The Fresh Café



THE FRESH MARKET CAFÉ

Breakfast

START YOUR DAY	KSh
Fresh Breakfast 2 boiled eggs, toast, nduma, steamed vegetables or fruit salad, baked beans, salsa and choice of ham or sausage, with tea or coffee.	**900**
Countryside Breakfast 2 eggs your way, 2 sausages, 2 samosas, baked beans, toast and a cup of tea or coffee.	**850**
Homemade Granola	**400**
Nduma	**150**
Egg & Toast	**250**
Two Eggs (your way)	**150**
Egg, Sausage & Toast	**400**
Rolex	**250**
Pancakes (2 pcs)	**200**
Samosas (2 pcs)	**200**
Spanish Omelette	**250**
Ham & Cheese Omelette	**600**
Plain Toast	**100**
Sausages (2 pcs)	**150**



ORDER ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

THE FRESH MARKET CAFÉ

Bakery & Bites

FRESH MARKET FAVOURITES	KSh
Assorted Muffins	**150**
Macadamia Cookies	**300**
Lemon Ginger Cookies	**300**
Cake Slice of the Day	**300**
Love Cookies	**300**
Oats Cookies	**300**
Piña Colada Cookies	**300**
Roasted Peanuts	**200**
Cashew Nuts (50 g / 100 g)	**130 / 250**



ORDER ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

THE FRESH MARKET CAFÉ

Burgers & Sandwiches

CLASSIC CAFÉ FAVOURITES **KSh**

BURGERS

Countryside Beef Burger **700**
Beef patty, caramelised onions, cheese, lettuce, tomato and a touch of 1000 Island sauce. Served with fries.

Countryside Chicken Tikka Burger **700**
Chicken breast, caramelised onions, cheese, lettuce, tomato and a touch of 1000 Island sauce. Served with fries.

SANDWICHES

Ham & Cheese Sandwich	**650**
Chicken & Cheese Sandwich	**600**
BBQ Chicken Sandwich	**600**
Vegetable Sandwich	**500**

Served with chips; choice of white or brown bread.



ORDER ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

THE FRESH MARKET CAFÉ

Quick Bites & Snacks

SHARE OR SAVOUR	KSh
Chicken Wings Served with fries.	800
Chicken Lollipop Served with fries.	800
Chicken Nuggets Served with fries and honey mustard sauce.	900
Samosa Special Served with chips.	300
Sausage Special Served with small chips.	250
Kebab	200
Kebab Special	300
Chips (regular or spiced)	250
Chips Masala	300
Loaded Home Fries Fries, chicken strips, grated cheese and salad.	700
Poussin Chips	300
Fish Fingers	700
Potato Wedges	300
Lyonnaise Potatoes	300
Hot Dog	200
Egg Special	250

THE FRESH MARKET CAFÉ

Soups & Salads

LIGHTER CHOICES	KSh

SOUPS

Butternut Soup	300
Soup of the Day Ask your server.	350

SALADS

Garden Salad	300
Plain Fruit Salad	200
Special Fruit Salad Yoghurt, nuts and honey.	350
Chicken Caesar Salad Chicken strips, lettuce, bread croutons and Caesar dressing.	700

THE FRESH MARKET CAFÉ

Beef & Fish

MAIN COURSES	KSh

BEEF

Beef Wet Fry — **600**
Served with ugali and seasonal vegetables.

Grilled Fillet Steak — **900**
Served with mashed potatoes, seasonal vegetables and BBQ sauce.

Beef Curry — **700**
Served with starch of your choice and seasonal vegetables.

FISH

Full Fish — **1,000**
Served with ugali and spinach.

Fish Fillet — **900**
Served with tartar sauce, fries and salad.

Swahili Fish Curry — **1,000**



THE FRESH MARKET CAFÉ

Chicken & Local Dishes

MAIN COURSES	KSh

CHICKEN

¼ Roast Chicken Served with fries and seasonal vegetables.	**600**
Grilled Chicken Breast Served with starch of choice and seasonal vegetables.	**900**
Swahili Chicken Served with starch of choice and seasonal vegetables.	**700**
Chicken Curry Served with starch of choice and seasonal vegetables.	**700**
½ Spicy Chicken Platter Served with fries and salad.	**1,050**

LOCAL SPECIALITIES

Pilau Served with beef stew and seasonal vegetables.	**600**
Githeri	**350**
Ugali Managu	**300**
¼ Kienyeji Chicken Served with starch of choice and seasonal vegetables.	**650**
Full Kienyeji Chicken	**2,000**
Creamed Managu	**260**

ORDER ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

THE FRESH MARKET CAFÉ

Side Orders

COMPLETE YOUR MEAL	KSh
White Ugali	70
Brown Ugali	100
Vegetable Fried Rice	200
Pilau	200
Brown Chapati	120
Plain Mukimo	200
Wedges	300
Lyonnaise Potatoes	300
Matoke	300
Chapati (2)	100
Mashed Potatoes	200
Managu	200
Bacon	500



THE FRESH MARKET CAFÉ

Coffee & Lattes

HOT BEVERAGES		KSh
COFFEE	**SINGLE**	**DOUBLE**
Café Latte	**250**	**300**
Cappuccino	**250**	**300**
Espresso	**200**	**250**
House Coffee (white or black)	**200**	**250**
SPECIALITY LATTES	**SINGLE**	**DOUBLE**
Caramel Macchiato	**300**	**350**
Hazelnut Latte	**300**	**350**
Mocha	**300**	**350**
Peppermint Mocha	**300**	**350**
Vanilla Latte	**300**	**350**
Americano	**250**	**300**



ORDER ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

THE FRESH MARKET CAFÉ

Tea, Chocolate & More

HOT BEVERAGES — **KSh**

CHOCOLATE, MILK & TEA	SINGLE	DOUBLE
Hot Chocolate (white or black)	**250**	**300**
Hazelnut Chocolate	**250**	**300**
Strawberry Milk	**200**	**250**
Caramel Milk	**200**	**250**
Regular Tea (white or black)	**150**	**250**
Masala Tea	**200**	**250**
Lemon Tea	**200**	**250**
Ginger Tea	**200**	**250**

HEALTHY HOT BEVERAGES

Chamomile Tea (double)	**250**
Fresh Dawa (double) Mint, ginger, lemon and honey, spiced with cinnamon.	**250**
Herbal Teas (double) Ask your server.	**250**
Uji Power (double) Blend of nduma, millet, peanut and pumpkin; served with honey on the side.	**300**

ORDER ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

THE FRESH MARKET CAFÉ

Juices & Smoothies

COLD BEVERAGES	KSh
FRESHLY BLENDED JUICES	
Carrot Beetroot	**300**
Apple Juice	**400**
Mocktail	**250**
Customer Custom (ask your server)	**400**
Madafu	**200**
Mango Passion	**350**
Mango	**300**
Paw Paw	**300**
Pineapple Passion	**300**
Watermelon	**250**
Classic Lemonade	**250**
Orange Juice (imported)	**350**
Green Detox	**300**
FRESH BLENDED SMOOTHIES	
Avocado Explosion (contains dairy)	**350**
Banana Storm (contains nuts/dairy)	**350**
Mango Delight	**350**
Mango Sunset (contains dairy)	**350**
Tropical Thunder (purely fruits)	**400**
Piña Colada (madafu & pineapple)	**350**

THE FRESH MARKET CAFÉ

Shakes & Iced Drinks

COLD BEVERAGES	KSh
MILKSHAKES & ICE CREAM	
Vanilla Shake	**400**
Chocolate Shake	**400**
Strawberry Shake	**400**
Banana Shake	**400**
Mango Shake	**400**
Peanut Shake	**400**
Ice Cream (2 scoops)	**300**
Yoghurt	**300**
ICED DRINKS	
Iced Tea	**250**
Iced Coffee (white / black)	**250**
Iced Caramel / Mocha / Latte / Vanilla	**350**
Iced Dawa	**300**
Affogato	**350**
Frappuccino	**350**
SOFT DRINKS	
Mineral Water (500 ml / 1 L)	**100 / 150**

ORDER ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

THE FRESH MARKET CAFÉ

Healthy Spikes

ADD TO YOUR FAVOURITE DRINK	KSh
Chia Seeds	**50**
Flax Seeds	**50**
Peanuts	**50**
Mukombero	**70**
Pumpkin Seeds	**70**
Rosemary	**50**
Thyme	**50**
Sage	**50**
Mint	**50**
Mwarubaini	**70**
Stinging Nettle	**70**
Fresh Ginger	**50**
Fresh Garlic	**50**
Lemon Grass	**70**

THE FRESH MARKET CAFÉ

Freshly Made Pizza

CHOOSE YOUR FAVOURITE	KSh
Chicken Pizza	
Vegetable Pizza	
Margherita Pizza	
Pepperoni Pizza	

ALL FLAVOURS - PRICE BY SIZE	DINE-IN	TAKEAWAY
Small	**550**	**610**
Medium	**850**	**910**
Large	**1,200**	**1,300**

Takeaway prices include a pizza box.

THE FRESH MARKET CAFÉ

Mbuzi & Grill

FROM THE GRILL

		KSh
GOAT / MBUZI	**½ KG**	**1 KG**
Goat Choma / Chemsha	**500**	**1,000**
Arosto	**1,200**	**2,400**
Goat Wet Fry	**1,000**	**2,000**
Goat Dry Fry	**1,000**	**-**
Raw Goat	**-**	**900**

Choma / chemsha served with salsa.
Add starch from Side Orders.

CHICKEN CHOMA

Half Chicken	**700**
Full Chicken	**1,400**

SHAWARMA

Plain Shawarma	**400**
Chips Shawarma	**550**

THE FRESH MARKET CAFÉ

Outside Catering & Events

WEDDINGS • PARTIES • CORPORATE FUNCTIONS

KSh

CONFERENCE PACKAGES

Full Day Conference (per person) 10 am tea, lunch buffet and 4 pm tea.	**2,500**
Half Day Conference (per person) 10 am tea and lunch buffet.	**2,000**
Tea & Snack (per person) Inclusive of hall hire.	**1,000**
Small & Short Meetings (per person) Order from the restaurant menu.	**600**

EVENT SERVICES

PA System	**10,000**
LED Screen Hire	**10,000**
Live Streaming	**25,000**
Photo & Video Package	**35,000**
Photo Session	**5,000**
Music Shooting	**10,000**

ENQUIRE ONLINE
thefreshmarket.co.ke

WHATSAPP: 0795 325 200
NAKURU, KENYA

Fresh Market Grocery

FRESH PRODUCE • THOUGHTFUL GIFTS



Signature Fruit Box

A family-sized selection for home or office.

10 bananas, 5 imported oranges, 1 pineapple, 3 avocados, 5 apples, 4 mangoes, 1 watermelon, 5 lemons and 1 box of fresh grapes.



Farm Fresh Vegetable Box

Fresh ingredients for everyday meals.

1 bunch matoke, 2 kg potatoes, 1 kg each of tomatoes, onions and carrots, 1 cabbage, ¼ kg each of ginger and garlic, 2 green capsicums, 4 bunches spinach/kale and 1 bunch of dhania.



Premium Fruit Gift Basket

Beautifully arranged for special occasions.

Red grapes, yellow bananas, seedless sweet oranges, pineapple, apples and mangoes. Includes ribbon, basket and personalised card. Corporate branding available.

Same-day delivery in Nakuru. Prices may vary by season.

Order fresh groceries
thefreshmarket.co.ke

WhatsApp: 0795 325 200
Nakuru, Kenya