



FOOD MENU

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



Call or WhatsApp
0792 564 243

reservations@fredsranch.co.ke
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/-



FRED'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, choma sausage, roast potatoes and grilled aubergines served on a hot skillet. With toasted fresh bread.

.....4,190/-



RANCH 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





EXTRAS

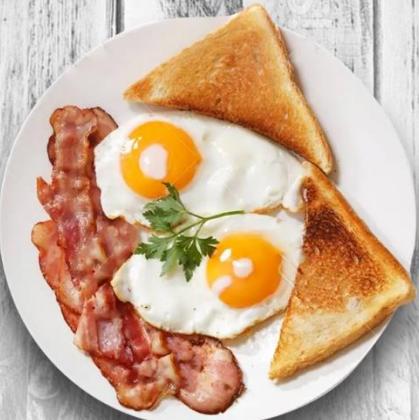
| | |
|-----------------------------|-------|
| Plain Omelet..... | 200/- |
| Spanish Omelet..... | 300/- |
| Beef or Pork Sausages | 250/- |
| Streaky Bacon..... | 450/- |
| Sweet Potatoes..... | 230/- |
| Breakfast potatoes..... | 200/- |



HOT BEVERAGES

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

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





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/-



● **BEEF SKEWERS**

Tender marinated beef 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/-

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 Djigges



KIENYEJI 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/-



KIENYEJI 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/-



UGANDAN CHICKEN LUWOMBO

Something from the west...Traditional Ugandan-style organic chicken prepared with natural herbs only

.....2,900/-



JUS' CHICKEN N CHIPS

Quarter chicken and chips jus' like the old days, with barbecue sauce and guacamole Kchumbari

.....950/-





Sometimes food just tastes better with friends!

SPECIAL

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

SPECIAL

FRED S PLATTER SERVES 4

A mixed grill of pork spare ribs, wet-fry goat, 1/2 KG Mbuzi choma, choma sausage half grilled chicken served with mixed veges roast potatoes 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/-





RANCH SPECIALS

KATOGO OFFALS

Stewed offals 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/-

VEGETABLES

| | |
|-----------------|-------|
| Kunde..... | 280/- |
| Managu..... | 280/- |
| Spinach..... | 250/- |
| Kachumbari..... | 200/- |
| Coleslaw..... | 200/- |





● ACCOMPANIMENTS AND SIDES

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



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/-

Dessert

| | |
|--------------------------|-------|
| Vanilla Cake slice | 285/- |
| Ice Cream | 300/- |
| Fresh Fruit Salad..... | 380/- |

Cowboy Burgers

Freshly made beef burger with BBQ Sauce served with french fries

700/-

Hot Dogs

Ranch Hot Dogs with mayo and mustard, served with french fries.

490/-

come try some
Horse riding
@ 450/-



*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/-

- Sugarcane, Lime & Ginger.....300/-
- Cocktail Juice.....300/-
- Amaruranu (Maziwa Mala).....200/-
- Farm Fresh Yoghurt.....300/-





EST

2016

FRED'S RANCH & RESORT

Tel : +254 792 564 243 | www.fredsranch.co.ke

Beverage MENU



Organic Juices

| | |
|--------------------------------|-------|
| Sugarcane, Lime & Ginger | 300/- |
| Pineapple & Mint | 300/- |
| Tamarind Juice (Ukwaju) | 300/- |
| Mango & Beetroot (Seasonal) | 320/- |
| Passion Juice | 300/- |
| Farm Fresh Yoghurt | 300/- |
| Smoothie (Banana) | 450/- |
| Milkshake (Vanilla/Strawberry) | 450/- |



Soft Drinks

| | |
|----------------------|-------|
| Half Litre Water | 120/- |
| 1 Litre Water | 240/- |
| Sodas | 180/- |
| Plastic Sodas | 200/- |
| Red Bull 250ml | 380/- |
| Monster Energy Drink | 380/- |
| Fruit Juice Packet | 600/- |



Can Beers

| | |
|--------------------------|-------|
| White Cap Crisp | 450/- |
| Smirnoff Pineapple Punch | 380/- |
| Smirnoff Black Ice 330ml | 380/- |
| Smirnoff Guarana 330ml | 380/- |
| Snapp 500ml | 450/- |





Local Beers

| | |
|--|-------|
| Tusker Lager | 350/- |
| Tusker Malt | 350/- |
| Tusker Lite | 350/- |
| Tusker Cider | 350/- |
| Balozi | 350/- |
| White Cap | 350/- |
| Smirnoff Black Ice | 350/- |
| Snapp | 390/- |
| Pilsner | 350/- |
| Hunters Gold | 380/- |
| Hunters Dry | 380/- |
| K.O. (Lime Ginger, Pineapple & Mint, Passion & Lime, Honey & Lemon) | 380/- |



Imported Beers

| | |
|--------------------|-------|
| Guinness | 400/- |
| Heineken | 400/- |
| Desperados | 400/- |
| Savannah Dry Cider | 400/- |



Gin

TOTS BOTTLE

| | | |
|----------------------|-------|----------|
| Hendricks Gin | | 12,000/- |
| Tanqueray No 10 | | 9,000/- |
| Tanqueray London Gin | | 6,800/- |
| Gordons | 300/- | 5,500/- |
| Gordons Pink | | 4,000/- |
| Befeater | | 4,500/- |
| Befeater Pink | | 4,800/- |
| Bombay Sapphire | | 4,500/- |
| Gilbeys Gin | 200/- | 3,200/- |



Liqueurs

| | | |
|----------------|-------|---------|
| Amarula | 300/- | 5,000/- |
| Baileys | 300/- | 5,000/- |
| Martini Blanco | 300/- | 4,800/- |
| Martini Roso | | 3,500/- |
| Khalua | 200/- | 3,500/- |
| Jagermeister | 300/- | 5,500/- |



Tequila

| | | |
|-------------------|-------|---------|
| Jose Cuervo Gold | 300/- | 5,800/- |
| Jose Cuervo Clear | 300/- | 5,800/- |
| Olmeca Clear | | 5,000/- |
| Olmeca Choco | | 5,500/- |



| | | |
|-------------------|-------|---------|
| Jose Cuervo Gold | 300/- | 5,800/- |
| Jose Cuervo Clear | 300/- | 5,800/- |
| Olmeca Clear | | 5,000/- |
| Olmeca Choco | | 5,500/- |



Whiskey

| | | |
|--------------------------------|-------|----------|
| William Lawsons | 250/- | 3,800/- |
| VAT 69 | 250/- | 3,200/- |
| Jameson | 300/- | 5,500/- |
| Jameson Black Barrel | | 9,500/- |
| Grants | | 4,500/- |
| Famous Grouse | | 4,000/- |
| Southern Comfort | 300/- | 5,500/- |
| Chivas Regal | 400/- | 8,000/- |
| Monkey Shoulder | | 8,000/- |
| Jack Daniels | 350/- | 7,500/- |
| Johnnie Walker Red Label | 250/- | 4,500/- |
| Johnnie Walker Black Label | 350/- | 7,500/- |
| Johnnie Walker Double Black | | 13,000/- |
| Johnnie Walker Double Black 1L | | 16,000/- |

Single Malt

| | |
|-------------------|----------|
| Glenfiddich 12YRS | 12,000/- |
| Singleton 12YRS | 12,850/- |
| Glenlivet 12YRS | 12,850/- |
| Glenlivet 15YRS | 19,500/- |



Rum

| | TOT | BOTTLE |
|-----------------------|-------|---------|
| Barcadi Blanca Carta | 200/- | 4,500/- |
| Myers Rum | 350/- | 7,000/- |
| Capt. Morgan Gold | 200/- | 3,000/- |
| Capt. Morgan Jamaican | 300/- | 5,000/- |
| Capt. Morgan Spiced | | 4,500/- |
| Malibu | 250/- | 4,500/- |

Vodka

| | | |
|---------------|-------|---------|
| Smirnoff | 200/- | 3,200/- |
| Absolute Blue | | 4,500/- |

Brandy

| | | |
|---------|-------|---------|
| Richot | 200/- | 3,700/- |
| Viceroy | 200/- | 3,500/- |

Cognac

| | |
|------------------|----------|
| Martel V.S | 13,500/- |
| Martel V.S.O.P | 18,500/- |
| Courversier V.S | 12,000/- |
| Hennessy V.S | 14,000/- |
| Hennessy V.S.O.P | 23,250/- |
| Remy Martin | 27,500/- |





Wine

RED WINES BY GLASS

| | |
|--------------------|-------|
| 4TH Street Sweet | 450/- |
| Cellar Cask Medium | 450/- |
| Drostdyhoff Dry | 450/- |

WHITE WINES BY GLASS

| | |
|--------------------|-------|
| 4TH Street Sweet | 450/- |
| Cellar Cask Medium | 450/- |
| Drostdyhoff Dry | 450/- |

R&W HOUSE WINES BY BOTTLE

| | |
|---|---------|
| Four Cousins Sweet | 2,400/- |
| Cellar Cask Medium | 2,700/- |
| Drostdyhoff Dry (Grand Cru) (Claret Select) | 2,400/- |
| Robertson | 3,200/- |

SPARKLING RED WINES

| | |
|-----------------------|---------|
| Duchessalia Fragolino | 3,600/- |
| Cham dor | 2,100/- |

SPARKLING WHITE WINES

| | |
|-----------------------|---------|
| Duchessalia Fragolino | 3,600/- |
| Moet & Chandon | 13,000 |



WHITE DRY WINES

| | |
|---------------------------------------|---------|
| Nederburg Chardonnay, Sauvignon Blanc | 4,500/- |
| Bolland Cellar | 2,200/- |
| Frontera Chardonnay | 3,850/- |

WHITE SWEET WINES

| | |
|-----------|---------|
| Asconi | 4,000/- |
| Robertson | 3,200/- |

RED DRY WINES

| | |
|---|---------|
| Carlo Rossi | 4,500/- |
| Frontera Cab. Sauvignon / Frontera Chardonnay | 3,850/- |
| Cassilero Del Diablo | 4,200/- |
| Nederburg Pinotage, Cab. Sauvignon, Merlot | 4,500/- |
| Bolland Cellar | 2,200/- |

RED SWEET WINES

| | |
|--------|---------|
| Asconi | 4,000/- |
|--------|---------|

RED DRY WINES

| | |
|----------------------------|---------|
| 4TH Street Sweet Red/White | 8,500/- |
| Cellar Cask Johannisberger | 8,500/- |
| Cellar Cask | 8,500/- |
| Drostdyhoff Red/White | 8,500/- |



Cocktails



PINK LADY

600/-

- 2 Measures of **Juniper berries gin**
- Twin measures of citrus magic freshly squeezed from a Sun-kissed tender **lemon**
- 1 Dash of **Grenadine Syrup**
- The frothy magic of **egg white**.



ROGA ROGA

800/-

- 1 Measure of the refined elixir of white **rum**.
- 1 measure of Crystal-clear **Vodka**.
- A dash of botanic symphony only found in **Gin**
- A single measure of **Tequila**
- 1 dash of the reknown **Triple sec liqueur**
- 1 Measure of freshly squeezed **Lemon Juice**
- A singular proportion of **Sugar Syrup**
- 2-3 Dashes of **Coke** (Fizzed drink)



UNCLE FRED

1000/-

- 3 shots of the zesty **citrus vodka**
- 2 scoops of **Orange Sorbet**
- 2 dashes of Sun-drenched **Orange Juice**
- Half a measure of **Triple Sec liqueur**



OCEAN MOJITO

600/-

- 2 Dashes of **light rum**
- A portion of fresh greatness squeezed from a hand picked **lemon**
- A reasonable measure of **sugar syrup**
- 6-10 **mint leaves** drenched in the inexplicable aura of Kajiado
- 1 shot of Blue Curacao
- 3-4 Fizzy measures of sprite.



MALIBU PARADISE

700/-

- 2 Shots of caribbean coconut rum a.k.a **Malibu**
- A single dash of the unique syrupy texture only found in **Grenadine**
- 2 Measures of **Pineapple juice** (the finest you'll ever get)
- 1 portion of an amalgam of **Blue Curacao & Sprite**



ARCTIC BLUE

700/-

- 2 shots of **Vodka**
- A single shot of **Blue Curacao**
- Half a measure of **Lemon juice**
- A single measure of **Simple syrup**
- A single dash of **Sprite**
- Farm fresh **Mint leaves**





NDOMBOLO YA SOLO

1,200/-

- 2 Measures of the Smoky Tennessee Whiskey (**Jack Daniels**)
- A dash of fresh sour elixir in **Lemon juice**
- A gentle proportion of **Sugar Syrup**
- Measure of fresh **Ginger Juice/ Syrup**
- 6 - 10 pieces of flora masterpieces from the farm masquerading as **Mint Leaves**



RHUMBA MOSMOS

800/-

- A single shot of Jack Daniels
- 1 Measure of **Southern comfort**, the whiskey Liqueur
- 1 proportion of farm-fresh **lemon juice**
- A gentle dash of Superfine **Sugar Syrup**
- 2 - 3 measures of **Coca Cola** Carbonated soda.



PASSION MARGARITA

700/-

- 2 Shots of flavoured Mexican **Tequila**
- 2 Dashes of Fresh Organic **Passion Juice**
- 1 Measure Of Fresh **Lemon Juice**
- Half a measure of **Contrieau Liqueur**



ANKOLE SAWA

700/-

- 2 Generous Measures of the **Apple Flavoured Brandy**
- A single measure of superfine **Sugar Syrup**
- 1 Measure of Freshly squeezed **Lemon Juice**
- 2-3 Dashes of the rich **Angostura Bitters**
- 2 measures of **Coke Soda**



KAJIADO SUNSET

800/-

- 2 Measures of rich Flavoured Mexican **Tequila**
- 3 scoops of mouth watering **Orange Sorbet**
- 2 Measures of **Orange juice**
- Half a measure of **Triple Sec Liqueur**



MUDSLIDE COCKTAIL

1000/-

- 3 dashes of creaminess. **Bailey's Cream or Amarula**
- A single shot of citrus vodka (doesn't miss)
- 1 portion of coffee liqueur (Preferrably **Khalua**)
- Finish it off with the drippy **Chocolate syrup**.



Mocktails



BERRY LEMONADE..... 600/-

- 3 Scoops of the delectable **Berry Sorbet**
- 1 measure of fresh **Lemon Juice**
- 1 Measure of **Sugar Syrup** (optional)
- 3 measures of succulent **Berry Juice**



ORANGE LEMONADE..... 600/-

- 3 Scoops of **Orange Sorbet**
- 1 Measure of freshly squeezed **lemon Juice**
- 1 Measure of **Sugar Syrup** (optional)
- 3 Measures of farm-fresh **Orange Juice**



RANCH PARADISE..... 700/-

- 1 Measure of Grenadine Syrup
- 3 Measures of Mango Juice
- 2 Measures of Pineapple Juice
- 2 Measures of Orange Juice Freshly squeezed
- 1 Measure of a remix of Blue Curacao featuring Sprite Soda



BLUE LAGOON..... 600/-

- 3 Measures of freshly squeezed Lemon Juice
- 1 Measure of Blue Curacao
- 3-4 Measures of Sprite Soda



PASSION MOJITO..... 600/-

- 8-10 Freshly plucked mint leaves
- 3 Measures of freshly squeezed Passion Juice
- A single measure of farm fresh Lemon Juice
- 1 Measure of Superfine Sugar Syrup



CINDERELLA..... 600/-

- A single dash of freshly squeezed lemon juice
- 1 measure of freshly squeezed orange juice
- 2 measures of fresh mango juice
- 2 measures of fresh pineapple juice
- A dash of Grenadine syrup



CRANBERRY SPARKLE..... 600/-

- 1 Measure of freshly squeezed lemon juice
- 1 Measure of superfine sugar syrup
- 1 Measure of thick mango juice
- 3 Dashes of Fresh Red Grape Juice or Cranberry Juice

