



TASTE OF PARADISE

Within a few miles of Medina Palms lies the ancient city of Gede, one of the most important archaeological sites on the coast of Africa. In the ruins of the Sultans Palace, small clues have been found that shine a light on the trading routes of that early civilization. Ceramics from Spain, glass fragments from Venice, artifacts from North Africa and even Ming Dynasty vases from China. The style of our food has been inspired by the places visited, on this remarkable journey.

Our Moorish style has been described as a "Heady blend of Arabic and Mediterranean dishes that offer warm spices and tasty sauces, slow cooked earthy stews and delicate flavourings " These principles are founded on wonderful traditions which explore exotic flavours all based on our finest local ingredients.

At The Long Bar, a meeting place for all our Medina community, is a perfect place for a cooling drink or to enjoy delicious tapas. Our tapas are an imaginative array of tasty bites to eat. This is a perfect way to enjoy relaxed dining with friends.

SPECIALTY COFFEE

Arabica Espresso KSH 200

Perfectly balanced with a golden crema, this intense espresso has a caramel like aroma, velvety body, earthy flavour and a bittersweet finish

Macchiato KSH 200

All the aroma and flavour of our signature espresso with a dollop of milk and foam

Cappuccino KSH 300

A freshly pulled shot of espresso layered with steamed whole milk and thick rich foam to offer a luxurious velvety texture and complex aroma

Americano KSH 300

Freshly pulled shots of espresso combined with hot water

Cafetiere KSH 300

Freshly made filtered Kenyan medium roast AA coffee served in a cafetiere with hot or cold milk

Café Latte KSH 300

Freshly pulled shots of espresso with steamed milk and topped with thick foam

Mocha Latte KSH 300

Freshly pulled shots of espresso with chocolate flakes, steamed non-fat milk and topped with thick foam

ICED COFFEE DRINKS

Iced Coffee

Our specially brewed coffee served over ice for a refreshing and bold coffee taste

KSH 300

Iced Latte

Freshly pulled shots of espresso and whole milk served over ice

KSH 300

Iced Mocha Latte

Freshly pulled shots of espresso with chocolate flakes and non-fat milk over ice

KSH 300

CHILLED TEAS

Iced Tea

Your choice of tea, herbal or fruit infusion poured over ice for a crisp and refreshing taste

KSH 250

SPECIALITY INFUSION TEAS

Served in a Teapot

Chamomile Tea

Earl Grey Tea

Green Tea

Peppermint Tea

Spiced Tea

Orange spiced

Ginger and Lemon

Apple and Cinnamon

Kericho Gold speciality infusion teas are rich in taste, bursting with refreshing flavours and soothing aromas.

KSH 350

VEGETABLE BOOSTER COCKTAILS

Revitalising

A blend of grapefruit, fresh ginger, apple and carrot with a squeeze of lemon

Refreshing

A cool mix of watermelon, cucumber and fresh mint

Natural Sweetness

Beautifully balanced passion fruit, pineapple, orange and honey

Glowing Skin

A simple combination of carrot and pawpaw

Vitamins

A drink full of natural goodness from fresh beetroot, apple and a hint of parsley

KSH 600

THE LONG BAR TAPAS MENU

Samosa

*Your choice of spicy beef, vegetables or crab (subject to availability)
with tamarind dip*

KSH 600

BBQ Skewers

*Beef bulgogi skewers marinated with garlic, ginger, honey and sesame
Octopus skewers, basted with spicy teriyaki
Chicken satays with peanut sauce.*

Each at KSH 600

Spicy Prawns

King Prawn's sautéed with fresh chilli, garlic, capers and cherry tomato

KSH 750

Tuna Sashimi

Sliced fresh tuna, served with wasabi, ginger and soy sauce

KSH 750

Cheese Burger

*220g of prime angus beef, grilled to your taste. Served on an organic
Kaiser bun with your choice of bacon, cheese or mushroom topping.
Served with French fries and salad*

KSH 1400

Barbeque Chicken Wings

Tossed in a spicy honey bbq sauce

KSH 600

Crispy Aubergines

*Salted then fried Aubergine served with a fresh mint, toasted
garlic and chili yoghurt*

KSH 400

Fried Baby Calamari

Deep fried coconut calamari with fresh spiced tomato dip

Ksh 600

Meat Balls Shawarma

Minced beef with Shawarma spices, garlic, paprika and saffron

KSH 700

Sandwiches

(Toasted on request)

A selection of white or whole meal baguette served with a dressed leaf salad

Italian prosciutto ham and mozzarella

Herb marinated grilled vegetables, fresh basil and parmesan

Marinated chicken and pesto mayonnaise with lettuce and tomato

Braised beef with lettuce and pickled gherkins and onion marmalade

Chicken, taleggio cheese, tomatoes and onion marmalade

Tuna with arugula, capers mayonnaise and saffron onions

Focaccia with salami and mozzarella

KSH 750

Salads

Caesar Salad

Fresh mixed salad leaves, topped with crunchy croutons and shaved Parmigiano cheese with a cream Caesar dressing on the side.

Optional topping of marinated tender chicken fingers or Queen prawns

KSH 800

Pesto Chicken

Chilled marinated chicken in aromatic basil dressing with grapes and cherry tomatoes on a bed of green salads

KSH 800

Caprese Salad

Fresh mozzarella and tomato dressed with basil oil

KSH 800

Vegetarian Chick Pea Salad

Marinated chick peas in a lemon dressing with chopped salad and accompanied by toasted focaccia

KSH 750

SOMETHING SWEET

Artisan Italian Ice-Creams

Ask our servers for our selection

KSH 350 for two scoops

Homemade Brioches

KSH 250

Freshly cut seasonal fruits

KSH 500

Chef's daily homemade cake

KSH 300

All prices are inclusive of all Government Taxes and

5% staff service charge