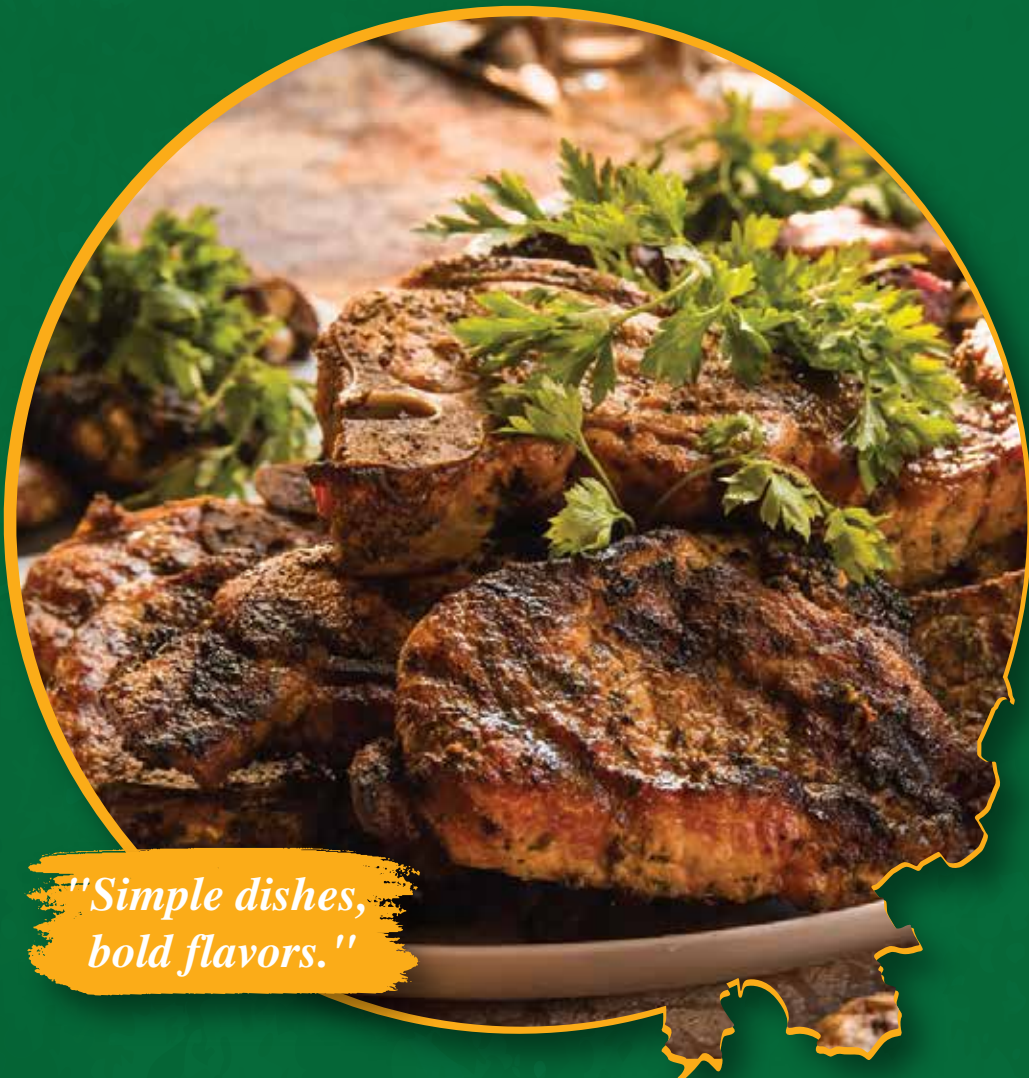




FOUNTAIN BROOK
GARDENS & RESORT
A tropical tranquil leisure paradise



*"Simple dishes,
bold flavors."*

MENU

HOT BEVERAGES

African Tea:	200
Spice Tea:	250
Lemon Tea:	120
Lemon Tea + Honey:	150
Brooks Dawa:	250
White Coffee:	250
Black Coffee:	150
Black Tea.:	150
White Milo/Chocolate:	250
Black Milo/Chocolate:	200
Special Porridge:	250
Porridge:	200
Plain Naan:	200
Lemon water:	100
Lemon water with honey:	150
Lemon tea:	150
Lemon tea with honey :	200
Milk pot:	300

SNACKS

Samosa Pair:	200
Sausage Pair:	200
Pancake:	250
Eggs Portion:	200
Spanish Omellete:	250
Scrumbled eggs:	250
Andazi (2pcs):	100
Choma Sausage Pair:	300
Special Samosa:	300
Special Sausage:	300

BEST:

A hearty breakfast combination of crispy bacon, farm- fresh eggs cooked to your preference, juicy sausages and grilled tomatoes severed hot.

Ksh 600

Bacon:

Crispy smoky strips of cured bacon, freshly grilled to perfection and served hot.

Ksh 300



FOOD MENU

STARTERS

Honey Glazed / Barbeque Chicken Wings
(5 Pieces): Ksh 600

Honey Glazed / Grilled Chicken Wings
With Fries (5 Pieces): Ksh 900

Cream Of Chicken & Mushroom Soup
(served with croutons): Ksh 500

Cream Of Ginger And Butternut
(served with croutons): Ksh 500

Beef/ Goat Broth
(served with croutons): Ksh 400

Cream Of Tomato Soup (served with
croutons): Ksh 500

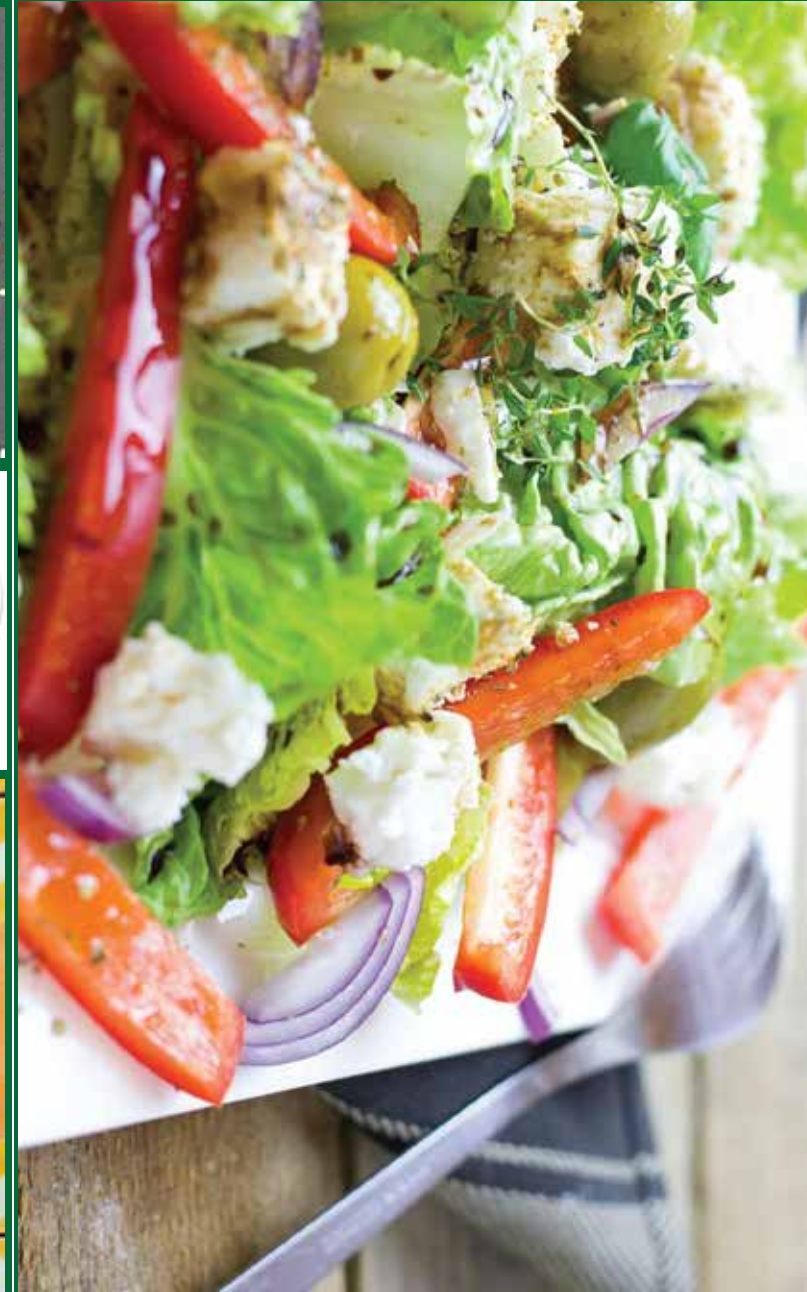
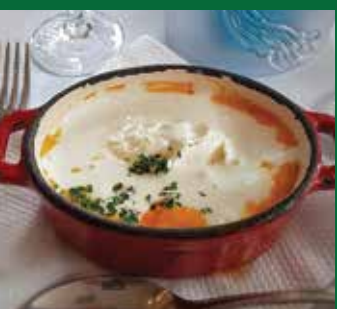
SALADS

Greek Salad:

Green leafy lettuce with assorted capsicum, cucumber, feta cheese, olives, tomatoes and onions dressed with tangy honey and mustard dressing: Ksh 650

Fresh Garden Salad

Assortment of freshly shredded lettuce, tomatoes, capsicum and cucumber slices drizzled with balsamic vinaigrette: Ksh 500



MAIN MEALS

Whole Organic Free Range Capon

(Kienyeji Chicken): **Ksh 2200**

Half Organic Free Range Capon (Kienyeji

Chicken): **Ksh 1100**

Whole Chicken (Broiler)

Full portion of well roasted chicken with herb gravy accompanied with a portion of French fries/ ugali and a portion vegetables:

Ksh 2000

Fountain Brook Marinated Chicken:

Portion of well fried chicken with herb gravy accompanied by hand cut French fries / potato wedge / ugali and coleslaw/ vegetables:

Ksh 850

Stir Fry Chicken:

Portion of stir fried chicken served with rice, coleslaw salad with special BBQ sauce.

Ksh 850

Chicken Curry

Tender pieces of farm fresh chicken slow cooked in a rich aromatic tomato and onion gravy infused with cumin, turmeric, ginger and coriander with rice/ chapatti and herbs.

Ksh 900

Chicken Supreme:

Herb – marinated grilled chicken breast with potato wedges, vegetables and mushroom sauce.

Ksh 950

Fish Fillet Masala:

(succulent chunks of skinless fish fillet, lightly pan seared and folded into a vibrant aromatic masala sauce served with cumin rice.)

Ksh 1050

Victoria Boat:

Pan-seared fish fillet accompanied by vegetable rice, mashed potatoes/ potato wedges/ ugali with green vegetables and tartar sauce.

Ksh 950

Migingo Delight (Whole Tilapia) :

Whole tilapia fish simmered in authentic dhaniasauce or deep fried garnished with lemon wedges served with ugali / French fries / rice/ potato wedges and vegetables

Ksh 1100

T- Bone Steak:

A premium cut of beef featuring a T-shaped bone with meat on both sides grilled or pan seared to perfection served with a creamy pepper sauce, vegetables, and a starch of choice.

ksh 1200

Pepper Steak:

A flavorful beef fillet crusted with black pepper and then grilled or pan seared to perfection served with brown pepper sauce, vegetables, and a starch of choice.

ksh 1100

Lamb Chops:

A tender meat from a suckling sheep grilled or pan fried served with rosemary gravy or mint sauce, vegetables, and a starch of choice.

ksh 1000



FROM THE GRIDDLE

Farmers Best:

Minute grilled beef fillet steak served with creamy pepper sauce or gravy, accompanied by French fries/ mashed potatoes/ cumin rice and a side of vegetables.

Ksh 950

Beef Stroganoff:

Tender strips of beef sautéed with mushrooms and onions in a rich, creamy paprika sauce served with battered rice or mashed potatoes finished with sour cream and fresh herbs.

Ksh 1100

Pan Fried Pork Chops:

Juicy, tender and buttered pan fried pork chops served with potato wedges / Lyonnaise potatoes, vegetables and fountain barbeque sauce.

Ksh 950

Pork Ribs:

Honey glazed spare pork ribs served with fountain barbeque sauce, accompanied by potato wedges/ French fries and vegetables.

Ksh 950

Grilled Short Goat Ribs:

Well marinated grilled short goat ribs served with French fries/ ugali, a side of kachumbari/ green vegetables and barbeque sauce.

Ksh 950

Stir Fried Beef:

Portion of stir fried beef served with Chinese stir fried rice/ French fries. Ksh 900

Steakhouse Dinner Combo:

Grilled beef steak with pepper sauce, mashed potatoes/ wedges, vegetables served on a sizzler, accompanied with ice cream and a glass of fresh juice.

Ksh 1450

Business Lunch Combo:

Cream of vegetable soup, grilled beef fillet, potato wedges/ ugali, vegetables, fruit salad and a glass of fresh juice

Ksh 1900

Slow – Braised Beef Curry:

Prime cuts of tender beef slow- simmered in a thick savory gravy of caramelized onions, toasted cumin and dark spices served with rice/ chapatti/ ugali.

Ksh 900



PLATTER CORNER

Mixed Grill Platter For 2 Pax:

1 portion of goat, 1 portion of chicken, 1 portion of pork, 2 starches, 1 portion kachubari, 1 portion of beef sausages.

Ksh 2650

Mixed Grill Platter For 5 Pax:

2 portions of goat, 2 portions of chicken , 2 portions of pork, 4 starches, 2 portions kachumbari, 2 portions beef sausages, 2 portions of fried eggs.

Ksh 5950

Family platter for 7 pax:

3 portions goat meat, 3 portions chicken, 3 portions pork, 6 starches, 3 portions kachumbari, 3 portions sausages, 3 portions green vegetables, 3 portions salad served fountain barbeque sauce.

Ksh 8650



VEGETARIAN CORNER

Garden Vegetable Jalfrezi:

A vibrant medley of seasonal farm picked vegetable sautéed in a zesty tomato based gravy finished with ginger juiciness and a squeeze of lime served with chapati/ rice.

Ksh 650

Slow Simmered Lentils:

A Conformity bowl of yellow lentils tempered with cumin seeds, sautéed garlic and a hint of turmeric finished with chopped coriander served with chapatti/ rice.

Ksh 650



KIDS CORNER

Classic Spaghetti Bolognese:

A generous portion al dente spaghetti topped with our signature slow simmered ragu made with premium ground beef, celery, onions, vine ripe tomato and carrots.

Ksh 750

Fish Fingers:

Golden breaded fish fingers served with your choice of chips or mashed potatoes with tartar sauce.

Ksh 700

Penne Al Pomodoro:

A light, smooth and quick – cooked penne in a hearty tomato sauce with cheese.

Ksh 500

Chicken Lollipops:

Fun sized crispy chicken lollipops served with golden French fries and a tasty dip specially made for little appetites.

Ksh 550



PASTA CORNER

Garden Basil Pesto Penne:

A dente penne tossed in a vibrant, hand-crafted sauce of fresh basil, toasted pine nuts vegetable oil, baby spinach and a dusting of parmesan cheese.

Ksh 750

Roasted Mediterranean Vegetable Fusilli:

Spirals of pasta smothered in a slow simmered vine ripened tomato sauce loaded with fire roasted zucchini bell peppers and succulent eggplant finished with fresh oregano.

Ksh 850

Penne Arrabbiata:

A classic pasta dish featuring a spicy sauce made from garlic, tomatoes and dried red chilli peppers cooked in olive oil.

Ksh 750



THIRST QUENCHERS

Freshly squeezed orange/ passion juice:
Ksh 350

Freshly blended mango/ pineapple/ tropical juice:
Ksh 300

Pineapple ginger (combines sweet pineapple with anti-inflammatory ginger):
Ksh 450

ABC juice - apple beetroot and carrot
(*a powerhouse juice for blood purification*)
Ksh 500

Metabolism booster (*orange , beetroot and cucumber*):
Ksh 500

SMOOTHIES AND MILKSHAKES

Banana mango smoothie : ksh 500

Mango magic smoothie (a vibrant mix of mango and pineapple): ksh 500

Avocolada (a creamy nutrient dense blend using avocado, pineapple and spinach)
Ksh 500

Vanilla milkshake / strawberry milkshake/ chocolate milkshake: Ksh 500



DESSERTS

Fruit salad topped with ice cream of choice: Ksh 550

Assorted fruit cuts: Ksh 350

3 scoops of ice cream of choice: Ksh 300

Fruit platter for 4: Ksh 900

Fried Ice cream: Ksh 500

Crepes Suzette:

Delicate French crepes lightly caramelized in a rich buttery orange sauce infused with citrus zest and a hint of liqueur flambéed topped with ice cream. Ksh 850

Pancakes with ice cream:

Fluffy golden pancakes served warm and layered with rich creamy ice cream drizzled with chocolate syrup and topped with fresh fruits. Ksh 650



BEVERAGE MENU

Classic Whisky Sour:

Perfectly blended cocktail with whisky, fresh lemon juice, simple syrup and egg white (optional). **Ksh 800**

Brook Special:

A bold high powered twist cocktail combining vodka, gin, rum, tequila, triple sec and whisky. **Ksh 1100**

Long Island Iced Tea:

A bold and refreshing classic cocktail that packs a punch. It blends vodka, gin, rum, tequila and triple sec with lemon juice and a splash of cola **Ksh. 1000**

Cuba Libre

A refreshing cocktail consisting of rum, cola and fresh lime juice **Ksh 500**

Classic Mojito

A classic highball combining rum, fresh lime juice, simple syrup, fresh mint leaves, club soda garnished with mint sprig and lime wheel. **Ksh 500**

Classic Pineapple Mojito Cuban Cock-

tail: A tropical twist on the classic Mojito adding the lush sweetness of pineapple to the refreshing mints & lime base. **Ksh 700**

Pina Colada

A tropical cocktail that blends rum, coconut cream and pineapple juice into a velvety, indulgent drink. **Ksh. 700**

Cosmopolitan

It's a sleek cocktail consisting of vodka, triple spec, fresh lime juice and cranberry juice garnished with orange twist. **Ksh 700**

Screw driver

A classic highball consisting of vodka and orange juice garnished with orange wheel. **Ksh. 500**

Blue Lagoon

A striking vibrant neon blue cocktail consisting of vodka, blue curacao and lemonade garnished with lemon wheel. **Ksh 700**

Fountain Special (700)

It's an elegant drink consisting of gin, triple sec, fresh lemon juice and simple syrup garnished with lemon twist. **Ksh 700**

Dawa

A refreshing sharp and sweet drink consisting of vodka, lemon juice, muddled lime, honey and brown sugar garnished with lemon wedge. **Ksh 600**

Hot Toddy

A classic warm cocktail with whisky, honey, hot water and lemon. (fresh ginger & cinnamon optional). **Ksh. 700**

Classic Red Sangria

A refreshing, fruity and boozy punch consisting of red wine, chopped fresh fruits (oranges, apples, lemons,) Simple Syrup, Brandy, Triple Sec and fresh orange juice served in a jug. **Ksh 3,300**

Classic gin and tonic

A timeless & refreshing cocktail made with premium gin, chilled tonic water and fresh lime, served over ice. **Ksh 600**



MOCKTAILS

Virgin colada:

Refreshing pineapple juice, coconut cream and ice. **Ksh 450**

Tropical sunrise:

Refreshing mango juice, passion juice, orange juice, splash of sprite with a touch strawberry syrup. **Ksh 400**

Juice smash:

Chunks of tropical fruit, melon juice, passion, mango juice with a touch of sprite. **Ksh 400**

Mango tangawizi twist:

Pureed fresh mangoes mixed with lemon juice & honey topped up with stoney. **Ksh 450**

Brook special:

Combines carrot juice , pineapple juice, topped with Stoney tangawizi **Ksh 450**

Thirst quencher:

Mango juice, water melon juice, apple juice, lime juice and honey topped up with sprite / Stoney. **Ksh 450**

SOFT DRINKS

Soda	150
Delmonte	500
Water 1 Litre	250
Water 500ml	150
Lemonade	200
Red Bull	300
Lime Juice	400

NON ALCOHOLIC SPARKLING WINE

Chamdor 750ml Red/white	1700
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RUM

Captain Morgan 750ml	2000
Captain Morgan Spiced 750ml	3600
KC ginger 750ml	1500

BEERS

White Cap	280
Tusker Lager	280
Balozi	280
Guinness Kubwa	300
Savannah Dry	350
Hunters Gold	350
Hunters Dry	350
Heineken	350
Kenya Original	350
Manyatta	350

CANS

Tusker Lite	350
Tusker Can	300
Tusker Malt	350
Tusker Cider	300
Black Ice	300
Gordons Tonic	300
Pilsner	300
Heineken	400
Guarana	300
Snapp	300
White Cap	350
Guinness	350
Pineapple Punch	300

VODKA

Smirnoff vodka 1/2	1400
Smirnoff vodka 750ml	2900
Grey Goose Vodka 750ml	9500

COGNAC

Henessy	10000
Martel Vsop	16000
Hennessy VSOP 700ml	18000
Martel VS 700ml	10,000
Martel Blue Swift 750ml	18000
Remy Martin VS 750ml	13000
Remy Martin VSOP 750ml	17500

BRANDY

Viceroy 750ml	2500
Viceroy 350ml	1000

VERMOUTH

Martini Bianco 750ml	4000
Martini Rosso 750ml	3000

DRY WHITE WINES

Mucho Mas	3750
Drostdy hoff	2200
Nederburg Sauvignon blanc	3500
Nederburg Chardonnay 750ml	3500

DRY RED WINES

Nederburg Pinotage	3500
Nederburg Cabernet Sauvignon	3500
Mucho Mas	3750
Drostdy hoff	2200
Frontera Shiraz 750ml	3000
Frontera Cabernet Sauvignon 750ml	3000
Nederburg Shiraz 750ml	3500
Tilia Malbec 750ml	3500

SWEET RED WINES

Four Cousin	2000
4th Street	1800
Robertson	2200
Rosso Nobile Chocolata 750ml	3500
Rosso Nobile Cherry 750ml	3500
Asconi	3500
Cellar cask	1800

SWEET WHITE WINES

Four Cousin	2000
4th Street	1800
Robertson	2200

SPARKLING WINES

Belaire Lux Rose 750ml	9000
Lux Belaire Gold 750ml	9000

GIN

Tanquera London Dry Gin	6000
Tanquera Sevilla	6000
Gilbeys 750ml	2500
Gilbeys 350ml	1300
Gordons clear 750ml	4200
Gordon's Pink	4200
Tanqueray Ten 750ml	8500
Beefeater Clear Gin 750ml	5000
Hendrick's Gin 700ml	9000

CHAMPAGNE

Moet & Chandon Nectar 750ml	17000
Moet Nectar Rose 750ml	13000

LIQUEURS

Khalua 700ml	5000
Jagermeister 700ml	5800
Malibu 750ml	4000
Southern Comfort 750ml	5000
Baileys	4500
Amarulla 750 ml	4200

TEQUILLA

Camino Clear/gold	4900
Jose Cuervo Silver/ Gold	5000
Don Julio Anejo 750ml	12000

BLENDED /IRISH SCOTCH WHISKY

Johnie Walker Red 750ml	4500
Johnie Walker Red 250ml	1500
Johnie Walker Red 1 Litre	5200
Johnie Walker Black 1 Litre	6500
Johnie Walker Black 750ml	5200
Johnie Walker Double Black 750ml	9000
Johnie Walker Double Black 1 litre	10000
Johnie Walker Gold Reserve	14500
Grants 750ml	3500
VAT 750ml	2800
VAT 375ml	1400
Jameson 350ml	2400
Jameson Black Barrel 750ml	8000
Bond 7 750ml	2600
Famous Grouse 750ml	4200
Chivas Regal 12yrs 750ml	7000
Ballantine 750ml	5000
Monkey Shoulder 750ml	8000

SINGLE MALT WHISKY

Singleton 12yrs 750ml	8500
Singleton 15 yrs 750ml	12500
Singleton 18yrs 750ml	17000
Glenfiddich 12yrs 750ml	12500
Glenfiddich 15yrs 750ml	17000
Glenfiddich 18yrs 750ml	25000
Glenlivet 15yrs 750ml	18000
Glenlivet 18yrs 750ml	25000

BOURBON / TENNESSEE WHISKEY

Gentle Man Jack 700ml	6000
Bulleit Bourbon 750ml	6000
Jack Daniel's 750ML	6000
Jack Daniel's 1/2	2500



FOUNTAIN BROOK

GARDENS & RESORT

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Bulleys, Behind Thika CBD Next to Chania River. | Email: fountainbrookgardensresort@gmail.com