

Open everyday  
7.30 am - 8.00 pm

James Gichuru Road,  
opposite Lavington  
Green Mall



Mob: 0741 851 685

 palletcafe\_ke

 palletcafe

*Pallet Cafe strives to promote the training and employment of disabled persons within the food service community. We work with hearing impaired waitresses and waiters. Learn a few hand signs, relax, enjoy your food and have fun with us!*  
*#I'm deaf.*

DESCRIPTION		HANDSIGN	DESCRIPTION		HANDSIGN
	Espresso			Café Latte	
70 ML			350 ML		
	Macchiato			Café Mocca	
70 ML			350 ML		
	Americano			Hot Chocolate	
250 ML			350 ML		
	Filter Coffee			Tea	
250 ML			250 ML		
	Cappuccino			Rooibos Tea	
250 ML			250 ML		
OTHER SPECIFICATIONS					
	Single				
ONE ESPRESSO SHOT		TWO ESPRESSO SHOTS	ONE ESPRESSO SHOT + HALF SHOT OF WATER	ITALIAN WORD FOR LONG	TOPPED UP WITH MILK
					
					CONVENIENT FOR ON-THE-GO

Enjoy our MENU





# MENU

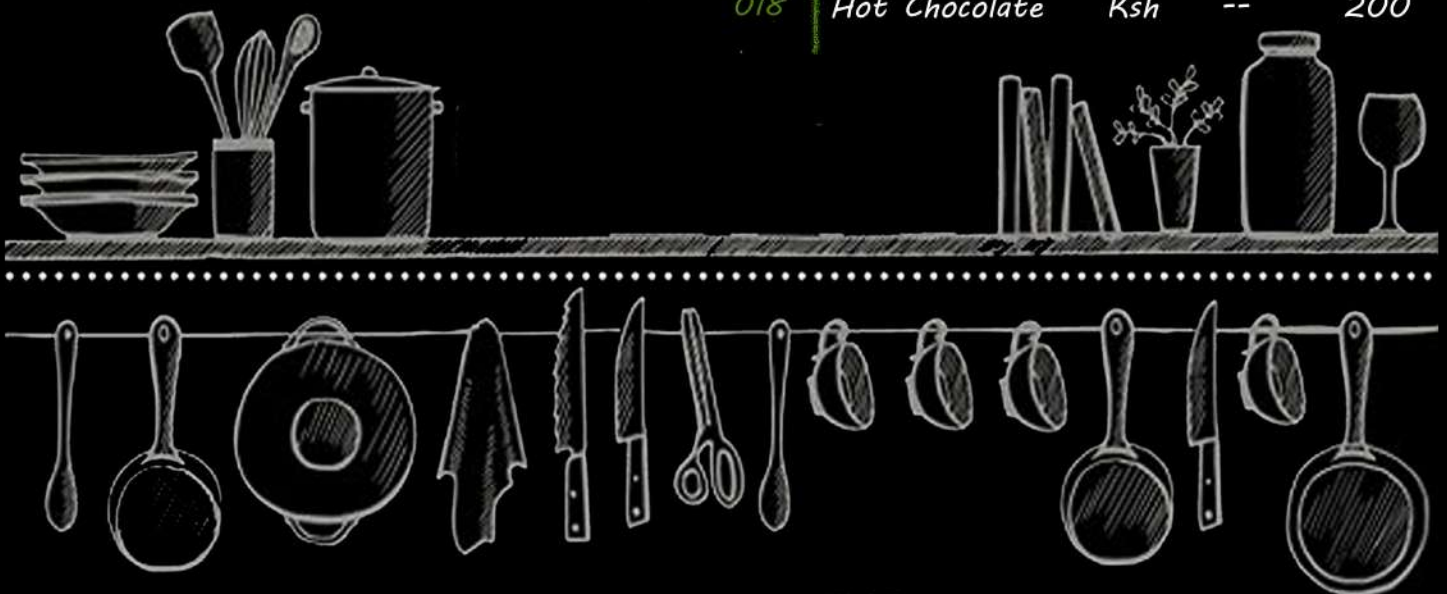
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## TEA:

001	Regular Kenyan Tea	Ksh 150
002	Masala Tea	Ksh 200
003	Green Tea	Ksh 180
004	Apple Tea	Ksh 180
005	Mint Tea	Ksh 180
006	Iced Tea	Ksh 180
007	Lemonade	Ksh 250
008	Dawa	Ksh 250

## COFFEES:

			S	L
008	Coffee Espresso	Ksh	150	200
009	Macchiato	Ksh	180	220
010	Americano	Ksh	180	220
011	Filter Coffee	Kes	--	250
012	Cappuccino	Ksh	200	280
013	Caffe latte	Ksh	--	280
014	Iced Coffee	Ksh	--	250
015	Iced Latte	Ksh	--	300
016	Vanilla Latte	Ksh	--	280
017	Mocha	Ksh	--	250
018	Hot Chocolate	Ksh	--	200



## BAKERY:

019	Muffins: chocolate, lemon, blueberry.	Ksh 200
020	Croissant: almond, chocolate, plain.	Ksh 250





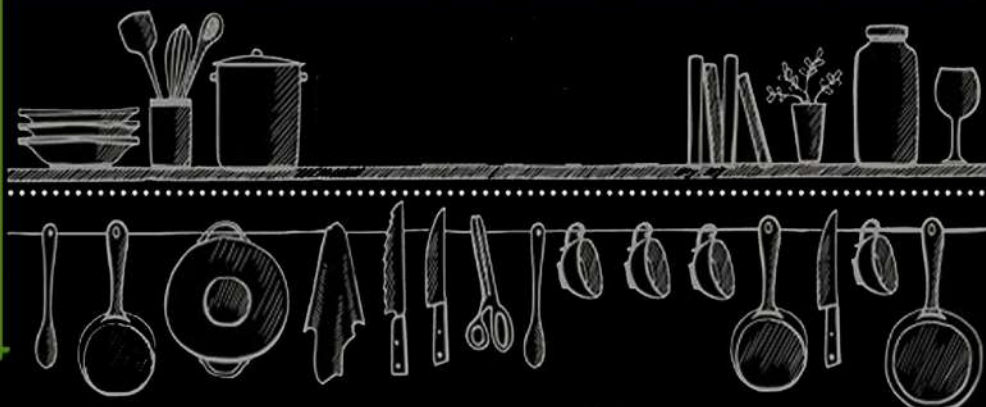
## Code

## BREAKFAST

- 021** *ENGLISH BREAKFAST: 2 eggs to your liking (poached, boiled or scrambled eggs) Baked beans, 2 sausages, 2 slices of grilled tomatoes seasoned with fresh spices, 2 slices of bread (white or brown at your liking), served with accompagnements (salsa verde, guacamole, tahini maple sauce). Kes 800*
- 022** *NORWEGIAN BREAKFAST: 2 eggs to your liking (poached, boiled or scrambled eggs) served on a bed of profiterole bread or muffin cereal bread or mini pancakes, smoked salmon, asparagus. Served with 2 slices of bread (white or brown at your liking) and accompagnements (salsa verde, guacamole, tahini maple sauce). Ksh 1100*
- 023** *EGGS BENEDICT: 2 eggs to your liking (poached, boiled or scrambled eggs) served on a bed of white or brown bread, rocket salad, smoked salmon, garnished with hollandaise sauce. Ksh 900*
- 024** *FLORENTINE BREAKFAST: 2 eggs to your liking (poached, boiled or scrambled eggs) served on a bed of brioche bread, spinach. Served with 2 slices of bread (white or brown at your liking) and accompagnements (salsa verde, guacamole, tahini maple sauce). Ksh 700*
- 025** *VEGAN BREAKFAST 1: Zucchini (roasted, grilled or fried), fried eggplants, diced tomatoes, chopped red bullets, coriander sauce. Garnished with red radish or grilled tomatoes. Ksh 800*
- 026** *PALLET BREAKFAST: 2 poached eggs served on a bed of grinded pan-fried potatoes and boiled asparagus. Seasoned with black pepper. Ksh 800*
- 027** *ST PAUL BREAKFAST: Poached eggs/scrambled eggs in bell pepper boat and diced avocado/ guacamole salad, roasted tomatoes and bread. Ksh 800*
- 028** *FEI'S BOAT BREAKFAST: Avocado boat topped with Sunnyside up eggs and beef Bacon and green salad on the side. Ksh 900*
- 029** *JANE KADO BREAKFAST: Poached eggs in an avocado shell and beef bacon. Ksh 900*

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|-----|--|----------------|
| 030 | <i>VEGAN BREAKFAST 2: sautéed veggies with roasted potatoes and mushrooms topped with chives &amp; parsley with a side of hot sauce.</i> | <i>Ksh 800</i> |
| 031 | <i>FRENCH TOAST: served with chocolate sauce, cream and banana and strawberries.</i>   | <i>Ksh 600</i> |
| 032 | <i>PANCAKES: served with natural organic honey or maple syrup.</i>   | <i>Ksh 500</i> |
| 033 | <i>MUESLI/FRUIT SMOOTHIE BOWL: assortment of fruits, nuts, granola, honey, yoghurt.</i>  | <i>Ksh 500</i> |
| 034 | <i>CROISSANT SANDWICH: filled with cheese, sausages, 1 egg at your liking, home made potatoes.</i>                                       | <i>Ksh 600</i> |

*All non vegan breakfasts are served with sides accompaniments: black olives paste, guacamole, cream cheese.*





## Code

## OMELETTES

- |     |  |         |
|-----|--|---------|
| 035 | MUSHROOM OMELETTE: 2 eggs, mushrooms, parsley/coriander.                                     | Ksh 500 |
| 036 | CHEESE OMELETTE: 2 eggs, gouda cheese, parmesan.   | Ksh 500 |
| 037 | SPINACH OMELETTE: 2 eggs, finely chopped spinach.  | Ksh 450 |
| 038 | SPANISH OMELETTE: 2 eggs, chopped/diced tomatoes, dices onions, diced mixed peppers, garlic. | Ksh 400 |

All omelets are served on a side plate and garnished with parsley, chives or coriander.

## Code

## BITES

- |     |   |         |     |
|-----|---|---------|-----|
| 039 | CHICKEN WINGS: marinated with paprika, salt, olive oil. Tossed in special wing-sauce and served on a bed of lettuce.  | Ksh 600 |     |
| 040 | HUMMUS DIP: Chickpeas, tahini sauce, garlic, lemon juice, salt, parsley. Served with gluten free injera and vegetables seasoned in olive oil, black pepper, salt and lemon juice. | Ksh 500 |     |
|     |   | S       | L   |
| 041 | HOME TASTY FRIES: Cubed potatoes deep-fried and tossed with wing sauce.   | Ksh 150 | 200 |
| 042 | SWEET POTATO FRIES.   | Ksh 300 | 400 |
| 043 | GARLIC FRIES: Fries tossed in garlic and butter sauce.  | Ksh 150 | 300 |
| 044 | REGULAR FRIES.  | Ksh 100 | 250 |

## Code

## SOUPS

- |     |                          |         |
|-----|--------------------------|---------|
| 045 | TOMATO AND PARSLEY SOUP. | Ksh 400 |
| 046 | SOUP OF THE DAY          | Ksh 400 |



Code

SALADS

- |     |  |         |
|-----|--|---------|
| 047 | <p><b>GRILLED FISH SALAD:</b> a choice of red snapper or tilapia, served with salad greens, roasted zucchini and bell peppers, snow peas, broccoli, avocado, cucumber, tomato and onions. Dressing of your choice.</p>   | Ksh 800 |
| 048 | <p><b>GRILLED PERI PERI CHICKEN SALAD:</b> grilled chicken with a peri peri sauce, avocado, salad greens, cherry tomatoes, grilled zucchini, roasted peppers. Dressing of your choice.</p>   | Ksh 800 |
| 049 | <p><b>GREEK SALAD:</b> feta cheese, olives, cucumber, onions, tomatoes, green salad.</p>   | Ksh 800 |
| 050 | <p><b>PRAWN SALAD:</b> spicy prawns, green salad, avocado, grilled tomatoes, spring onions, broccoli.</p>  | Ksh 800 |
| 051 | <p><b>PAPAYA SALAD:</b> medium green papaya peeled, deseeded and grated, prawns, red Thai chillie, lemon juice, french beans.</p>  | Ksh 800 |
| 052 | <p><b>PANEER SALAD:</b> grilled paneer cheese in a mix salad alongside roasted tomatoes, onions, avocado, peppers, bean sprouts. Served with a special home made ginger and lemon dressing.</p>  | Ksh 700 |
| 053 | <p><b>DETOX SALAD:</b> shredded red cabbage, grated carrots, chopped parsley, apple slices, sliced celery sticks, toasted peanuts, pumpkin seeds, diced avocado, julienne of beetroots. Served on a bed of lettuce and rocket salad, with ginger honey dressing.</p> | Ksh 700 |





Code

## SANDWICHES

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- 056 *SMOKED SALMON SANDWICH: with pesto, cream cheese, parsley, lettuce and grilled tomato on white or whole meal bread.* Ksh 1100
- 057 *CHICKEN SANDWICH: grilled chicken, cheese, with lettuce and tomatoes, on white or whole meal bread.* Ksh 600

Code

## BURGERS

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- 058 *CHICKEN BURGER: juicy chicken breast marinated overnight and served with a sauce of your choice, pineapple wheel. Served with chips.* Ksh 900
- 059 *SWEET AND SOUR LAMB BURGER: Sweet and juicy lamb patty marinated overnight and served with a tamarind and date souce or tamarind and honey, roasted eggplants. Served with chips.* Ksh 900
- 060 *BEEF BURGER: Prime cut beef patty, roasted red pepper mayo, cheddar cheese, mixed salad, sour pickles and a slice of sweet roasted bell pepper. Served with chips.* Ksh 900
- 061 *FISH BURGER: juicy pan fried fish fillet, cooked in butter sauce, served with a lemon sauce. Served with chips.* Ksh 900

*All burgers are served with potato fries. To get sweet potato fries or plantain as an accompaniment there is an additional charge of 250/=*

Code

## TACOS

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- 062 *AS YOU LIKE IT: Soft tacos with beef or chicken or fish or vegetables or a mix. Served with guacamole and sour cream.* Ksh 800





Code

## WRAPS

063 CHICKEN

Ksh 800

064 PANEER

Ksh 700

All with tzatziki sauce, lettuce, tomato, onions, sweet pickles, sour pickles, hot peppers, mild peppers, roasted eggplants, hummus, garlic sauce, chilly sauce. Optional, choose from the kitchen counter.

Code

## ZUCCHINI ZOODLES

065 KALE PESTO WITH ZUCCHINI NOODLES AND  
SAUTEED PRAWNS: spiralized zucchini in place of noodles in Kale pesto and prawns. Ksh 900

066 KALE PESTO WITH ZUCCHINI NOODLES AND  
CALAMARI: spiralized zucchini in place of noodles in Kale pesto and calamari. Ksh 900

067 KALE PESTO WITH ZUCCHINI NOODLES AND  
SEAFOOD: spiralized zucchini in place of noodles in Kale pesto, prawns, calamari, white fish. Ksh 1000

068 KALE PESTO WITH ZUCCHINI NOODLES AND  
MEATBALLS: spiralized zucchini in place of noodles in Kale pesto, delicious meatballs. Ksh 800

069 ZUCCHINI NOODLES WITH AVOCADO PESTO AND  
PRAWNS: Spiralized zucchini in place of noodles in this zesty pesto pasta dish recipe. Topped with Cajun-seasoned prawns or calamari. Ksh 900

070 MEDITERRANEAN ZUCCHINI NOODLES: spiralized  
zucchini tossed with olives, tomatoes and feta. Ksh 700





Code

## FISH PLATES

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- |     |   |          |
|-----|---|----------|
| 071 | <b>SMOKED SALMON AND AVOCADO PLATE:</b> Avocado filled with avocado pulp and salmon. Served with mayonnaise and topped with freshly ground black pepper and a sprinkle of sea salt. | Ksh 1100 |
| 072 | <b>FRIED SALMON WITH ASPARAGUS:</b> Salmon fillet cooked with butter and served with asparagus.   | Ksh 1300 |
| 073 | <b>GRILLED WHITE FISH WITH ZUCCHINI AND KALE PESTO:</b> Served with steamed vegetables.   | Ksh 800  |

Code

## SPECIALS

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- |     |  |         |
|-----|--|---------|
| 074 | <b>CHIKEN STIR FRY:</b> Chicken steak pan-fried, served with mixed peppers, onions, carrots, French beans.   | Ksh 900 |
| 075 | <b>VEG STIR FRY:</b> Carrots, onions, mixed peppers, grilled/deep fried zucchini and eggplants, frenchbeans. Mixed in parsley/coriander sauce/concousse. | Ksh 700 |

All specials are served with one accompaniment of your choice among: steamed vegetables, chips, garden salad. For sweet potato fries or plantain as an accompaniment, an additional 250/=will be charged.

Code

## SAUCES

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- |     |  |        |
|-----|--|--------|
| 076 | <b>BBQ SAUCE</b>   | Ksh 50 |
| 077 | <b>SALSA VERDE:</b> Finely chopped fresh parsley, finely chopped fresh basil, garlic, lemon juice, capers, olive oil, salt, ground black pepper. | Ksh 50 |
| 078 | <b>TAMARIND and DATES SAUCE</b>  | Ksh 50 |
| 079 | <b>DATES AND HONEY SAUCE</b>   | Ksh 50 |
| 080 | <b>RED PEPPER MAYO SAUCE</b>   | Ksh 50 |
| 081 | <b>HOT CHILLI SAUCE</b>  | Ksh 50 |

Code

## DESSERTS

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|------------|--|---------|
| <b>082</b> | <i>FRUIT SALAD served with fresh mint, honey, nuts and either cream or yoghurt (optional).</i> | Ksh 500 |
| <b>083</b> | <i>ICE CREAM (price for 1 scoop)</i>   | Ksh 150 |
| <b>084</b> | <i>BANANA SPLIT</i>  | Ksh 500 |



## KIDS MENU

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|------------|---|---------|
| <b>085</b> | <i>Delicious Fish fingers with tartar sauce/ any other sauce of choice. Served with choice of side.</i> | Ksh 500 |
| <b>086</b> | <i>Spaghetti or penne, meatballs bowl, with creamy tomato sauce.</i>                                    | Ksh 500 |
| <b>087</b> | <i>Battered or grilled fish and chips.</i>  | Ksh 500 |
| <b>088</b> | <i>Boerewors hot dog.</i>   | Ksh 500 |

*Sides: normal chips, steamed vegetables, mash potatoes.*





Code

## FRESH JUICE:

089	Mango, Tree tomato, Pineapple and Mint, Lime and Ginger, Passion, Passion+Treetomato, Tropical (Passion, Tree tomato, Mango), Cocktail (Mango, Passion, Beetroot), Mix of your choice.	Ksh 300
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Code

## SOFT DRINKS

090	Water: Mineral or sparkling (500 ml or 1 Lt)	Ksh 150	300
091	Sodas (425 ml or 350 ml)	Ksh 150	100

Code

## SMOOTHIES

092	Resus: Granola, Yoghurt, Mint, Pineapple, Mango, Watermelon, Sweetmelon, Honey.	Ksh 500
093	Boast V: Beetroot, Papaya, Watermelon, Honey, Avocado, Lemon juice.	Ksh 500
094	Banana: Banana, Milk.	Ksh 500
095	Super pallet: Avocado, Mint, Basil, Avocado, Celery, Spinach, Honey.	Ksh 500
096	Nature: Apple, Cucumber, Ginger, Spinach, Mint, Lemon juice.	Ksh 500
097	Nutgetter: Peanut butter, Honey, Beetroot, Banana, Mango.	Ksh 500
098	Soysweet: Mango, Soy milk, Carrot, Passion fruit, Honey.	Ksh 500
099	Supervillain: Moringa, Mango, Carrot, Tomato, Passion juice, Chia seeds.	Ksh 500
100	Firebomb: Chia seeds, Red bullet, Banana, Mango, Passion, Honey.	Ksh 500
101	Bittersweet: Ginger, Pineapple, Mint, Lemon juice, Honey.	Ksh 500

Code

## SHAKES

102	Banana, Cho-chip, Vanilla, Strawberry, Chocolate, Cup-cake, Cappuccino, Fruit, Carrot, Vanilla verier, Carrot, Classic.	Ksh 500
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