



MENU

Meals made with Sangare Gardens farm products and served with a family touch

BREAKFAST / AFTERNOON TEA

In Season

BEVERAGES

Nyeri / Mt. Kenya Brewed Tea / Coffee

Ovaltine / Fresh Herbs

Homemade Juices

Farm Fresh Organic Fruits in season

Smoothies

Farm Fresh Organic Fruit / Vegetables in season

Sangare Milk

Sangare Yoghurts

Fermented Porridge

Finger Millet / Dark Millet / Sorghum

Oatmeal

With nuts and seeds

FROM THE OVEN

Homemade Wholemeal Bread

With herbs / Dried fruits

Homemade Cakes / Muffins

Banana / Carrot / Zucchini

Homemade Doughnuts

Made with wholemeal flour

Roasted nuts



EGGS

Organic Eggs

Omelette / Boiled / Fried / Poached / Scrambled

FRUITS

Farm Fresh Organic Fruits

Ripe Bananas

Dusted with Cinnamon Powder

Fresh Organic Sangare Assorted Berries

Strawberry / Goose Cape Berries

Farm Stewed Fruits

Apples / Berries

Farm Fresh Organic Fruit Sticks

Farm Fresh Organic Veggies

Grilled or Tossed

Homemade Muesli and Granola

Sweet Potatoes / Ndumas / Cassava / Pumpkin /

Butternut / Yams / Plantains

Grilled / Baked / Boiled

Boiled Maize

Samosas

Vegetable / Meat

Crepe Pancakes / Fluffy Pancakes

Made with whole-meal flour, oat and bananas

Crackers and cheese

Sangare Organic Fruit Homemade Jams

Sangare Honey

LUNCH / DINNER

In Season



LET'S MEAT

Wood-Grilled Steaks / Ribs / Chops

Goat / Beef / Lamb

**Herbed Organic Chicken / Duck
Turkey / Geese**

Grilled Tilapia

Grilled Vegetables

Beetroots / Tomatoes / Mixed Veggies

SALADS

Farm fresh Vegetable Salad

Fruits Salad / Cut Fruits / Cut Veggies / Kachumbari

Avocado Salad

*With Tomatoes, Mozzarella (Sangare)
and Basil Pesto*

Vegetable Salad

*With Roasted Butternut Squash, Brussels Sprouts
and Beets*

SOUPS

*Served with a cracker, home-made whole bread and
Sangare cheeses*

Vegetarian / Non-Vegetarian

CHEESY SIDE

Sangare Wholemeal Pizza

Chicken / Beef / Vegetable / Cheese

Lasagna

Chicken / Beef / Vegetable

Chicken Pasta

*With Roasted Cherry Tomatoes,
Basil Pesto*

Fresh Tomato Basil Pasta

Homemade risotto

With Sangare Cheese

Cheesy Root Vegetable Gratin

Sangare Casserole

Farm Fresh Vegetables / Meat



VEGETABLES

Farm Fresh Peas and Carrots

Tossed / Steamed

Farm Fresh Vegetables

Stir Fry / Steamed / Tossed

**Garlic Herb Roasted Potatoes,
Carrots and Zucchini**



SIDES



Farm Fresh Boiled Maize

Farm Wholemeal Flour Ugali

Farm Fresh Irio

Pilau

Sweet Potatoes

Mashed / Baked / Roasted / Boiled / Grilled Fries

Potatoes

*With Skin and Herbs / Mashed / Baked
Roasted / Boiled / Grilled Fries*

DESSERTS

With Wholemeal Flours

Fruit Tarts

Sangare Cakes

Banana / Carrot / Zucchini / Fruit

Cheese Cake

Sangare Crackers Cheese Board and Nuts



BREAKFAST / LUNCH / DINNER

Adult: Ksh 2500

Child: Ksh 1500

(without accommodation)

