



GISTLE RESTAURANT

Menu



Breakfast

Two eggs ,vegetable salad,toast,maxim potatoes two sausages & choice of house coffee or African brewed tea with grilled tomato. **700**

LIGHT BREAKFAST

Double fried eggs,nduma,toast and vegetable salad with a grilled tomato. **400**

Double sausages,nduma,a pancake with a grilled tomato. **350**

House french toast,nduma,bacon with salad with a grilled tomato **350**

Tropical fruit salad topped with nuts and yoghurt **350**

BREAKFAST CEREALS

A bowl of muesli served with cold or warm milk and a glass of juice/yoghut **450**

Two bars of weetabix served with cold or warm milk and a glass of juice/yorghut **300**

A bowl of cornflakes topped with nuts served with cold or warm milk and a glass of juice/yorghut **300**

A bowl of chocoflakes served with cold or warm milk and a glass of juice/yorghut. **300**

OMELETTE

Spanish omelette **450**

made with two eggs,served with toast and maxin potatoes

Plain omelette with a salad

Twin fluffy pancakes with a touch of lemon zest

Twin waffles topped with syrup,honey and fruits **200**

SAVOURY SNACKS

Mandazi **50**

Beef sausages **100**

Beef samosa **150**

Beef smokies **100**

Sausage Rollex(Chapati and sausage) **200**

Nduma **200**



Starters

SOUPS

Cream of vegetable soup **300**

Clear muteta soup **250**
(goat broth with muteta herb)

FRESH FARM SALAD

Chefs green salad with an option of a dressing **350**
lettuce,tomatoes,onion rings,cucumber

Waldorf salad with an option of a dressing **500**
green apples,cashew nuts,grapes,sweet corn,celery

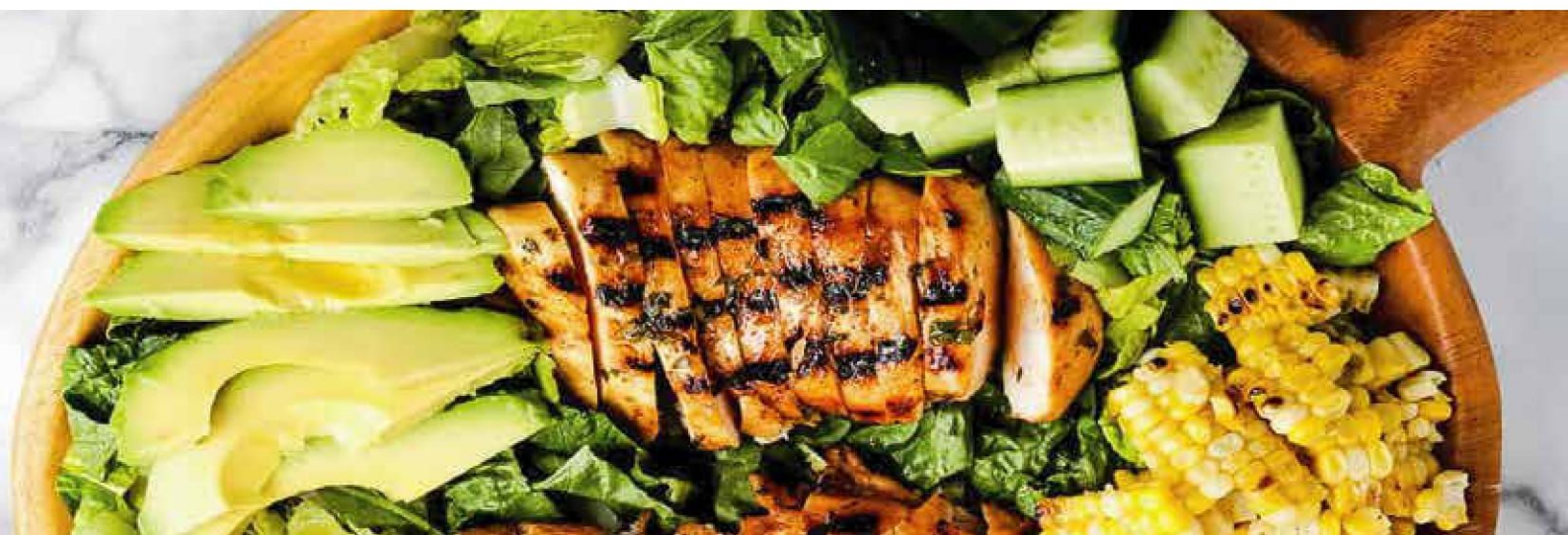
Chicken salad with an option of a dressing **700**
chicken breast,tomatoes,onion rings,cucumber under a bed of lettuce

mexican salad with an option of a dressing

Grilled chicken flakes,sweetcorn,cucumber ,onion,lettuce,avocado **700**

DRESSINGS

House made mayonnaise,1000 island,Italian dressing,
Olive oil and mustard,Cocktail dressing,Vinegratte dressing.



Main food

Carnivorous corner

BEEF

Grilled beef fillet steak with accompaniment	950
Pan seared T-bone with accompaniment	1,050
Grilled sirloin steak	1,050
Traditional beef and vegetable casserole	600

LAMB

Limuru lamb chops (tender chops of lamb from slopes of limuru served with minty sauce)	950
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FOR THE LOVE OF CHICKEN

Full free range organic chicken(chicken kienyeji) well boiled and stewed in a well seasoned sauce)	1,500
Half Free range organic chicken (chicken kienyeji) well boiled and stewed in a well seasoned sauce)	750
Full lemon garlic paprika chicken (non organic broiler)	1,100
1/4 lemon garlic paprika chicken (non organic broiler)	450
Full Charcoal grilled chicken with herbs	1,100
Half Charcoal grilled chicken with herbs	600
<i>Served with barbeque sauce</i>	
Breast chicken served with accompaniment	800
8pcs chicken wings with a buffalo sauce	700



BBQ pork
spare ribs

PORK

BBQ pork spare ribs	1,050
Grilled pork chops with minty garlic rub	1,050
Grilled pork baby ribs with barbeque sauce	1,200

FISH

Whole tilapia fish(dry/wet)	800
pan seared fish fillet	700

sides

(all main meals inclusive of one side)
Butternut chapati,traditional ugali,plantain,
vegetable rice,chinese rice,french fries,farm fresh vegetables.

CHAR GRILLING CORNER (Choma zone)

Full goat	18,000
Full goat rib	1,500
1/2 goat rib	700
Full goat leg	1,800
Mkono	900

well seasoned with herbs using chefs secret recipe

EXTRA SIDES

White plain rice	250
Fried vegetable rice	300
Chinese fried rice	300
Cashew nut rice	300
Butternut chapati	100
Traditional ugali	150
Brown ugali	200
French fries	250
Sautee' potatoes	250
Masala chips	350
Marinated potato wedges	250
Pasta	200
Plantain	250

SANDWICHES

Classic sandwich	350
Avocado,cheese & tomato	300
BBQ chicken club	300
Bacon,tomato,lettuce (BTL)	350

BURGERS

Beef burgers	300
Bacon cheese burger	300
Guacamole bacon burger	450
Chicken Burger	300



SIGNATURE DISHES

Boiled goat	600
slowly cooked goat improved with peas,tomatoes and dhania	
Diet chapatis with vegetables	300
Brown ugali with vegetables	300
White traditional (whole meal) ugali served with boiled kienyeji chicken	600
Whole tilapia fish (poached) with traditional ugali	800
Fried Nduma with boiled kienyeji chicken	700

FAMILY FANTASY

Sizzling platter (To serve 3 Or 4) consist of 2pcs of roast chicken, 2pcs lamb chops,2pcs of choma sausage,beef fillet steak, fish fillet served with two accompaniment.

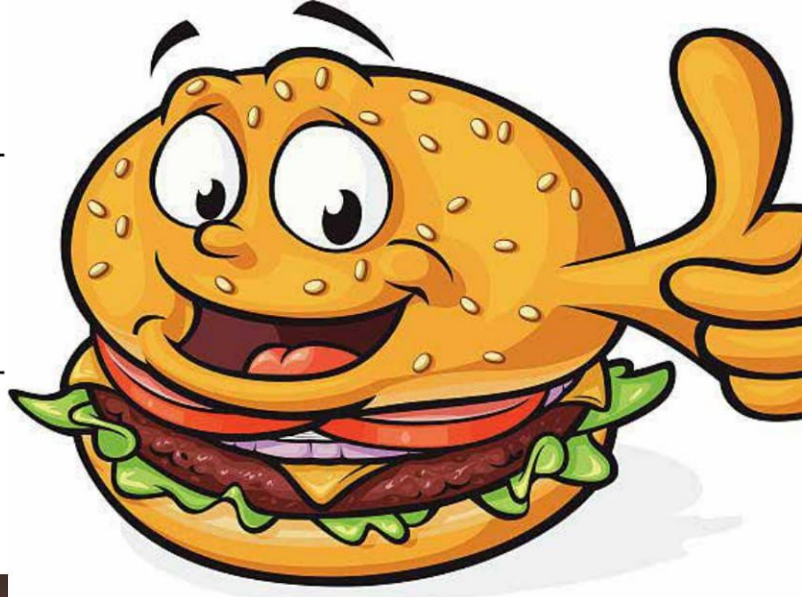
2,500

CHINESE CORNER

Chinese fried rice with chilli garlic boneless chicken	1,000
Fried nodules served with grilled chicken breast infused with herbs and soy sauce	1,000
Stir fried beef in oyster sauce	700

VEGETERIAN CORNER

Traditional ratatouille infused with herbs	300
Caponata pasta infused with enriched sauce	400



CHILDREN'S CORNER

Hotdog with french fries	250
Fish fingers with french fries	400
Spaghetti bolognese	400
French fries with a sausage	300
Bacon slices with french fries	600
6pcs of Bufalo wings with medium french fries	800

DESSERTS

Gourmet Gelato Ice cream	
Vanilla ice cream	300
Chocolate ice cream	300
Strawberry ice cream	300
Cinnamon grilled pineapple	200

CAKES (per piece)

Vanilla	300
Black forest	350
White forest	350





Drinks

GISTLE HOUSE COFFEE

	Single	Double	Tripple
Espresso	170	210	240
Macchiato	180	220	250
Americano	180	230	270
Cappucciono	230	280	320
Cafe Latte	250	300	310
Vanilla latte	270	330	370
Mocha	270	330	370
Caramel macchiato	270	330	370

TEA CHOCOLATE

Regular/masala tea	180
Brewed african tea pot	150
Green tea pot	200
Purple tea mug with honey	200
Black hot chocolate pot	100
White hot chocolate pot	150

Signature Gistle Dawa (Concotion)

200

ICED TEA

Iced tea /iced lemon & ginger	240
Iced tea with fresh juice	300

ICED COFFEE

Iced Coffee	240
Iced latte/iced vanilla latte	330
Iced Mocha	340

FRESH JUICES

Fresh Mango	250
Fresh cocktail	250
fresh passion	250
Apple Ginger	250



SMOOTHIES

Green smoothie	350
(baby spinach,mango,pinapple,ginger lemon juice,banana,celery)	
Tropical thunder	
(mango,passion,banana,pawpaw)	350
Tropical mix	
(vanilla yoghurt,mango,strawberry,banana)	350
Pink Panther	
(vanilla yorghut,strawberry,pawpaw,banana)	350
Berries smoothies	
(mixed with berries in season)	350

MOCKTAILS

Minty cola queen	250
(mint,lime,cocacola)	
Basil apple lime	300
(basil,apple juice with lime)	
Laughing lemon	300
(sage,sugar syrup,lemon juice,topped with orange juice)	
Pick me up	
(orange juice infused with cinnamon and mint leaves)	300

MILKSHAKES

Vanilla	350
Strawberry	350
chocolate	350
Tropical mix	350

WATER/SODA

Mineral water (still) 500ml	100
Mineral water (still) 1ltr	150
Mineral water (sparkling)500ml	100
Soda(300ml)	100
Tonic water	100
soda water	100
Energy Drink	250
Delmonte	350

