



# FOOD MENU

From farm-to-fork, organic foods &  
fall-off-the-bone meats



Call or WhatsApp  
**0792 564 243**

[reservations@fredsranch.co.ke](mailto:reservations@fredsranch.co.ke)  
[www.fredsranch.co.ke](http://www.fredsranch.co.ke)

# BREAKFAST



## CHAIRMAN'S BREAKFAST

A combination of an omelet of your choice, 2 sausages, streaky bacon, fluffy pancake, fried potato nuggets, a bowl of cereal with fresh milk and a fruit slice.

.....1,450/-



## GRANDMA'S HEALTHY BREAKFAST

Arrowroots or Ngwaci, boiled egg, 2 fluffy ranch pancakes, bowl of cereal, a glass of fresh organic juice and fruit cuts.

.....1,500/-

SPECIAL



## BREAKFAST GRILL SKILLET (SERVES 4 ADULTS)

A delectable mix of bacon, mushrooms, four eggs, beef sausages, breakfast potatoes and grilled tomatoes served on a hot skillet. With toasted fresh bread.

.....4,190/-



## COUNTRYSIDE PANCAKES

Stack of three Fluffy Pancakes drizzled with Maple syrup or honey and a fruit.

.....470/-



*All breakfast combos served with a fresh cup of tea or coffee*





## TEA TIME TREATS

Plain Omelet.....	200/-
Spanish Omelet.....	300/-
Beef or Pork Sausages .....	250/-
Streaky Bacon.....	450/-
Sweet Potatoes.....	230/-
Breakfast potatoes.....	200/-



## HOT BEVERAGES

Lemongrass Tea.....	250/-
Mint Tea.....	250/-
Sour Porridge.....	280/-
White Chocolate.....	300/-
Dawa (Honey, lemon and ginger infusion).....	270/-
Masala Tea.....	270/-
House Made Coffee .....	250/-
Kenyan Tea .....	250/-



**Spend the night in our rooms  
@ 8,500/- BB  
& Enjoy VIP Breakfast**



# SOUPS & STARTERS

*While you wait for your main course...*

## ● FARM FRESH LEEK AND POTATO SOUP

Creamy leek & potato soup served with fresh bread rolls.

.....250/-

## ● BUTTERNUT SOUP

Cream of butternut soup flavoured with fresh ginger.....250/-

## ● BONE SOUP



A clear soup of rich mutton essence served with bread rolls.....250/-



*Maybe a Salad...*

## ● RANCH VEGETABLE SALAD

A flavorful mix of farm-fresh grilled tomatoes, carrots & bell peppers, served with vinaigrette dressing.

.....460/-

## ● CHOPPED CHICKEN SALAD

Grilled Chicken breast slices in carrots & bell peppers, served with our signature ranch dressing.

.....590/-

## ● SALAD DRESSINGS SELECTION

- Mayonnaise
- Vinaigrette
- Thousand Island



# BITINGS

Try a meaty biting...



## ● BACON SAUSAGE SKEWER SPECIAL

Grilled choma sausage skewer,  
wrapped in bacon and sprinkled  
with melted Cheddar cheese.

.....950/-



## ● GRILLED CHICKEN WINGS

Grilled Chicken wings served  
with Ranch barbecue sauce  
(Portion of 8 pieces)

.....750/-



## ● CHICKEN SKEWERS

Tender marinated chicken cubes and  
grilled shards of sweet pepper.

.....300/-



## ● BEEF SAMOSAS

A Portion of three samosas with  
Kachumbari & a chilli salsa dip.

.....450/-



## ● SPICY CHOMA SAUSAGES

Portion of two spicy grilled sausages,  
served with kachumbari.

.....380/-

Enjoy our farm tours  
While you wait for food  
@450/- Only

# Welcome TO MEAT CRAFT!

WE DON'T SEE A COW OR A GOAT, WE SEE AN ORGANIC CANVAS WHERE OUR ARTISTS IN THE KITCHEN CAN PAINT THEIR MONA LISA.

## MBUZI DISHES

### MBUZI CHOMA SPECIAL

Fred's Ranch signature grilled dorper/goat meat served with a jacket potato and a sauce dip. ....

2,100/-

### MBUZI FRY (WET/DRY)

Sweet , slow cooked mbuzi prepared in thick gravy served on a sizzler. ....

2,100/-

### MBUZI TUMBUKIZA (1KG)

Slow cooked Kajiado goat meat in a tasty rich broth with potatoes and spinach from our organic garden. ....

2,250/-

### LAMB SHANK PORTION:

Fall-off-the-bone tender leg of lamb in thick lamb sauce, served on a bed of sweet potato mash, with creamed Managu. ....

1,550/-

## BEEF DISHES

### BEEF STROGANOFF

Tender strips of beef and mushroom in a indulgent creamy sauce.....

1,400/-

### RUMP STEAK

Pan seared rump steak with rosemary and thyme jus.....

1,200/-

### T-BONE STEAK

Juicy, flavorful steak, featuring a tenderloin and strip steak, expertly grilled to perfection for a satisfying dining experience.....

1,550/-

## FISH DISHES

### WHOLE TILAPIA SPECIAL

Deep fried whole Tilapia fish, gently simmered in a traditional thick tomato, bell pepper and onion sauce served with Ugali. ....

2,050/-

### SOY MARINATED TILAPIA FILLET

Grilled Tilapia fillet served with sauce tartare, a side of mixed veges and potato wedges. ....

1,800/-

# chicken Dishes



## KIENEJI FULL CHICKEN (WET/DRY FRY)

Hot skillet of tender traditional chicken fried or slow-cooked in rich chicken sauce served with a boiled egg.

.....2,750/-



## KIENEJI FULL CHICKEN (TUMBUKIZA)

Traditional chicken cooked with leafy spinach and vegetables.

.....2,900/-



## GRILLED BROILER FULL CHICKEN

Tender and juicy oven-grilled chicken infused with mild fresh herbs.

.....2,050/-



## JUS' CHICKEN N CHIPS

Quarter chicken and chips jus' like the old days, with barbecue sauce and Kachumbari.

.....950/-

# GROUP DISHES

*Sometimes food just tastes better with friends!*



## STIR FRY PORK

Succulent stir-fried pork with sweet peppers served with french fries and a sweet sour dip.

.....2,150 per kg



## SLOW-GRILLED PORK RIBS

Slow grilled pork ribs seasoned with mustard and chef's special marinade glazed with barbecue sauce.

.....2,550/- per kg



## FRED'S PLATTER SERVES 4

A mixed grill of pork spare ribs, wet-fry goat, 1/2 KG Mbuzi choma, choma sausage wet-fry chicken served with mixed veges, potatoes wedges and 2 portions of ugali.

.....5,050/-



## 2 & HALF MEN PLATTER SERVES 2

Quarter chicken, mbuzi dry fry, 2 beef sausages, French fries, mixed veges and one ugali portion.

.....3,050/-



## CURRY DISHES

### CHICKEN TIKKA MASALA

Cubes of chicken breast cooked in Indian masala curry sauce.....1,100/-

### MUTTON CURRY

Cubes of mutton cooked in tangy curry sauce.....1,300/-

### SWAHILI COCONUT FISH CURRY

Pan seared cubes of fish fillet cooked in piquant coconut sauce.....1,650/-

## RANCH SPECIALS

### KATOGO

Stewed matumbo with seasonal vegetables.....1,280/-

### VEGETARIAN KATOGO

Stewed peas, Matoke, carrots & bell peppers.....1,250/-

### FISH LUWOMBO

Traditional Ugandan style Tilapia darnes cooked in a thick tomato sauce with green capsicums, carrots and potatoes.....1,950/-

### SPAGHETTI PRIMAVERA

Steamed spaghetti made with fried mushrooms, green peas & carrots.....700/-

## VEGETABLES

Kunde.....	280/-
Managu.....	280/-
Spinach.....	250/-
Kachumbari.....	200/-
Coleslaw.....	200/-
Sagaa.....	350/-



# ACCOMPANIMENTS AND SIDES

- ◆ Fried Plantain..... **320/-**
- ◆ Chips..... **300/-**
- ◆ Masala chips..... **380/-**
- ◆ Bhajia..... **380/-**
- ◆ Sautéed potatoes..... **380/-**
- ◆ Brown Ugali..... **300/-**
- ◆ White Ugali..... **250/-**
- ◆ Mashed potatoes..... **300/-**
- ◆ Vegetable Rice..... **280/-**
- ◆ Chapatti(2 portion)..... **250/-**
- ◆ Mukimo..... **300/-**
- ◆ Potato Wedges..... **380/-**
- ◆ Sweet Potato Chips..... **350/-**



# LITTLE COWBOYS MENU

## KID'S MEALS



### Breaded chicken nuggets

Grilled chicken in bread crumbs and a serving of French fries.

..... 620/-

### Fish Fingers

Goujons of fish fingers, with tartare sauce and chips.

..... 680/-

### Chicken Fajitas

Sweet chicken strips served with barbecue sauce dip..... 550/-

### Spaghetti with Meat Balls

Tender meat balls in sweet and sour sauce, served with spaghetti.

..... 650/-



come try some  
Horse riding  
@ 450/=

### Desserts

Vanilla Cake slice .....	285/-
Ice Cream .....	300/-
Fresh Fruit Salad.....	380/-
Banana Split Ice-cream.....	300/-



Book your birthday celebration with us and enjoy a free reserved spot and a state of the art cake presentation by our staff.



**LET FRED'S RANCH MAKE YOUR WEDDING  
BREATHTAKING!**



- Outside Catering
- Weddings
- Conferencing
- Accommodation
- Camping
- Loyalty Programs



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## ORGANIC FRESH JUICES

- Pineapple & Mint.....300/-
- Mango & Beetroot (Seasonal).....320/-
- Passion Juice.....300/-
- Milkshake.....450/-
- Carrot and Ginger Juice.....300/-

- Sugarcane, Lime & Ginger.....300/-
- Cocktail Juice.....300/-
- Lemon Juice.....200/-
- Farm Fresh Yoghurt.....300/-
- Spinach and Ginger Juice.....300/-

