



MAMA
ASHANTI

Starters



Goat Pepper Soup..... Ksh 700

Mama Ashanti's 'water like fayah' soup made with goat meat boiled in special spices, available in medium or hot



Fresh Fish Pepper Soup..... Ksh 750

Mama Ashanti's 'water like fayah' soup made with tilapia or catfish boiled in special spices, available in medium or hot



Kelewele..... Ksh 800

Hot spiced deep-fried diced plantain

Suya..... Ksh 300

Spicy charcoal-grilled beef fillet pieces on a skewer

*Order 4 sticks at a discounted Ksh 1000



Chicken Wings..... Ksh 600



West African Specials

Eforiro Ksh 1600

Assorted meat cooked together with spinach

Egusi Soup..... Ksh 1200

Ground pumpkin seeds cooked together with spinach

Egusi Soup with Goat Meat..... Ksh 1600

Boiled goat meat in egusi

Egusi Soup with Fish..... Ksh 1600

Boiled fish in egusi

Okra Soup..... Ksh 1000

Okra vegetable from West Africa

Okra Soup with Goat Meat..... Ksh 1500

Okra vegetable soup with pieces of goat meat

Okra Soup with Fish..... Ksh 1500

Okra vegetable soup with pieces of dried fish

Ogbono Soup..... Ksh 1600

Ground ogbono seeds cooked together with beef, dried fish and vegetables

Light Fish Soup..... Ksh 1500

Tilapia fish served in a spicy light soup

Chicken with Ground Nut Soup..... Ksh 1700

Chicken served in a ground nut soup with a choice of Eba, Semolina, Pounded Yam, Fufu, Banku or Attieke

Extras

Add extra fish at Ksh 300, extra beef or goat at Ksh 250

All soups are served with a choice of:

Eba or Gari - Cassava flour moulded with palm oil

Semolina - Corn flour moulded in a hint of butter

Attieke - Steamed grated fermented cassava

Fufu - Fresh boiled cassava and raw plantain pounded together to a fine mould

Pounded Yam - Yam flour cooked in water and moulded into single portions

Banku - Ghanaian maize flour (cornmeal) cooked in water and moulded into single portions



Main Dishes

Plain White Rice..... Ksh 400
Steamed long grain rice



Jollof Rice..... Ksh 750
Long grain rice cooked in a spiced tomato sauce



Vegetable Rice..... Ksh 750
Long grain rice fried with spring onion, cabbages, peas, and carrots

Diced Beef Fried Rice..... Ksh 800
Tender beef fillet strips fried with vegetable rice

Diced Chicken Fried Rice..... Ksh 850
Chicken strips fried with vegetable rice

Chicken and Beef Fried Rice..... Ksh 1000
A combination of diced chicken and beef fried with vegetable rice

Waakye..... Ksh 800
Long grain rice cooked together with beans



Stewed Beans..... Ksh 600
Black-eyed peas/beans cooked in palm nut oil and Ashanti Sauce

Boiled Yam..... Ksh 700
Boiled West African yams

Fried Yam..... Ksh 800
Fried West African yams



Main Dishes

Whole Grilled Fish (On Bone) Ksh 1500

Fresh tilapia fish on bone marinated in Ashanti Sauce, charcoal-grilled and served with fresh kachumbari



Whole Grilled Fish (Boneless) Ksh 1600

Fresh boneless tilapia fish marinated in Ashanti Sauce, charcoal-grilled and served with fresh kachumbari

Whole Deep-fried Fish Ksh 1500

Fresh tilapia fish on bone marinated in Ashanti Sauce, served with fresh kachumbari



Stewed Whole Fish Ksh 1650

Fresh whole tilapia fish cut into pieces in a special homemade tomato sauce

Mama Ashanti Platter for Two Ksh 3000

Fried pieces of goat, beef and chicken, served with fresh kachumbari a choice of plantain or chips
Allow 45 minutes



Mama Ashanti Fried Goat Ksh1700

1 kg goat meat fried in onions and tomatoes

Quarter Grilled Chicken Ksh 700

Quarter chicken marinated in Ashanti Sauce then charcoal-grilled



Grilled Chicken Mshikaki Ksh 750

Marinated charcoal-grilled chicken pieces on a skewer, served with fresh kachumbari

Grilled Beef Mshikaki Ksh 750

Marinated charcoal-grilled beef fillet pieces on a skewer, served with fresh kachumbari

Accompaniments

Stir-fried Beef & Vegetable Strips Ksh 800

Beef fillet cut in strips then stir-fried with vegetables



Chicken in Spinach Sauce Ksh 850

Chicken fillet in spinach sauce

Beef Stew Ksh 750

Tender beef fillet fried and then added in a special homemade thickened tomato sauce

Chicken Stew Ksh 800

Quarter chicken cooked in a special homemade tomato sauce



Goat Stew Ksh 800

Tenderly boiled goat meat, fried and then cooked moderately in a special homemade tomato sauce

Ofada Stew Ksh 800

Tender assorted meat stewed in a special West African capsicum sauce and spices

Cow Leg Stew Ksh 800

Tender cow leg meat stewed in a special homemade tomato sauce and aromatic West African spices



Chips Ksh 250

Ugali Ksh 150

Maize flour (cornmeal) cooked in water and moulded into single portions

Fried Plantain Ksh 650

Diced deep-fried plantain

Attieke Ksh 600

Steamed grated fermented cassava

Vegetables & Salads

Spinach Sauce..... Ksh 600
Boiled spinach sautéed in butter and spices

Special Salad..... Ksh 300
*Shredded cabbage and tomatoes
in a honey vinegar dressing*

Coleslaw Salad..... Ksh 200



Kiddy Menu

Chips and Sausage..... Ksh 400

Chips and Fish Fingers..... Ksh 500

Chicken Wings..... Ksh 650
Served with a choice of chips or fried plantain

Diced Chicken Fried Rice..... Ksh 400
*Chicken great cut into tiny pieces
then fried with vegetable rice*

Dessert

Fruit Salad..... Ksh 350
A serving of seasonal fruits

Ice cream..... Ksh 450

Beverages

HOT BEVERAGES

Tea (black or white)	Ksh 250
Coffee (black or white)	Ksh 250
Ashanti Dawa (hot lemon, ginger, honey)	Ksh 400

JUICE

Mango	Ksh 250
Passion	Ksh 250
Orange.....	Ksh 250
Cocktail	Ksh 250
Orange.....	Ksh 250
Zobo	Ksh 350
Pineapple Mint.....	Ksh 350

SODAS	Ksh 150
--------------------	---------

ENERGY DRINKS

Redbull.....	Ksh 300
--------------	---------

MINERAL WATER

1/2 Liter.....	Ksh 150
1 Liter	Ksh 250

SPARKLING WATER

1/2 Liter.....	Ksh 200
1 Liter	Ksh 300

BEERS

Non Alcoholic.....	Ksh 200
Local Beers	Ksh 250
Imported Beers	Ksh 300

Beverages



	TOT	BOTTLE (750ml)
WHISKEY		
Johnnie Walker Red.....	Ksh 250	Ksh 4000
Famous	Ksh 250	Ksh 4000
J & B.....	Ksh 250	Ksh 4000
Jim Beam.....	Ksh 250	Ksh 4000
Jameson.....	Ksh 250	Ksh 5000

Premium Whiskey

Jack Daniels.....	Ksh 300	Ksh 6000
Ballantine	Ksh 300	Ksh 5000
Johnnie Walker Black.....	Ksh 350	Ksh 6000
Chivas	Ksh 350	Ksh 7000
Johnnie Walker Double Black	Ksh 400	Ksh 7500
Johnnie Walker Gold Reserve.....	Ksh 500	Ksh 8000
Johnnie Walker Platinum.....	Ksh 500	Ksh10500
Johnnie Walker Blue.....	Ksh 1000	Ksh 25000
Johnnie Walker King George V.....	Ksh 3500	Ksh 80000

Single Malt

Singleton of Dufftown	Ksh 350	Ksh 8000
Dalwhinnie 15 Yrs	Ksh 500	Ksh 13000
Cardhu.....	Ksh 400	Ksh 8000
Talisker Storm.....	Ksh 400	Ksh 7000
Oban 14 Yrs	Ksh 350	Ksh 7000
Cragganmore 12 Yrs.....	Ksh 400	Ksh 8000
Lagavulin 16 Yrs	Ksh 550	Ksh 10000

Beverages

Single Malt (Continued)

	TOT	BOTTLE (750ml)
Glenkinchie	Ksh 500	Ksh 7000
Glenlivet 12 Yrs.....	Ksh 400	Ksh 8000
Talisker.....	Ksh 500	Ksh 10000
Caol Ila 12 Yrs.....	Ksh 400	Ksh 7000
Glenmorangie 10 Yrs	Ksh 500	Ksh 10000
Glenfiddich 12 Yrs.....	Ksh 350	Ksh 7000
Glenfiddich 15 Yrs.....	Ksh 450	Ksh 13000
Glenfiddich 18 Yrs.....	Ksh 600	Ksh 15000

BRANDY & COGNAC

Viceroy.....	Ksh 200	Ksh 4000
Martel VS.....	Ksh 350	Ksh 7000
Hennessy VS.....	Ksh 350	Ksh 7500
Hennessy VSOP.....	Ksh 450	Ksh 9500
Courvoisier.....	Ksh 350	Ksh 8000
Courvoisier VSOP.....	Ksh 450	Ksh 9500
Martel VSOP.....	Ksh 450	Ksh 9500
Remy VSOP.....	Ksh 450	Ksh 9500

Beverages



	TOT	BOTTLE (750ml)
RUM		
White Rum		
Bacardi.....	Ksh 200	Ksh 4000
Malibu.....	Ksh 200	Ksh 4000
Havana.....	Ksh 200	Ksh 4000
Dark Rum		
Captain Morgan Spiced Gold.....	Ksh 250	Ksh 4000
Captain Morgan Dark.....	Ksh 250	Ksh 4000
Myers.....	Ksh 250	Ksh 4000
LIQUEURS		
Amarula.....	Ksh 200	Ksh 4000
Baileys.....	Ksh 250	Ksh 5000
Khalua.....	Ksh 250	Ksh 5500
Tia Maria.....	Ksh 250	Ksh 5000
Cointreau.....	Ksh 300	Ksh 6000
Grand Marnier.....	Ksh 350	Ksh 5000
VODKA		
Smirnoff Red.....	Ksh 200	Ksh 3000
Cîroc.....	Ksh 300	Ksh 5000
Absolut.....	Ksh 300	Ksh 4000
Ketel One.....	Ksh 300	Ksh 5000
Smirnoff Citrus.....	Ksh 200	Ksh 3000
Grey Goose.....	Ksh 300	Ksh 6000

Beverages

	TOT	BOTTLE (750ml)
GIN		
Gilbeys.....	Ksh 200	Ksh 3000
Tanqueray.....	Ksh 300	Ksh 5000
Beefeater.....	Ksh 250	Ksh 4000
Bombay.....	Ksh 300	Ksh 5000
Gordon's.....	Ksh 250	Ksh 5000
Tanqueray No 10.....	Ksh 350	Ksh 6000
Hendricks.....	Ksh 350	Ksh 6500
VERMOUTH		
Martini Bianco.....	Ksh 200	Ksh 4000
Martini Rosso.....	Ksh 200	Ksh 4000
Campari.....	Ksh 200	Ksh 4000
Fernet.....	Ksh 250	Ksh 4500
TEQUILA		
Tequila Rose.....	Ksh 200	Ksh 3500
Camino Blanco.....	Ksh 200	Ksh 3500
Camino Gold.....	Ksh 200	Ksh 3500
Jose Cuervo Silver.....	Ksh 200	Ksh 4000
Jose Cuervo Gold.....	Ksh 200	Ksh 4000
SHOTS		
Jägermeister.....	Ksh 300	Ksh 5000
Nordic Ice.....	Ksh 250	Ksh 4000
Apple Sour.....	Ksh 200	Ksh 3000
Zappa Sambuca.....	Ksh 200	Ksh 3000

Beverages

COCKTAILS

Non-alcoholic

Virgin PinaKsh 300
Fresh pineapple, coconut cream and sugar

Mama Ashanti Toddy.....Ksh 300
Lemon juice, passion juice, ginger and honey with either hot or cold water

Hot House Crush.....Ksh 350
Fresh pineapple and grape fruits cuts, orange & lime juice and grenadine syrup

Fruit Punch.....Ksh 400
Assorted fruit cuts and tropical juice topped with lemonade and grenadine syrup

Chapman.....Ksh 400
Famous Nigerian cocktail of assorted fruit, cucumber and lemon cuts topped with soda, grenadine syrup and bitters

Alcoholic

CosmopolitanKsh 600
Absolut citron, triple sec, cranberry juice and fresh lime juice

Sweet Martini.....Ksh 600
Gilbey's Gin and Martini Rosso

Gin Fizz.....Ksh 650
Gilbey's gin, lime juice, fresh mint topped with soda water

Mama Ashanti ChoiceKsh 650
Gin, Campari, grape juice, topped with lemonade

DawaKsh 550
Vodka, lemon wedge, honey and crushed ice

Ashanti PassionKsh 650
Absolut citron, strawberry puree, passion juice and sugar syrup

Blue LagoonKsh 650
Vodka, blue curacao and soda water

Mama FrescaKsh 550
Absolut vodka, orange wedges sugar syrup topped with lemonade

MojitoKsh 650
Bacardi rum, fresh mint, fresh lime juice topped with soda water

Beverages

Strawberry DaiquiriKsh 650
Rum, fresh strawberries, lime juice and sugar

PinacoladaKsh 650
Bacardi, Malibu, fresh pineapple juice

Scorpion BrandyKsh 600
Dark rum, Bacardi, fresh orange and lime juice

Brandy Alexander.....Ksh 700
Brandy, Creme de Cacao, fresh cream and nutmeg

Mint JulepKsh 650
Bourbon whiskey, fresh mint and sugar syrup

Ashanti SourKsh 650
Bush mills and lemon juice on the rocks

Rusty Nail.....Ksh 650
Scotch whiskey and Drambuie

Tequila SunriseKsh 600
Tequila, orange juice and grenadine syrup

MargaritaKsh 650
Tequila, triple sec and fresh lime (frozen or straight up)

Long Island Iced Tea.....Ksh 700
Tequila, gin, vodka, dark rum, triple sec topped with cola

SHOOTERS

Kamikaze – Triple sec, vodka and lime juiceKsh 350

Orgasm – Khalua, Amaretto, Bailey's and vodkaKsh 350

Ambulance – A choice of either vodka or tequila with Tabasco chili.....Ksh 350

Brain Damage – Bailey's cream and grenadine syrupKsh 350

Sex Machine – Freezomint, Blue Curacao and vodkaKsh 350

Adios Mother Fucker - Kenya Gold and tequilaKsh 350

Springbok – Creme de Menth and Amarula.....Ksh 350

Slippery Nipple – Amarula and clear SambucaKsh 350

Beverages

WINE

House Wine by the Glass (Cask)Ksh 300

House Wine by Glass (Bottled)Ksh 400

Ask your waiter for recommendations

Sparkling & Champagne

Fragolino.....Ksh 2100

Italian sparkling and sweet wine

Taittinger, Reserve Champagne, France.....Ksh 9000

Very pure style of champagne has hints of toast and citrus fruits that come together in a style that is almost the essence of champagne. Crisp, rich and complex

Moet and Chandon, FranceKsh 12000

The finest vintage champagne from the vineyard and cellar of world's largest champagne

White Wine

Boschendal Pavillon Blanc, SA.....Ksh 2500

Pale straw with lemon grass and gooseberry aromas layered with hints of honey suckle and tangerine that race across the palate in a refreshing burst of citrus fruit finishing with vibrant crispiness

Pinot Grigio Delle Venezie le Rosse, Italy.....Ksh 2700

Exquisitely balanced with brilliant floral, fruity aromas, bright citrus notes, and clean crispy finish

Chardonnay Tilia, Bodega Catena, Mendoza, ArgentinaKsh 2600

Fresh aromatic profile of ripe citrus fruit layers of floral notes and touch of vanilla

Franschhoek la Cotte Millchenin Blanc, SAKsh 2800

Vibrant pineapple fleshy peach, nectarine and honeysuckle aromas supported by a pure line of bright citrus and tropical fruit

Gato Negro, WhiteKsh 2800

Frontera, WhiteKsh 2800

Tommasi Soave Classico D.O.C, ItalyKsh 3200

Clean and spicy, highlighted by delicious hints of tropical fruit medium bodied with a clean, crisp finish

Beverages



Red Wine

Butterfly Ridge Cabernet Sauvignon Merlot, Australia.....Ksh 2400
The palate is good and displaying good berry fruit character, black cherry and good length

Tommasi Valpolicella Classico D.O.C, ItalyKsh 2600
*Enjoy a medium-bodied and fruity red featuring refreshing acidity
On the plate, it showcases smooth tannins and slender mouth feel that leads to a medium finish*

Tilia Malbec, Mendoza, ArgentinaKsh 2700
*The mouth feel is full yet soft and supple, with black raspberry and currant flavors
mingle with notes of sweet spice leather*

Gato Negro, RedKsh 2800

Frontera, RedKsh 2800

Nederburg Pinotage, SAKsh 3500
A blend of the tradition of generation with sure handed attention to detail and of good taste

Boland Cellar, Cabernet Sauvignon, SAKsh 3500
A blend of cabernet sauvignon and shiraz has a pleasing aroma of mocha and vanilla

Cabernet Sauvignon Alamos, Argentina.....Ksh 4600
Offers aromas of red of red fruit flavors sweet spice and a touch of mint

Rose Wine

Nederburg Rose, SAKsh 3500
Appealingly fresh and fruity, softly styled for excellent drinking

Please come again

Mama Ashanti Restaurant
+254 736 222324 | +254 717 222324
Muthangari Gardens, Lavington

Email: manager@mamaashanti.co.ke



Scan QR code to download this menu
for take-away and delivery services.



Mama Ashanti - Kenya



MamaAshantiKe



MamaAshantiKe
