

Good Morning! Tamu Breakfast

Drinks

Tea @ Ksh 50

Fruit Smoothies (Yogurt – Ice – Fresh Fruit – Honey, and optional Peanut Butter)
@ Ksh 150

Munch

- Eggs and Toast Fried, Scrambled or Omlette (optional cheese); served with veg of the day
- French Toast Three pieces of french toast, served with veg of the day (ask for extra honey, banana)
- Continental Unlimited toast with butter, jam and marmalade
- Health Home-made muesli with milk and yogurt
- Hangover Bacon and egg sandwich (great with our home made chilli sauce)

ALL served with seasonal fruit salad and yogurt

@ Ksh 400

Add extra bacon to any meal for Ksh 100!

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Lunch Mains

Sea-Food

Salads and Sandwiches (Available as either)

Beef Fillet – Chicken Strips – Bacon and Avo- Calamari – Ham and Cheese – Roast Veg Served either as a salad or sandwich with fresh seasonal leafy veg and dips.

@ Ksh 500

Serious Steaks

Grilled Beef Fillet sliced and served with salsa verde and seasonal salad.

Sides: Chips or Rice

Sauces: Pepper, Mushroom, Cream and Brandy.

@ Ksh 800

Veg Special

Roasted beetroot and butternut served with sauteed french beans, mushrooms, yoghurt and Hommus

@ Ksh 600

Add grilled Beef – Calamari – Fish – Prawns @ Ksh 900

Extras

_	Toasted Ham, Cheese and Tomato Sandwich	@ Ksh 200
_	Toasted Cheese and Tomato Sandwich	@ Ksh 150
_	Plate of Chips	@ Ksh 150
_	Garden Salad	@ Ksh 150
_	Bowl of Rice	@ Ksh 150
_	ICE CREAM!!	@ Ksh 200

Please see our specials board for daily dinner specials – sign up by 4pm.

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