



# FOOD MENU



BANTU MOUNTAIN LODGE  
**MENU**

To access, download a QR code scanner from the Play Store (Android) or the App Store (Apple).

A white rectangular box containing the text 'BANTU MOUNTAIN LODGE' and 'MENU' in bold. Below the text is a large QR code with green square markers at the corners. At the bottom of the box, there is a line of small text: 'To access, download a QR code scanner from the Play Store (Android) or the App Store (Apple).'

# BREAKFAST & SNACKS

## BUFFET BREAKFAST

Buffet breakfast	1500
Buffet lunch	1800
Buffet dinner	2000



## HOT BEVERAGES

Tea pot	300
Tea mug	150
Coffee pot	500
Hot Chocolate mug	250
Hot Chocolate pot	500
Coffee mug	250
Milk pot	500
Milk mug	250
Milo mug	250
Porridge calabash	200
Lemon tea pot	250
Dawa	500

## SNACKS

Plain chips	300
Chips Masala	350
Sausage (2)	300
Bacon	500
Eggs (2)	150
Ham sandwich	300
Tomato sandwich	200
Cheese sandwich	350
Beef Sandwich	300
Egg sandwich	250
Beef sandwich	300
Samosa	300
Mixed vegetable salad plate	300
Meat balls	350
Toast slices (4)	50
Andazi	100
Spanish omelette	300



# Let's Eat!!!



## STARTERS

Fish Fingers (4)	350.00
Avocado	250.00
Avocado Neptune	350.00

## FRESH SOUPS

Cream of tomato	300
Potato leek soup	300
French onion soup	350
Carrot ginger soup	300
Soup of the day	250



## FRUITS CENTRE

### General Fruit Centre

Ksh. 2000

### Banana Dolphins

Ksh. 1200

### Pineapples parrot

Ksh. 1800

### Pineapples Palm Tree

Ksh. 1600

### Pawpaw Rose

Ksh. 1500

### Cantaloupe Basket

Ksh. 2000



Pineapple Peacock	2,000.00
Orange Roses	1,400.00
Melon baby cot	1,800.00
Watermelon basket	2,000.00
Watermelon boat	1,800.00
Watermelon multiple roses	2,000.00
Watermelon little decks	1,200.00
Pineapple ducklings	1,500.00
Watermelon sharks	2,000.00
Watermelon baby carriage	2,500.00



## MAIN DISHES

- |  |          |
|--|----------|
| <b>1. Fillet steak</b> - 250gms<br>(brown sauce) Accom. potatoes and vegetables                | 1000.00  |
| <b>2. Entrecote steak</b> - 250gms<br>(gravy) Accom. Roast potatoes and vegetables             | 1,000.00 |
| <b>3. Grilled pork chops</b> - 250gms<br>(mustard sauce)New potatoes and vegetables            | 1,200.00 |
| <b>4. Pork ribs spares</b> - 250gms<br>(sweet and sour) Accom. Creamed potatoes and vegetables | 1,300.00 |



- |   |          |
|---|----------|
| <b>5. Fish fingers</b>  | 850.00   |
| <b>5. Nile perch fillet</b> - 250gms<br>(bread crumbed) Parsley potatoes and vegetables | 1,000.00 |
| <b>6. Burguret Rainbow Trout</b><br>(250gms Pan fried) Boiled potatoes and vegetables   | 1,000.00 |
| <b>7. Grilled Lamb Chops</b> - 250gms<br>(rosemary sauce) - Roast potatoes              | 900.00   |
| <b>8. Pan fried Capon</b> - 250gms<br>1/4 Served with French fries and vegetables       | 750.00   |

- |  |          |
|--|----------|
| <b>9. Chicken Maryland</b> 1/4 portion<br>French fried potatoes and vegetables | 1,000.00 |
| <b>10. Abaluhyas chicken</b><br>(Full broiler)                                 | 2,500.00 |
| <b>11. Abaluhyas chicken</b><br>(Full kienyeji)                                | 3,000.00 |
| <b>12. Vegetables cutlets</b><br>served with assorted veggies in season        | 800.00   |



## STEWs

<b>Spaghetti Bolognese</b>	750.00
<b>Solio beef</b>	750.00
<b>Irish stew</b>	750.00
<b>Mountain Rock Chicken</b>	750.00

All stews served with either rice, chapati, ugali, mashed potatoes and vegetables.



<b>Chicken curry</b>	850.00
<b>Beef curry</b>	850.00
<b>Mutton curry</b>	850.00
<b>Fish curry</b>	1000.00

All curries served with saffron rice, tropical rice, chapati, ugali, and mashed potatoes.



## CHOMA ZONE



	<b>½ Kg</b>	<b>1 Kg</b>	
<b>Roast goat or mutton</b>	Ksh 1200	Ksh 2200	
<b>Fried Goat or mutton</b>	Ksh 1300	Ksh 2350	
<b>Roast beef</b>	Ksh 1000	Ksh 1700	
<b>Fried beef</b>	Ksh 1100	Ksh 1800	
<b>Roast Chicken</b> <i>Broiler</i>	Ksh 1000	Ksh 2000	
<b>Fried Chicken</b> <i>Broiler</i>	Ksh 1250	Ksh 2200	
<b>Roast Chicken</b> <i>Road Runner</i>	Ksh 1500	Ksh 2500	
<b>Fried Chicken</b> <i>Road Runner</i>	Ksh 1500	Ksh 2500	
<b>Roast pork</b>	Ksh 1200	Ksh 2000	
<b>Fried pork</b>	Ksh 1500	Ksh 2200	

Each dish is served with two accompaniments of your choice: salad with ugali, chapati, or rice (small or large), and a plate of chips or roast potatoes.

## DESSERTS

<b>Vanilla cake</b>	250.00
<b>English trifle</b>	300.00
<b>Fruit salad</b>	300.00
<b>Jelly crystals</b>	300.00
<b>Pancake in orange sauce</b>	350.00
<b>Ice Cream</b>	400.00



# BON APPETIT



## BANTU MOUNTAIN LODGE LIMITED

Gathiuru Forest, Nanyuki.

Tel: +254 773992070 | 722 511752

[info@mountainrockkenya.com](mailto:info@mountainrockkenya.com)

[www.bantumountainlodge.co.ke](http://www.bantumountainlodge.co.ke)