



shelina mediratta

wellness redefined

Shelina Mediratta's Wellness Menu

Strict Menu (No oil)

Breakfast

Poached Vegetable Omelette **Shs 600**

Steamed vegetables mixed with farm fresh eggs poached served with Rye bread

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**

Flat-grilled calamari served with over fresh arugula with refreshing lemon zest

Tropical Tuna **Shs 750**

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

Moniko's Sandwiches

(Toasted or Untoasted in Rye bread)

Smoked Caprese **Shs 750**

Slices of roma tomatoes, mozzarella & fresh basil interlayered on a rye bread.

Zucchini & Oven Dried Tomato **Shs 750**
Zucchini, oven dried herbed tomatoes & mozzarella interlayered on a rye bread

Herbed Chicken & Peppers **Shs 900**
Slices of oven baked sage chicken breast, onions & mixed smoked peppers served on a rye bread

Salads

Calamari & Cucumber Salad **Shs 750**
Oven-grilled spicy calamari rings tossed with succulent cherry tomatoes, crisp English cucumbers, mixed olives, mixed fresh herbs & Crisp baby spinach served with fresh lemon wedges & balsamic vinegar

Beet & Halloumi **Shs 900**
Oven baked beets, mixed smoked Mediterranean vegetables, mixed aromatic herbs, pan-grilled herbed halloumi cheese & crisp baby spinach served with fresh lemon wedges & balsamic vinegar

Beef & Green Bean Salad **Shs 900**
Lightly seasoned prime beef, pan-grilled tossed with avocado cubes, succulent cherry tomatoes, herbed green beans, fresh chives, & crisp baby spinach with fresh lemon wedges & balsamic vinegar

Mains

Norwegian Poached Salmon **Shs 2000**
Lightly seasoned poached in a flavorful lemongrass fish stock, served over steamed herbed vegetables

Monikos Chicken **Shs 850**
Farm raised chicken breast lightly seasoned, poached in a herb infused chicken stock served over steamed herbed vegetables.

Metabolic Balance East Africa

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