



shelina mediratta

wellness redefined

Shelina Mediratta's Wellness Menu

Relaxed Menu (With oil)

Breakfast

Moniko's Vegetable Omelette **Shs 600**

Tomatoes, sautéed button mushrooms & fragrant mixed herbs folded in eggs (cooked to your liking) served with Rye toast.

Spinach & Eggs **Shs 500**

Herbed spicy spinach topped with poached eggs (to your liking)

Salmon & Avocado **Shs 900**

Served over rye toast with a mixed tomato basil salad

Granola **Shs 650**

Moniko's mix of baked oats, pumpkin seeds, sunflower seed, mixed dried fruits & mixed nuts served with either milk or natural yoghurt

Sugar free Muesli & Yoghurt **Shs 600**

Oats, topped with a seasonal fruit served with natural yoghurt on the side

Appetizers/Tapas

Calamari Rings **Shs 650**

Pan-grilled calamari served with a chili dipping sauce

Tropical Tuna **Shs 750**

Yellow fin tuna overnight marinated, pan seared served over arugula topped with a tropical salsa served with a wasabi sauce

Artichoke Bruschetta 4pieces **Shs 700**

Slices of fresh rye lightly toasted & topped with Moniko's artichoke mix served with a side of sweet balsamic reduction with a choice of Tuna or Chicken.

Moniko's Chicken Wings **Shs 750**

Overnight marinated chicken wings, twice cooked served Mild, Medium, HOTT served with a sweet chili sauce

Monikos Sandwiches

(Toasted or untoasted in Rye bread)

Smoked Caprese **Shs 750**

Slices of roma tomatoes, mozzarella & fresh basil interlayered on a rye bread served with a side of fresh pesto

Zucchini & Sundried Tomato **Shs 750**

Marinated zucchini & mozzarella interlayered on a rye Panini roll served with a side of sundried tomato pesto

Herbed Chicken & Peppers **Shs 900**

Slices of oven grilled sage chicken breast, caramelized onions & mixed smoked peppers served on a rye bread

Spicy Beef **Shs 850**

Strips of prime beef filet tossed with, Spanish onions & fresh bullet chilies served over roma tomatoes in a rye bread with a side of basil Parmesan sauce

Salads

Calamari & Cucumber Salad **Shs 750**

Pan-grilled spicy marinated calamari rings tossed with succulent cherry tomatoes, crisp English cucumbers, marinated mixed olives, mixed fresh herbs & Crisp baby spinach served with a chili ginger vinaigrette

Beet & Halloumi **Shs 900**

Oven baked beets, mixed smoked Mediterranean vegetables, mixed aromatic herbs, pan-grilled herbed halloumi cheese & crisp baby spinach served with a Balsamic reduction

Beef & Green Bean Salad **Shs 900**

Lightly seasoned prime beef, pan-grilled tossed with avocado cubes, succulent cherry tomatoes, herbed green beans, fresh chives, sautéed button mushrooms & crisp baby spinach with a light mustard dressing

Pasta

Zucchini Mushroom & Sundried Pasta **Shs 800**

Zucchini pasta tossed with mixed oyster/shitake mushrooms, sundried tomatoes, cherry tomatoes & torn basil in light olive oil garlic Parmesan sauce

Mains

Thai Red Beef Curry *(Spiced to your liking)* **Shs 900**

Strips of beef fillet, sugar snaps, button mushrooms, baby spinach, and sweet succulent cherry tomatoes finished with torn basil in a red curry sauce

Thai Yellow Curry *(Spiced to your liking)* **Shs 900**

Moniko's "play" on a curry – Strips of farm raised chicken breast, French beans, and button mushrooms, succulent cherry tomatoes finished with torn basil in a yellow curry sauce

Green Vegetable Curry **Shs 800**

Farm fresh seasonal vegetables, juicy mango slices finished with torn basil in a green curry sauce

Norwegian Poached Salmon **Shs 2000**

Lightly seasoned poached in a flavorful lemongrass fish stock, served over steamed herbed vegetables with a side of tomato olive oil

Monikos Chicken **Shs 850**

Farm raised chicken breast lightly seasoned, poached in a herb infused chicken stock served over steamed herbed vegetables with a side of tomato olive oil

Monikos Burgers

(Moniko's Style with rye bread)

Monikos Classic Beef Burger **Shs 900**

200g ground beef seasoned with our house blend of herbs, char grilled (to your liking)

Monikos Classic Chicken Burger **Shs 850**

200g farm raised chicken breast, marinated in fresh herbs & spices char grilled

Monikos Vegetarian Burger **Shs 650**

200g mixed oven baked beetroot, chickpeas & a blend of fresh herbs & spices, flat grilled

All burgers served with spinach, feta & bell pepper sauce, an Asian slaw and herbed steamed vegetables

Metabolic Balance East Africa

www.shelinamediratta.com

www.metabolic-balance.com

info@metabolic-balance.co.ke

This menu has been created in line with the Metabolic Balance principles by the official license holder of the program in East Africa.