KENYAN
Cafe and Cuisine

"Everyone has a picture of Kenya!

Broad savannas teeming with Wildlife, and Maasai's tending to their ancient landscapes punctuated by thorny Acacia trees. But not many know the food of this great East African nation. From Mombasa on the east coast to Lake Victoria in the west, Kenya has a nourishing and hearty cuisine just waiting to be discovered"

Karibu--Welcome

Vichanganiska Kinywa (Snacks and Appetizers)

Samosa (Beef): *2 for $ 3.50*

Samosa (Ndengu/Lentils): *2 for$ 3.50*

Mandazi: *3 for $ 2.00*

Main Dishes

Mbuzi Karanga (Goat Stew):
$14.50

A tasty meal of goat stew in a blend of Kenyan spices and herbs. Served with a choice of Chapati, Ugali, or Wali, and a choice of Sukuma Wiki or Mboga.

Mbuzi Choma (BBQ Goat): $ 14.50 *Barbecued goat served with Kachumbari, and either Chapati, Ugali, or Wali, and a choice of Sukuma Wiki or Mboga.*

Ng'ombe Karanga (Beef Stew):
$ 11.50
A delicious meal of a beef stew in a blend of Kenyan spices and herbs. Served with a choice of Chapati, Ugali, or Wali, and a choice of Sukuma Wiki or Mboga.

Ng'ombe Choma (BBQ Beef):
$ 11.50 *Barbecued beef served with Kachumbari, and either Chapati, Ugali, or Wali, and a choice of Sukuma Wiki or Mboga.*

Obama Meal (Fried Fish):
$ 11.50
Fried Tilapia on a bed of freshly cooked sauce, with a choice of Chapati, Ugali, or Wali, and a choice of Sukuma Wiki or Mboga.

Kuku Kienyeji (Free Range Chicken):
$11.50

Finger licking free range grown chicken cooked with special secret spices and herbs from the slopes of Mt. Kenya. Served with Chapati, Ugali, or Wali and a choice of Sukuma Wiki or Mboga.

Githeri Special:
$10.50

A tasty and energizing meal specially made with chunks of beef and assorted vegetables with corn and beans.

See our dictionary for more details

Vegetarian Dishes

Ugali na Sukuma Wiki (Ugali and Collard Greens):
$ 8.50

Twist off a chunk of this starchy dish (Ugali) and drag it through the sauce of delicious of Collard Greens.

Chapati na Sukuma Wiki (Chapati and Collard Greens):
$ 8.50

A special and unusual meal of Chapati and Collard Greens.

Chapati na Ndengu (Chapati and Lentils):
$ 8.50

Discover this luscious and rare taste of Chapati and lentils.

Ugali na Ndengu (Ugali and Lentils):
$ 8.50

A delicious, hearty and filling meal of Corn Meal Mush with Lentils.

Wali na Ndengu (Rice and Lentils):
$ 8.50

A splendid mix of Aromatic Rice with Lentils.

Side Orders:

Chapati - with main meal: ***$ 1.50***

Ndengu (Lentils): ***$ 2.50***

-without main meal:	$ 2.00		
Sukuma Wiki (Collard Greens):	$ 2.50	Wali (Rice):	$ 2.50
Mboga (Cabbage):	$2.50	Ugali:	$ 2.00

Vinywaji (Beverages)

Chai (Cup):	$ 1.50	Sturungi (Black Tea):	$ 1.50
Chai (Pot):	$ 3.00	Kenyan Coffee:	$ 2.50
Green Tea (Cup):	$ 1.50	Diet Coke or Pepsi(Can):	$ 1.00
Green Tea (Pot):	$ 3.00	Coke or Fanta (Bottle):	$ 2.00
Chai Masala (Cup):	$ 2.00	Orange Juice:	$ 1.50
Chai Masala (Pot):	$ 4.00	Water (Bottle):	$ 1.00

Kamusi (Dictionary)

Chai *– Hot Tea with Milk.*

Chai Masala *– Hot spiced Tea with Milk.*

Chapati *– A simple wheat flat Bread typically baked on a hot griddle. Pieces are broken off and wrapped around stew before it is popped in the mouth.*

Githeri *– is a simple yet nourishing dish which is very popular throughout Kenya. This combination of beans and corn supplies a full complement of protein.*

Kachumbari *– East African Salsa served either mild or hot, made from fresh onions, tomatoes, Cilantro and Chili.*

Kahawa ya Kenya *- Kenya's unique Arabica coffee grown in the Kenyan Highlands and the only coffee that flavors other coffee's World Wide.*

Kienyeji *– Swahili for traditionally prepared.*

Kuku *– Chicken meat.*

Mandazi *– East African fried pastries and popular in the coastal Swahili areas of Kenya and Tanzania.*

Mboga *– Cabbage*

Mbuzi *– Goat meat.*

Ndengu *– Lentils.*

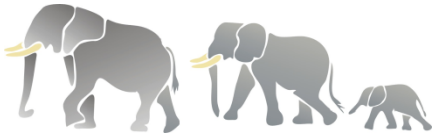
Ngombe *– Beef meat.*

Nyama Choma *– Barbecued beef or goat.*

Samosa *– Scrumptious thin, tri-shaped crust pastry stuffed with exotic seasoned ground beef or mixed vegetables. It is also served with Lentils for vegetarians.*

Sturungi *– Black Tea.*

Sukuma Wiki *(Collard Greens) – is a Swahili word for "stretch the week". It is a way of "stretching" out the kitchen resources. This nutritious and tasty dish makes a typical Kenyan meal.*

Ugali *(African Cornmeal Mush) – Known as Ugali in Kenya. This starchy side dish goes by different names in Sub- Saharan Africa. In Malawi and Zambia it is called nsima or nshima. The South African's call it Pap or Mealie Pap while Zimbabweans call it Sadza. Twisting off a chunk with your finger and dragging it through the sauce is the most popular eating habit among the lovers of this starchy dish.*

Wali *– Cooked Rice*