



SOUPS

- ROASTED TOMATO AND SWEET BASIL** **KSh 1,000**
Burnt garlic croutons
- SEAFOOD CHOWDER** - **Ksh 1,500**
Seeded lavosh
- HEARTHY CHICKEN BROTH** - **KSh 1,000**
Sesame oil tossed vegetables
- BUTTERNUT SQUASH CREAM SOUP** **KSh 950**
Cinnamon and ginger ribbon

SALADS

- FLAME CAESAR** - **KSh 1,400**
Assorted lettuce, crispy bacon, Cajun chicken, sour cream, boiled egg, and guacamole
- KETO PALEO CHAMPION** - **KSh 1,500**
Grilled chicken, sliced turkey breast, sliced ham, pickled onions, tomatoes, spinach, romaine & low carb dressing
- TUNA, AVOCADO AND QUINOA SALAD** **KSh 1,500**
A high protein meal with healthy fats from the avocado. This is the perfect salad to revive you after a heavy workout and keep you going
- THAI DUCK SALAD** - **KSh 1,500**
Pomegranate, lettuce, roasted peanuts, cherry tomatoes, Thai dressing
- CHICKPEA MINT TABBOULEH** - **KSh 950**
Soft lettuce, marinated chickpeas, pickled cucumbers, fresh mint, and tomato salsa

TO START

- AVOCADO TIGER PRAWN COCKTAIL** **KSh 1,500**
Avocado, iceberg lettuce, marie rose dressing, fresh tomato, and onion kachumbari
- BAKED CHEDDAR MUSHROOM** - **Ksh 1,100**
In a creamy garlic and mornay sauce, with French bread
- CRUSTED ARANCINI** - **Ksh 1,300**
Tangy tomato basil sauce
- CHARGRILLED CHICKEN WINGS** **KSh 1,500**
With barbecue & honey garlic dip
- BUTTERNUT SQUASH AND RICOTTA QUICHE** **Ksh 1,100**
Roasted butternut, homemade cheese, and fresh rocket
- SALT AND PEPPER CALAMARI** **KSh 1,600**
Tangy Wasabi mayo, summer slaw

SANDWICHES

- CAPRESE PANINI** - **KSh 1,500**
With tomato mozzarella and a hint of chilly & mint pesto
- ROAST BEEF PANINI** - **Ksh 1,900**
Traditional roast beef with herbed pesto
- FLAME TRIPPLE DECKER** - **Ksh 1,900**
Toasted bread, bacon, lettuce, chicken, tomato, avocado and red pepper mayo
- HAM AND CHEESE** - **Ksh 1,800**
Farmers bread, smoked gammon and emmental cheese

POWER BOWLS

- AHI TUNA POKE BOWL** - **KSh 2,000**
Avocado, edamame, seaweed, pickled ginger, sliced jalapeños, greens, brown rice
- TERIYAKI GLAZED FRESH SALMON** **KSh 2,600**
Wrinkled green beans, jasmine rice
- YUMM VEGAN PROTEIN BOWL** **KSh 1,500**
Brown rice, soybeans, chickpeas, refried black beans, lettuce, cherry tomato, avocado, quinoa and yum sauce
- SESAME CHICKEN** - **Ksh 1,950**
Sesame-crusted chicken, red onions, pickled cucumbers, Steamed rice, broccoli, feta crumble



• CLASSICS •

- DOUBLE COOKED SHORT RIB** **KSh 2,700**
Slow braised then grilled
- LEMON & GARLIC ROAST SPRING CHICKEN** - **KSh 2,900**
Served with lemon garlic & chive mayonnaise
- LIMURU PORK CHOPS** **KSh 3,000**
Roasted cumin & pepper
- LAMB SHANK** - **Ksh 3,000**
Cauliflower, wilted spinach and grainy mustard mash
- BUTTERNUT AND RICOTTA RAVIOLI** - **Ksh 2,000**
Butternut, asparagus, and ricotta ragout in homemade pasta, served with a tangy pomodoro sauce



• BURGERS •

- BACON & CHEESE STEAK BURGER** - **Ksh 2,200**
Chef's special, double pattie served with sauteed onions, gherkins, and mustard mayo
- BARBECUE CHICKEN BURGER** **KSh 2,200**
Prime chicken steak, topped with pulled barbecued duck
- PULLED LAMB BURGER** **KSh 2,200**
Slow cooked and flavored with wine and mint
- VEGETABLE BURGER** **KSh 1,800**
Veg protein pattie, creamy mushroom glaze



• FISH & SEAFOOD •

- ORIENTAL SALMON** **KSh 3,800**
Pan seared, mango chilli and coriander salsa
- GRILLED LOBSTER** **KSh 3,900**
Lightly marinated with garlic, chili and flamed with cognac
- CHILLI GARLIC GIANT PRAWNS** **KSh 3,500**
Roasted cherry tomato dressing
- PAN SEARED SNAPPER** **KSh 2,500**
Skin on fresh beurre blanc sauce
- TUSKER BATTERED FISH FILLET** **KSh 2,500**
Our own version of an English style fish recipe



• BOND AND MEET •

- MUSHROOM AND CORN RISSOTTO** **Ksh 2,000**
Topped with parmesan cracker, sweet berry dust
- PASTA ALA NORMA** **KSh 1,800**
Whole meal pasta, sun dried eggplant and pomodoro sauce
- KING PRAWN AND SAGE PASTA** **Ksh 2,100**
Tagliatelle, lemon garlic prawns and sage butter
- SWEET POTATO AND BLACK BEAN BURRITO** **Ksh 1,700**
Peppery avocado salsa
- FLAME-GRILLED CHICKEN BREAST** - **Ksh 2,900**
Seasonal vegetables, mushroom sauce



• THE PAN-ASIAN KITCHEN •

- SALMON PANANG CURRY** **KSh 3,200**
Served with pok choy and egg rice
- NASI GORENG** - **Ksh 2,400**
Beef and chicken option served with egg, beef or chicken satay, peanut sauce, pickled cucumber
- SWEET AND SOUR PORK** **KSh 2,700**
Served with jasmine rice
- ORIENTAL STYLE VEGETABLE STIR FRY** - **Ksh 2,250**
Served with steam rice, pickled tofu, and chili oil



• THE INDIAN KITCHEN •

- METHI PANEER** **KSh 2,300**
Delicious curry made cottage cheese, fenugreek leaves cooked in rich Indian spices
- BHUNAGOSHT** - **Ksh 2,800**
Chef's special lamb curry
- DAL MAKHANI** - **Ksh 2,100**
Slow cooked lentils served with rice and vegetable curry
- MURG LABABDAR** - **Ksh 2,750**
Boneless tandoori chicken in rich creamy gravy

• EXTRA SIDES •

- Side garden salad - KSh 450
Steamed rice - KSh 450
Potato sides - KSh 450
French fries - KSh 650
Seasonal vegetables - KSh 450

• FOR THE LOVE OF STEAK •

- FILLET** - **Ksh 3,200**
The tenderest steak regarded by many as the Premium Cut
- T-BONE** - **Ksh 3,200**
On one side a tender fillet on the flavorsome sirloin, recommended at least medium
- RIB EYE** - **Ksh 3,200**
Delicious beefy flavour, this heavily marbled cut has a ribbon of fat at its core which melts during cooking
- ALL BEEF STEAKS ARE 300GMS AND 14 DAYS AGED**

• STEAK EXTRAS •

- The perfect toppings
- Crispy onion rings
 - Creamy mushrooms and parmesan
- Steak sauces
- Garlic mushrooms
 - Periperi
 - Pepper sauce

• OUR KENYAN STORY •

- BEEF KATA KATA** **Ksh 3,000**
Home style diced beef with tomatoes and onion and Kenyan greens
- MBUZI FRY** **Ksh 3,000**
Our version of the traditional "wet fry", Kachumbari and creamy greens
- GRANDMOTHERS POT "GITHERI"** - **Ksh 2,000**
Soft corn, red beans, potatoes and carrot ragout with fried cabbage and coriander
- SWAHILI LAMB BIRYANI** **KSh 2,600**
A specialty from the Kenyan coast line served with fermented milk

All main course served with an option of French fries, steamed rice, sauté potatoes, ugali, potato wedges or mashed potatoes.

Chef's recommendation — Alcohol — Vegetarian — Pork — Nuts — Seafood — Wellness

*Menu items may contain nuts and nut by-products. Please advise the restaurant manager of any allergies you may have.

As part of Sarova Panafric's commitment to green environmental cuisine this menu contains locally sourced and organic items wherever possible. All cuisine is prepared using fresh and nutritionally balanced ingredients

Prices are inclusive of 28% statutory taxes.