



Menu Board

**ALL BRANCHES**

**MBUZI MUNCH - THE TASTE OF KENYA**

GOOD FOOD \* GREAT TIMES



Welcome to

## M B U Z I M U N C H

All our goats graze free range & are compassionately raised. We only serve young animals with a carcass weight of around 13kgs thus guaranteeing the fresh flavour & tenderness of the meat.

Before the meat is barbequed, we add a special blend of herbs, spices, sauces and flavours for that authentic Kenyan Nyama Choma taste.

As all of our grilled meat dishes are prepared to order, please let your waitress know for beef or mbuzi how you would like it cooked - medium or rare or well done

With the exception of our state of the art kitchens, wherever possible our designers aim to include recycled or upcycled material such as the glassware which are made from bottles.

Our drinks and sauces are stored in recyclable containers.

We operate a Buy local, Buy Kenyan policy for equipment, supplies and services using local artisans wherever possible.

THE TASTE OF KENYA





# B R E A K F A S T M E N U

## A LA CARTE

### Eggs

**Fried or Poached Eggs** 200/-

Two eggs plus a round of toast

**Scrambled Eggs** 300/-

Three eggs and a round of toast

### Omelets

Plain 250/-

Cheese 300/-

Spanish 300/-

### Combos

**Big combo** - 2 sausages, 2 fried eggs 1 mandazi or toast, Kenyan tea 450/-

**Mid combo** - 1 samosa, 1 fried egg 1 mandazi or toast, Kenyan tea. 400/-

### Breakfast Burrito Combos

Wrap - Eggs, cheese, onions, peppers 450/-

Wrap - Spinach plus a cheese omelet 450/-

**Breakfast Sausage Special Combo** 500/-

Juicy sausages sliced & fried with onions, peppers & breakfast potatoes

**Porridge** 200/-

Bowl of oat or millet porridge with honey and cinnamon

## SIDES

**Sausages (two pieces)** 150/-

**Samosas (two pieces)** 250/-

**Spinach** 100/-

**Whole meal toast 2 slices** 50/-

**Mandazi** 50/-

**Breakfast potatoes** 150/-

**Chapati** 110/-

**Pancakes 4 pieces with honey** 300/-

**Baked beans** 250/-



# M E N U

## SPECIALITIES

<b>Mbuzi Leg Deluxe</b> With Onions, Spices & Sauce	2400/Serves 2-3
<b>Kuku Special</b> Whole/Half/Quarter	2200/1200/750
<b>T-Bone (400 grammes)</b> Grilled Steak with pepper sauce, potato wedges & spinach	1400
<b>Whole Tilapia</b> Fried or Stewed	850
<b>Mbuzi Choma Ribs</b> The traditional favourite	800
<b>Sausage Special</b> Juicy sausages sliced & fried with onions, peppers & chips	500
<b>Golden Battered Kuku strips</b> Served with chips	750/serves 2

As all of our food is prepared with fresh ingredients and custom cooked for each order, some dishes can take a little longer, so please check with your waitress if you're in a hurry!

### NAIROBI GOLF PARK

Sun/Mon/Tue/Wed/Thu 7:00 - 22:00  
Fri/Sat 7:00 - 23:00

### NAIROBI GALLERIA

Sun/Mon/Tue/Wed/Thu 10:00 - 22:00  
Fri/Sat 10:00 - 23:00

### NAIVASHA BUFFALO MALL

Sun/Mon/Tue/Wed/Thu 10:00 - 22:00  
Fri/Sat 10:00 - 23:00

We aim to provide you with, not only the best quality food and atmosphere we can, but also the friendliest staff, if you are happy with the service please leave a tip for your waitress to let her know.



# M E N U

## NYAMA CHOMA FROM OUR GRILL

<b>Mbuzi Leg Deluxe</b>	2400/Serves 2-3
<b>Mbuzi Leg</b>	2250/Serves 2-3
<b>Mbuzi Arm Deluxe</b>	1900/Serves 1-2
<b>Mbuzi Arm</b>	1700/Serves 1-2
<b>Mbuzi Stew</b>	1100 /Serves 1
<b>Mbuzi Choma Ribs</b>	800 / Serves 1
<b>Mbuzi Liver Deluxe</b>	550 / Serves 1
<b>Mbuzi Matumbo Deluxe</b>	500 / Serves 1

Our meats are grilled to your specification (medium, well done etc.) and with your preferred sauce so let the waitress know. Deluxe dishes are finished off in the pan with onions & gravy

## KUKU KITAMU FROM OUR PANS/GRILLS

<b>Kuku Choma</b>	1000/- Half 2000/- Whole
<b>Kuku Wings Spicy/Saucy</b>	850/-eight pieces)
<b>Grilled Kuku Breast</b>	750 /-

## BURGERS

<b>Boran Big Beefy</b>	700 /- Ground lean beef
Home made beef burger	
<b>Kuku Cruncher</b>	650 /- Kuku in Batter
Crunchy battered chicken	
<b>Mbuzi Muncher</b>	700 /- Capri Burger
Homemade goat-meat burger	
All served with a choice of BBQ, Mayo, Chilli or Ketchup	

## WRAPS & QUESADILLAS

**New**

<b>Mbuzi Melt</b>	750 /- Capri Quesadilla
<b>Kuku Melt</b>	700 /- Chicken Quesadilla
<b>Spinach and feta Melt</b>	550 /- Veggie Quesadilla
<b>Falafel Wrap</b>	600 /- New Veggie Special
<b>Choma Wrap</b>	600 /-
<b>Choma Special Wrap</b>	600 /-
<b>Crispy Kuku Wrap</b>	600 /-
<b>Grilled Kuku Wrap</b>	600 /-

**Don't Forget Hungry Kitamu Mondays Buy 1 Get 1 Free**

## MBUZI MUNCH COMBOS

<b>Mbuzi Ribs &amp; Chips</b>	950
<b>Any Melt &amp; Chips</b>	900
<b>Any Burger &amp; Chips</b>	900
<b>Any Wrap &amp; Chips</b>	900




# M E N U

FISH	<b>Whole Tilapia</b>	850
	<b>Battered Fish &amp; Chips</b>	750
	<b>Battered Fillet Burger &amp; Chips</b>	800

## SUPER HEALTHY DISHES

**New**

<b>Chicken Caesar Salad</b>	750
<b>Greek Feta Salad</b>	600 /- Veg
<b>Bibi's Garden Salad</b>	500 /- Veg
<b>Dahl Curry &amp; Chapati</b>	600 /- Veg 

## SIDES & SNACKS

<b>Samosas</b>	250 /2 Pieces
Choice of goat, beef, chicken or feta and spinach	

<b>Our Legendary Chips</b>	250
<b>Masala Chips</b>	300
<b>Masala Wedges</b>	350
<b>Cheesy Chips</b>	400
<b>Sauté Potatoes</b>	300
<b>Potato Wedges</b>	300
<b>Roast Potatoes</b>	300
<b>Onion Rings</b>	250
<b>Ugali</b>	100
<b>Ugali Chips</b>	150
<b>Rice</b>	150
<b>Chapati</b>	110
<b>Kachumbari</b>	110
<b>Greens</b>	110

## DESSERTS

<b>Sticky Toffee Pudding</b>	400
Served with ice cream	
<b>Chocolate Brownie</b>	400
Served with ice cream	
<b>Ice Cream Assorted</b>	250



# N O N - A L C O H O L I C D R I N K S

## SOFT DRINKS

<b>Soda</b> Coke/Fanta/Sprite 500ml/330ml	140/120
<b>Still Water</b> 500ml/1litre	120/210
<b>Sparkling Water</b> 750ml	250
<b>Fresh Juices</b> 500ml	250
<b>Lemonade</b>	350
<b>Blue Berry Lemonade</b>	380
<b>Strawberry Lemonade</b>	380
<b>Mint Punch</b>	380
<b>Red Bull/Isotonic drinks/Ribena cans/lucozade etc</b>	350

## MOCKTAILS

<b>Virgin Mojito</b>	500
<b>Rock Shandy</b>	550
<b>Mbuzi Sunset</b>	650

## SMOOTHIES

<b>Strawberry</b>	500
<b>Banana</b>	500
<b>Mango</b>	500
<b>Mixed Fruit</b>	550

## MILKSHAKES

<b>Vanilla</b>	400
<b>Chocolate</b>	400
<b>Strawberry</b>	400
<b>Espresso</b>	450
<b>Mocha</b>	450
<b>Caramel Espresso</b>	550

## ICED DRINKS

<b>Iced Tea</b>	250
<b>Iced Coffee</b>	250
<b>Iced Latte</b>	300
<b>Iced Vanilla Latte</b>	330
<b>Iced Mocha</b>	340
<b>Iced Caramel Macchiato</b>	330

## TEA

Cup/Pot

<b>Kenyan</b>	120/250
<b>Spiced</b>	150/300
<b>Chamomile</b>	250
<b>Minty Green</b>	250
<b>Spiced Herbal</b>	250
<b>Green Herbal</b>	250

## COFFEE

Single/Double

<b>Americano</b>	180/200
<b>Espresso</b>	200/220
<b>Macchiato</b>	220/250
<b>Café Latte</b>	200/250
<b>Cappuccino</b>	200/250
<b>Mocha</b>	340
<b>Caramel Macchiato</b>	330
<b>Vanilla Latte</b>	330
<b>Extra Syrup</b>	200

## HOT DRINKS

<b>Ginger Dawa</b>	250
<b>Hot Chocolate</b>	250





# ALCOHOLIC DRINKS

## BEERS

<b>Tusker Draft</b>	280
<b>Tusker</b>	350
<b>White Cap</b>	350
<b>Pilsner</b>	350
<b>Balozi</b>	350
<b>White Cap Crisp</b>	380
<b>Tusker Lite</b>	380
<b>Tusker Malt</b>	380
<b>Tusker Cider</b>	380
<b>Guinness</b>	380
<b>Guinness Smooth</b>	380
<b>Hunters</b>	380
<b>Heineken</b>	400
<b>Savanah</b>	400

## CRAFT CIDERS

### Kenyan Originals

<b>KO Pineapple and Mint</b>	350
<b>KO Lime and Ginger</b>	350
<b>KO Passion and Lime</b>	350

## RUMS

Shot/Bottle

<b>Bacardi</b>	300/ 5000
<b>Captain Morgan (Gold)</b>	250/ 2400
<b>Captain Morgan (Spice)</b>	300/ 4450

## GINS

<b>Tanqueray London</b>	300/5000
<b>Tanqueray No. 10</b>	500/8000
<b>Tanqueray Sevilla</b>	300/5000
<b>Tanqueray Royal</b>	300/5000
<b>Gordons</b>	250/3500
<b>Gilbeys</b>	250/3000

## VODKAS

<b>Smirnoff Red</b>	250/3500
<b>Ketel One</b>	380/6000
<b>Smirnov Ice Guarana</b>	300 (Can)

## WHISKYS

Shot/Bottle

<b>Johnnie Walker (Red)</b>	250/ 3500
<b>Jameson</b>	270/ 4850
<b>Jack Daniels</b>	350/ 7000
<b>Johnnie Walker (Black)</b>	360/ 7500
<b>Bulleit Bourbon</b>	300/ 6500
<b>Singleton (12yrs)</b>	400/ 8000
<b>Johnnie Walker (DBLE blk)</b>	450/ 8000
<b>Glenfiddich (12yrs)</b>	400/ 8000
<b>Glenfiddich (15yrs)</b>	750/16000
<b>Johnnie Walker (Gold)</b>	680/12000
<b>Singleton (18yrs)</b>	750/16000
<b>Glenfiddich (18yrs)</b>	900/18500
<b>Johnnie Walker (Blue)</b>	- /35000
<b>Johnnie Walker (Green)</b>	450/ 9000
<b>Johnnie Walker (18yrs)</b>	700/14000

## TEQUILAS

<b>Jose Cuervo</b>	300/5200
<b>Tequila Camino</b>	250/4450
<b>Don Julio Blanco</b>	550/12250
<b>Don Julio Reposado</b>	550/12250

## OTHER LIQUERS & BRANDYS

<b>Bailey's</b>	300/4750
<b>Jägermeister</b>	300/4850
<b>Hennessey VSOP</b>	900/16850
<b>Viceroy</b>	300/4000
<b>Amarula</b>	300/3900



## W I N E S

WHITE	Glass/Bottle	RED	Glass/Bottle
<b>La Escondida Torrantes</b> Argentina Dry White, stone fruits	550/2500	<b>La Escondida Cabernet Sauvignon</b> Argentina / Mendoza Intense with aromas of pepper & black fruits.	- /2600
<b>Yellow Tail Sauvignon Blanc</b> Australia Refreshing, light with aromas of fruits.	550/2400	<b>Santa Helena Cab</b> Sauvignon/Chile Sweet with aromas of red fruits & vanilla.	500/2400
<b>Versus Sweet White</b> /South Africa/Crisp, light with aromas of tropical fruits.	550/2400	<b>Versus Dry Red (1L)</b> /South Africa/Light with notes of ripe black fruits & berries.	550/2950
<b>Versus Dry White (1L)</b> South Africa/With aromas of ripe apple, peach & Muscat fruits.	550/2950	<b>Versus Sweet Red</b> /South Africa/Sweet with flavours of berries	500/2400
<b>Carlo Rossi</b> American Blend of Moscato (Sweet)withhints of orange, peach and apple	550/ 2500	<b>SPARKLING</b> <b>Gorgeous Pinot Noir</b> Chardonnay/South Africa/Light with hints of cherry & strawberry.	-/4200
<b>ROSE</b> San Felipe Malbec Rose	- /2500	<b>Undurraga Cava Sparkling</b> /Spain/ Refreshing with aromas of citrus stone fruits	-/3200



## C O C K T A I L S

**Limey Gin & Tonic** 550

Tanqueray Tonic  
Lime wedge

**Pink Pussy Cat Martini** 700

Gordons pink  
Pineapple juice  
Grenadine syrup

**Honolulu** 700

Gordons gin  
Pineapple juice  
Orange juice  
Lime juice  
Sugar syrup  
Angostura bitters

**Mojito Munch** 700

Mint leaves  
Brown sugar  
Bacardi rum  
Lime juice  
Soda water

**London Cosmopolitan** 700

Smirnoff vodka  
Lime juice  
Cranberry juice  
Triple sec

**Margarita** 700

Tequila Camino  
Triple sec & Cointreau  
Lime juice & Cointreau

**Long Island Ice Tea** 900

Smirnoff vodka  
Bacardi rum  
Tequila Camino  
Gordons gin  
Triple sec & lime juice  
Sugar syrup  
Coke

**MM7 Vesper Martini** 700

Gordons gin  
Smirnoff vodka  
Martini

**Kenyan Dawa** 700

Smirnoff vodka  
Honey  
Lime

**Espresso Martini** 750

Smirnoff vodka  
Kahlua  
Sugar syrup  
Espresso

**Singleton Espresso** 850

Singleton whisky  
Sugar syrup  
Kahlua  
Espresso

**Whisky Sour** 750

Bulleit bourbon  
Lime juice  
Sugar syrup  
Angostura bitters

**Pimms** 750

Pimms No 1  
Lime juice  
Sugar syrup  
Strawberries,  
Orange  
Cucumber  
Mint  
Sprite



# K I D S M E N U

## COMBOS

**Hot Dog, Chips and Soda** 350  
With ketchup

**Battered Chicken Fingers** 400  
With chips, soda and ketchup

**Battered fish fingers** 400  
With chips, soda and ketchup

**Kids Beef burger** 450  
With chips, soda and ketchup

**Pancakes with jam** 200 - 2 pieces

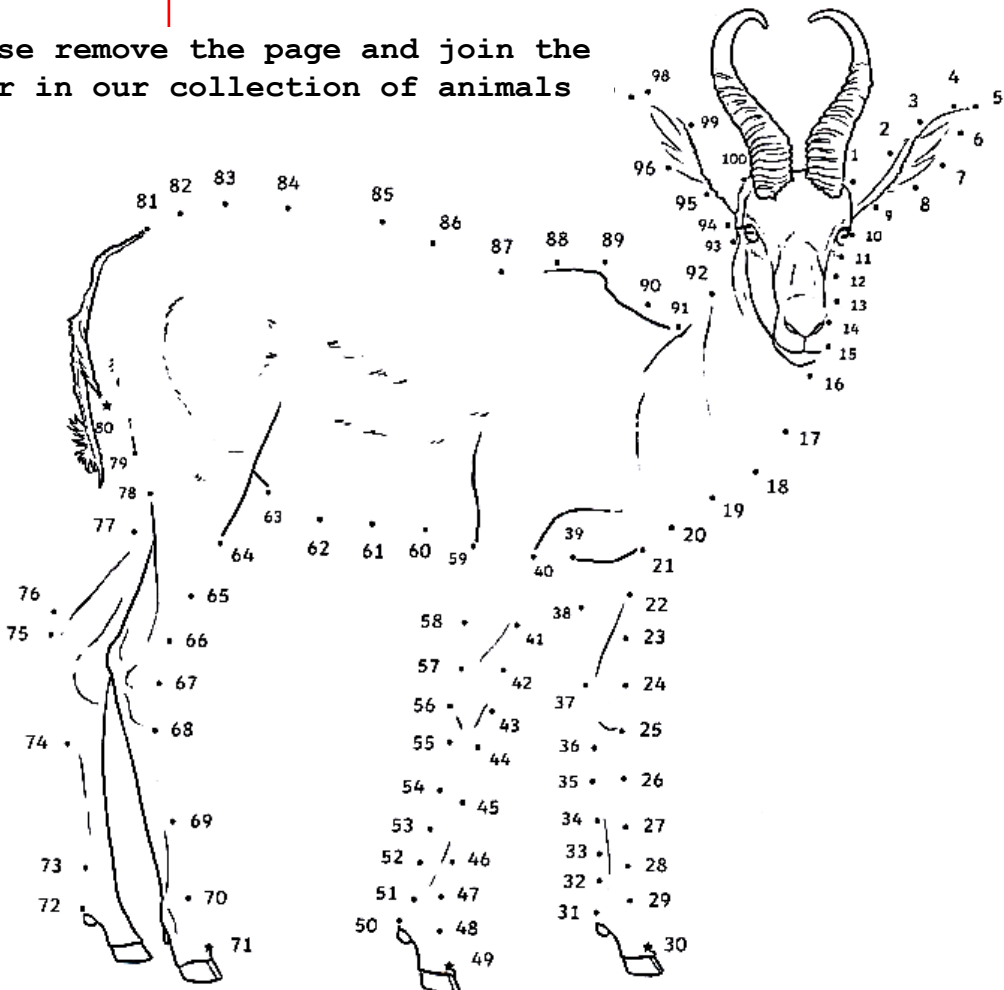
**Baby samosas** 150 - 2 pieces

## SNACKS

**Ice Cream Cone** 100

**Milkshake** 150

Kids, please remove the page and join the dots/colour in our collection of animals





LET'S MEAT  
AGAIN SOON



MBUZI MUNCH  
**BUFFALO MALL**  
NAIVASHA  
0758 283 247

MBUZI MUNCH  
**GALLERIA MALL**  
LANGATA RD  
0794 587 187

MBUZI MUNCH  
**GOLF PARK**  
NGONG RACECOURSE  
0723 868 686

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