

upendo

Menu.

All day breakfast

Healthy & light :

| | |
|--|----------|
| muesli, fresh yoghurt & seasonal fruits with honey | 18,000/- |
| French toast: topped with seasonal fruits & honey | 16,000/- |
| Bacon & maple syrup | 18,000/- |

Healthy and hungry

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|---|----------|
| Two eggs any style, Heinz baked beans, grilled tomato, saute mushroom, served <u>W</u> upendo potatoes & fresh home baked toast | 20,000/- |
| add: pork bacon or beef sausage or pork sausage per item | 4,000/- |

Feta flop over

| | |
|--|----------|
| Omelette stuffed W fresh ruccola ,zucchin ,diced tomato ,onion & topped <u>W</u> crumbled feta cheese served <u>W</u> upendo potatoes. | 20,000/- |
| add: pork bacon | 4,000/- |

Light Bites

| | |
|--|--------------------|
| upendo pilli pilli chips: golden brown chips coated in salt & chilli powder - served <u>w</u> fresh lime wedges & mayo | 10,000/- |
| octopus salad: pan sautéed octopus <u>w</u> garlic & mild zanzibar spices - served <u>w</u> lime wedges | 14,000/- |
| pakora: Indian favourite! mixed veggies chopped & mixed in a chick pea batter, fried & served <u>w</u> our special fresh chutney..YUM! | 10,000/- |
| hummus & chapatti : our delicious hummus served <u>w</u> crispy chapatti | 11,000/- |
| samosa: Indian & Swahili favourite, veggie or beef filling in a crispy pastry - served <u>w</u> our famous coconut chutney | 12,000/- |
| crab balls: local fresh crab meat, mixed <u>w</u> potato and our special spices shallow fried & served <u>w</u> salad & fresh dip | 15,000/- |
| mini mezze platter -hummus, olives, pickles, olive oil & balsamic vinegar w home baked bread | 14,000/- |
| pintxos | |
| Grilled zucchini, feta cheese, rucola & tomato | |
| Saute spinach ,grilled artichokes & shaved parmesan | |
| Bacon ,gorgonzola, caramelised onion | |
| Smoked salmon, lettuce, capers ,onion ring & sour cream | |
| Spicy chorizo ,jalapeno ,tomato & rucola | |
| try it all: our bite platter is great if you want to share or try all our bites: pilli chips, octopus salad, 2 samosas, pakora, veg tempura | |
| 3 prawns & 2 crab balls, all served <u>w</u> a selection of dips & chutneys | 55,000/- |
| | any 3 for 17,000/- |

Taste the Best of Island Cooking... Takes Time

- ♥ to **experience** the best of **island** life & eating at Upendo is to take **time** ... take it pole pole (means slow in kiswahili).....
- ♥ it's about **relaxing**, taking in the environment & **appreciating** fresh produce & good **authentic** cooking.
- ♥ we roast & mill our **own** spices & masala, so they are **unique** to us!
- ♥ so feel free to pre-order if possible as most of our dishes have an average preparation time of 45mins!

Swahili Coconut Curry:

our special fresh coconut & tomato based sauce served w sticky rice & kachumbari (local salad) choice of:
vegetables
beef or chicken
calamari or fish
king prawns
whole crab (out of its jacket except claws)

19,000/-
27,000/-
27,000/-
53,000/-
42,000/-

Indian Style: (like my mama makes it!)

chilli rating: 🌶️ = mild/medium, 🌶️🌶️ = spicy, 🌶️🌶️🌶️ = woohoo!!

🌶️ **aloo gobi:** means simply potato & cauliflower in a fresh onion & tomato Indian sauce
🌶️ **beef dopiza:** a medium spiced thick tomato based curry
🌶️ **chicken jalfrezi:** cooked in our special spicy gravy
🌶️ **butter chicken:** grilled tandoori chicken, in our rich tomato & fresh cream sauce
🌶️ **aj ki thali or (today's set plate):** combo of veggie & meat curry
🌶️ **channa masala:** chickpeas in a fresh onion & tomato Indian sauce
fish tikka:
goan king prawn

19,000/-
27,000/-
25,000/-
25,000/-
35,000/-
20,000/-
25,000/-
53,000/-

all *dishes* served w jeera rice, chapatti & pickle .. just choose your spice level!

Fresh Seafood!....everyone's favourite!

freshly grilled & enough for one..

king prawns: ... they're big & delicious!
octopus: classic choice ...
calamari: always popular...
fish: catch of the day...
mixi skewer: prawns, calamari, octopus, fish & veggies all on a skewer

55,000/-
30,000/-
30,000/-
25,000/-
40,000/-

seafood challenge for one

combo plate: pick any 3 from above..
crab: 1kg & in its jacket

59,000/-
60,000/-

to share & on a platter... fun

2 @ Sea: slipper lobster (1/2kg), king prawns, catch of the day, calamari & octopus
crab: in its jacket, slipper lobster, prawns, octopus, calamari & fish - enough for 2 ...
lobster: 1 kg fresh grilled lobster - everyone's favourite - enough for 2 ...

150,000/-
150,000/-
150,000/-

so loaded: it's a seafood party enough for 3/4 – 1kg rock lobster, slipper lobster, crab, prawns, octopus, calamari & catch of the day... phew

242,000/-

all seafood dishes served with a fresh side salad & your choice upendo potatoes or rice

Salads:

Upendo salad: lettuce, tomato, potato, green beans, capers, boiled egg (v) served w garlic bread
+ prawns, chicken, beef or fish for extra
Greek salad: lettuce, tomato, onion, feta cheese & olives
spicy spaniard: grilled calamari & spicy chorizo ,& tomato,
hail caesar: lettuce, boiled egg, croutons & caesar dressing
add: chicken & bacon
sticky chilli chicken: spicy, sticky, chicken, on crisp greens

19,000/-
5,000/-
21,000/-
28,000/-
19,000/-
5,000/-
23,000/-

Wraps: all w crispy fresh salad & chips choice of:

hummus & falafel
chicken, beef or prawns

19,000/-
25,000/-

Veg fried rice: w fresh kachumbari

| | | |
|----------------------------|--|-----------------|
| Vegetable | | 19,000/- |
| + chicken | | |
| 24,000/- | | |
| + prawns or fish for extra | | |
| 26,000/- | | |
| +seafood | | 28,000/- |

Upendo's mighty burgers ... a favourite

choose from a delicious veggie, ground chicken or 100% pure ground beef patty w lettuce, tomato & gherkin - served w chips **20,000/-**

extra toppings:

| | | |
|---|--|----------------|
| carmelized onions | | 1,000/- |
| cheese or fried egg or bacon or mushrooms | | 2,000/- |

go gourmet ...

Parisian: bacon & gorgonzola **25,000/-**

Mexican: jalapenos cheese **24,000/-**

½ bbq chicken upendo style: served w choice of potatoes or rice & garden salad or veggies **28,000/-**

250gm prime beef fillet: w our special marinade, served w choice of potatoes or rice & garden salad or veggies **31,000/-**

surf & turf: 200gm beef fillet & king prawns, served w choice of potatoes or rice & garden salad or veggies **52,000/-**

for the kids

| | | | |
|---|-----------------|--|-----------------|
| fish fingers w tartar sauce & fries or rice | 15,000/- | crumbed chicken nuggets w mayo & fries or rice | 15,000/- |
| grilled fish & fries or rice | 15,000/- | mini steak & fries or rice | 17,000/- |
| pasta with napoletana sauce | 14,000/- | pasta with bolognese sauce | 17,000/- |

little extras ...

| | | | |
|--------------------------|----------------|----------------------------------|-----------------|
| 2pcs toast, butter & jam | 4,000/- | Pilli Pilli Chips or plain chips | 10,000/- |
| Chapatti | 2,000/- | portion of vegetables | 4 000/- |

Sweet Ending.....

our famous chocolate brownies: hot w vanilla ice cream **14,000/-**

delicious fresh baked lemon tart... hmmm! **12,000/-**

baked white chocolate cheesecake **14,000/-**

chocolate mousse **13,000/-**

ice cream sundae **13,000/-**

sweet trio **40,000/-**

ice cream extra scoop **3,000/-**

fresh fruit plate/salad **12,000/-**

freshly made selections of sweets of the day... check our board for today's options!