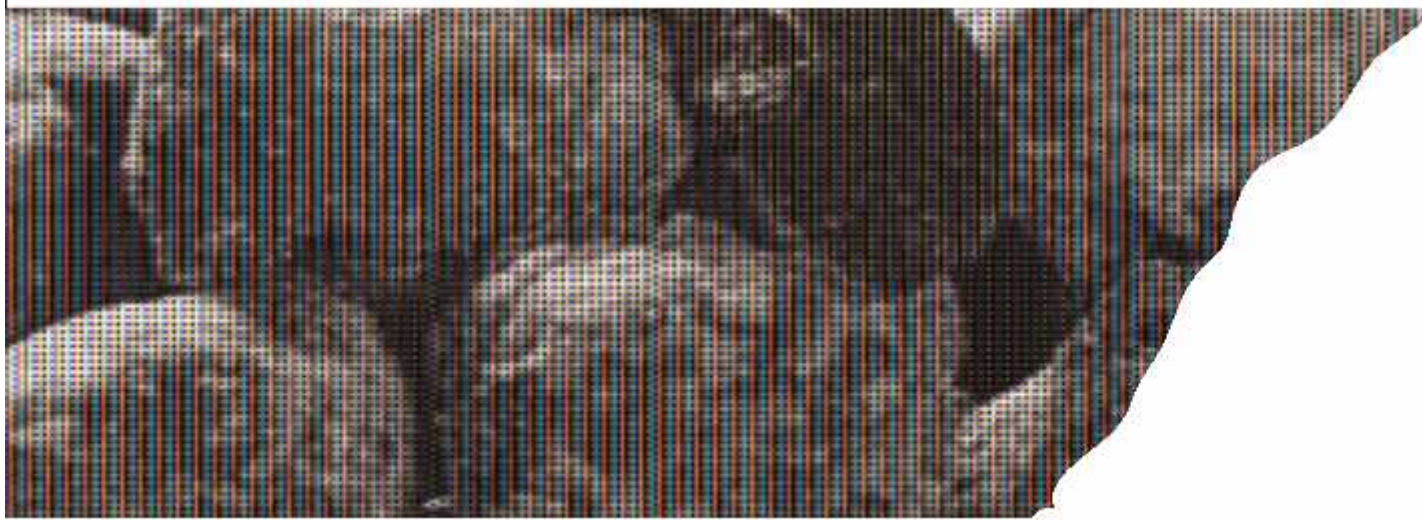
Swahili sweets made from Wheat flour, Yeast, Cardamoms and Sugar

KShs. 200

Vishete

Swahili sweets made from Wheat flour, Eggs, Butter and Sugar

KShs. 200



PLATTER MENU



MIXED PLATTER

Starter

Usuu (Porridge served in the calabash)

Main courses

Samaki wa Kupaka (fresh Tilapia fish)

Biriani ya Kuku (Chicken biriani)

Isindu Isiche (marinated Quails on skewers)

Likhanga (char grilled Guinea Fowl)

Omuranda/Eshiango/Inyama Isiche(smoked Beef)

Matumbo (Tripe)

Eshituyu (Rabbit)

Mchuzi wa Kunde (Cowpeas Curry)

Mbaazi za mchuzi wa Nazi (Pigeon peas)

Omushenye (mashed Sweet Potatoes & Cowpeas)

Ugali ya Mahindi

Ugali ya Wimbi

Chapati

Trio of Exotic vegetables

Desserts

Omukhonye (Sugarcane Cutlets)

Kshs. 2,500 per person



VEGETARIAN PLATTER

Starter

Usuu (Porridge served in the calabash)

Main Courses

Obwobo (wild traditional Mushroom)

Mchuzi wa Kunde (Cowpeas curry)

Mbaazi za mchuzi wa Nazi (Pigeon peas in Coconut curry)

Amenjera Ketsimbande (Githeri)

Omushenye (mashed sweet Potatoes & Cowpeas)

Ugali ya Mahindi

Ugali ya Wimbi

Chapati

Trio of exotic vegetables

Kshs. 2,500 per person

Regional Key

Coast



North Eastern



Eastern



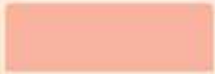
Rift Valley



Central



Nyanza



Western



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