



Starter

Pole  Pole

MONDAY LUNCH

**Caprese Salad**

Sliced tomatoes, mozzarella cheese, seasonings & Basil

OR

**Spiedini di calamari e gamberi**

**Squid and prawns skewers**

(Olive oil, seasonings, garlic, parsley and fresh salad) Main Course

Main Courses

**Filetto di pesce al limone**

*Fish fillet cooked in lemon sauce*

(Fish, white flour, butter, lemon juice, seasonings)

OR

**Pollo al Cocco**

*Chicken in coconut sauce*

(Olive oil, garlic, seasonings, onion, cumin, tomato, coconut milk)

OR

**Crepes ai funghi**

*Crepes filled with mushrooms*

(Eggs, milk, flour, tomato sauce, mozzarella cheese, parmesan cheese, seasonings and mushroom)

Dessert

**Macedonia di frutta**

*Fruit salad*





## Starter

# Pole Pole

## MONDAY DINNER

### **Hummus**

Lebanese dish with mashed chickpeas, lemon and olive oil served with pita bread  
(Chickpeas, lemon, garlic, olive oil, smoked sweet paprika, seasoning & tahina)

OR

### **Gamberi all'aglio**

*Prawns with garlic*

(Prawns, olive oil, garlic, white wine, seasonings, lettuce, sweet paprika & parsley)

OR

### **Tuna Salad**

(Fresh tuna, lemon juice, garlic, ginger, onion, salt, sugar, cucumber, tomato, green pepper and chili)

## First Main

### **Fusili al Pesto**

(Basil, cashewnuts, seasonings, garlic, parmesan cheese, pecorino cheese & olive oil)

OR

### **Risotto alla pescatora**

(Fish, prawns, calamari, chiale, b. peper, salt, w. wine, parsley, celery, onion, tomato sauce, carrot, garlic, served with rice)

## Second Main

### **Saltimbocca alla romana di pollo**

(Boneless chicken thighs, garnished with cooked Ham (pork) with butter, flour, seasonings, white wine & sage)

OR

### **Grilled Lobster**

(Lobster, garlic, lemon, seasonings & olive oil)

OR

### **Lasagna vegetariana**

(Eggs, flour, milk, parmesan cheese, potato, carrot, zucchini, onion, sweet pepper, green peas, broccoli & seasonings)

OR


### **Grilled pork chops with mash potatoes**

(pork chops, potatoes, milk, butter, parmesan cheese, seasoning)

## Dessert

### **Cake with coconut cream and banana**

(Flour, eggs, butter, sugar, baking powder, coconut milk, banana and nutella)





## Starter

# Pole Pole

### TUESDAY LUNCH

#### **Pizza Bruschetta**

(Tomato, mozzarella cheese, seasonings, oregano and bread)

OR

#### **Cocktail di gamberi**

*Fresh prawns cocktail in pink sauce*

(Prawn, mayonnaise, ketchup, seasonings, eggs & black olives)

OR

#### **Tropical Salad**

(Avocado, Mango or pineapple, onion, lettuce)

## Main Courses

#### **Filetto di pesce alla pizzaiola**

*Fish fillet Pizzaiola style with tomato sauce*

(Fresh fish, garlic, seasonings & oregano served with mashed potatoes)

OR

#### **Spiedini di pollo con verdure**

Chicken skewers with vegetables

(Chicken, olive oil, seasonings, cumin, garlic, onion, tomato, carrots)

OR

#### **Melanzane alla parmigiana**

(Baked eggplants in tomato sauce with parmesan & mozzarella cheese, seasonings & basil)

## Dessert

**Assorted ice cream** \* please ask our waiter which flavors are available



## Starter

### Babaganoush

(Lebanese dish, smoked eggplants, tahina, mint, lemon, seasonings, parsley, smoked paprika and garlic)

OR

### Polpette di pesce

*Fish cake served with salad*

(fish, prawns, onion, parsley, seasonings, eggs, bread crumbs, mayonnaise, garlic, white wine, served with green salad)

OR

**Ebi Nigiri(Sushi)**Japanese stlye  
shrimp, vinegar, sugar, salt and rice

## First Main

### Ravioli lobster

*Homemade ravioli stuffed with lobster meat in fresh tomato sauce & basil*

(Flour, eggs, squid ink, fish, lobster, nutmeg, garlic, white wine, seasonings, bread crumbs, parsley and tomato sauce)

OR

### Cappelletti in brodo

(Egg, olive oil, flour, nutmeg, beef, chicken, carrots, celery, onion, parmesan cheese & seasonings)

## Second Main

### Pesce al coriandolo

*Fish fillet in coriander sauce served with rice*

(fresh coriander, seasonings, parsley, cashew nuts ,chili, lemon, olive oil)

OR

### Spiedini di manzo con verdure

*(Beef skewers with vegetables )*

(Beef, ginger, seasonings, soya sauce, ketchup, garam masala)

OR

**Canneloni ricotta e spinaci with mushrooms in Gorgonzola & parmesan cheese.**

(Eggs, flour, olive oil, ricotta cheese, spinach, mushroom, gorgonzola cheese, rosemary, garlic, parmesan cheese seasonings, basil &

OR


**Chicken Curry cooked with zanzibar spices served with cous cous**

(Garlic, chicken, onion, olive oil, curry powder, tomato, coconut, seasonings)

## Dessert

### Tiramisu Tradizionale

(Coffee, cocoa, eggs, sugar, whip cream, flour)





## Starter

# Pole Pole

## WEDNESDAY LUNCH

### **Primavera di melanzane**

*Battered eggplant with parmesan cheese, fresh tomatoes & basil*

(Eggplant, flour, eggs, sunflower oil, tomatoes, mozzarella & parmesan cheese, basil, olive oil & seasonings)

OR

### **Gamberi impanati Thai style**

*Breaded Prawns in thai sauce*

(Prawns, eggs, seasonings, bread crumbs, honey, soy sauce, curry powder, coconut milk, peanut butter)

## Main Courses

### **Filetto di pesce alla griglia e zucchine marinate**

*Grilled fish fillet with marinated zucchini*

(Fish, olive oil, vinegar, seasonings, parsley, garlic, chili zucchini)

OR

### **Ugali na Nyama**

*Beef stew and corn meal*

(Beef, carrot, tomato, onion, okra, potato, seasonings)

OR

### **Risotto alla vegetariana**

(Zucchini, broccoli, carrot, potato, green pepper, green peas, cabbage, onion, olive oil, seasonings, tomato & veg cubes)

## Dessert

### **Banana split**

(Eggs, vanilla, sugar, milk, cream & banana and cashew nut)





## Starters

# Pole Pole

## WEDNESDAY DINNER

### **Zuppa di ceci**

*Chickpeas Soup*

(Chickpeas, garlic, seasonings, rosemary, olive oil and bread croutons)

OR

### **Aragosta e gamberi in salsa di mayonnaise e mostarda**

*Lobster & prawns in mustard and mayonnaise sauce*

(Lobster, potatoes, prawns, seasonings, mayonnaise, mustard, parsley served with salad)

OR

### **Chopsuey (Vegetable saute salad)**

(Chicken, carrot, brocoll, green beans, cabbage, onion, garlic, green pepper, salt, pepper, corn, and egg)

## First Main

### **Fettuccine alla Bolognese**

(Beef, celery, onion, garlic, carrot, tomato, beef cubes, white wine, red wine, seasonings, basil, oregano & rosemary)

OR

### **Spaghetti al Polipo**

*Spaghetti with octopus*

(spaghetti, octopus, garlic, blue band, olives, capers, black pepper, bread crumbs, fresh tomato, tomato sauce, basil, seasonings & parsley)

## Second Main

### **Grigliata mista di mare con melanzane marinate**

Grilled mixed seafood platter with marinated eggplant

(Prawns, squid, fish, olive oil, garlic, vinegar, seasonings, parsley, eggplant)

OR

### **Strachetti, rucola & aceto balsamico**

(Beef fillet, seasonings, rocket leaves & balsamic vinegar)

### **Cous cous con fagioli cipolle e uova**

(Couscous with beans, onions, eggs, olive oil)

OR

### **Pizza Margherita / Pizza funghi / Pizza prosciutto**

Pizza with tomato, mozzarella cheese and basil or

Tomato, mozzarella, garlic, Mushroom and rosemary or Tomato, mozzarella cheese and cooked ham (pork), seasonings & oregano

OR

### **Gnocchi with broccoli and mushroom**

(Potatoes, seasoning, flour, brocoli, cashewnuts, basil, olive oil, garlic and mushroom)

## Dessert

### **Dolce alla crema di cioccolato**

*Cake with chocolate cream*

(Flour, eggs, sugar, butter, baking powder, cocoa & milk)





## THURSDAY LUNCH



### Starter

#### **Verdure grigliate e mozzarella**

*Grilled vegetables with mozzarella cheese*

(Eggplant, tomato, seasonings, green pepper, mozzarella cheese, olive oil)

OR

#### **Ceviche di King fish**

(Potatoes, carrots, celery, olive oil, onions, king fish, chili, parsley & seasonings)

OR

#### **Tuna Salad**

Fresh tuna, lemon juice, garlic, ginger, onion, salt, sugar, cucumber, tomato, green pepper and chill

### Main Courses

#### **Calamari alla griglia con purè di patate**

*Grilled calamari with mashed potatoes*

(calamari, garlic, olive oil, seasonings, vinegar, potatoes, milk, butter)

OR

#### **Scaloppina di pollo al limone con riso**

Chicken cooked in lemon sauce served with rice (chicken, flour, seasonings, butter, lemon juice, parsley, rice)

OR

#### **Gnocchi al pomodoro**

*Homemade gnocchi in tomato sauce*

(Potatoes, yolk, seasonings, flour, tomatoes, onions, basil)

### Dessert

#### **Crema Caramel**

(eggs, sugar, vanilla, milk)





## Starter

### **Gazpacho**

*Cold tomato soup*

(Tomato ,cucumber ,onion, green pepper, vinegar, seasonings, olive oil, bread crumbs served with bread croutons and veggie cubes)

OR

### **Vitello tonato**

*Sliced beef covered with a creamy mayonnaise sauce that has been flavored with tuna.*

(Boiled beef,capers,carrots,black olives,celery,seasonings,onion,tomato salad,tuna &mayonnaise.

## First Main

### **Spaghetti ai gamberi**

(Spaghetti, prawns, garlic,blueband,celery,carrots,fresh tomato cubes , white wine, chili ,basil, seasonings,bread crumbs & parsley)

## Second Main

### **Fritto misto, e gamberi**

*Deep fried octopus, and prawns*

(Octopus, and prawns, corn flour, wheat flour, baking powder, lemon & seasonings)

OR

### **Cordon Blue with chips**

*Breaded chicken fillet with cheese and ham(pork)*

(Chicken fillet,breadcrumbs,cheese,potato,seasonings)

OR

### **Crepe con spinaci e funghi**

(Eggs, flour, seasonings ,milk, parmesan cheese, spinach, onion, mushroom, tomato sauce ,mozzarella cheese)

OR

### **Tuna covered in groundnuts (Karanga)**

(Tuna,white egg,groundnuts,salt,breaded crumbs,,olive oil and black pepper)

OR

### **Grilled beef with mchicha**

(Beef,olive oil,seasonings,cumin,garlic,onion,tomato and spinach)

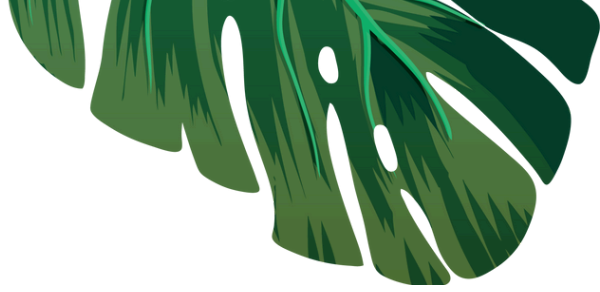
## Dessert

### **Profiterol alla crema**

(Butter, flour, salt, sugar, eggs ,custard cream & milk)







# Pole Pole

## FRIDAY LUNCH

### Starter

#### **Insalata greca**

*Greek salad*

(Cucumber, tomato, onion, black olives, feta cheese, olive oil, honey, oregano, vinegar & seasonings)

OR

#### **Calamari e gamberi con salsa in avocado e limone**

*Calamari and prawns with avocado and lemon sauce*

(Calamari, prawns, avocado, lemon, lettuce, seasonings)

### Main Courses

#### **Tonno alla griglia con pure di patate**

*Grilled Tuna with mashed potatoes*

(Tuna fillet, potato, butter, milk, parmesan cheese, seasonings)

OR

#### **Pollo al vino con riso**

*Chicken cooked in wine and rice*

(Chicken fillet, flour, white wine, butter, parsley, rice & seasonings)

OR

#### **Gâteaux di patate ai funghi with tomato salad**

*Potato cake with mushrooms*

(Potato, mushrooms, zucchini, garlic, mozzarella cheese, parmesan cheese, breadcrumbs & seasonings)

### Dessert

#### **Macedonie di frutta**

*Fruit salad \*seasonal fruits*





Starter

Pole  Pole

## FRIDAY DINNER

### **Minestrone di verdure Mixed vegetables soup**

(Zucchini, broccoli, carrot, potato, green pepper, green peas, cabbage, onion, olive oil, seasonings, tomato & beef cubes)

OR

### **Insalata di mare**

*Seafood salad*

(Calamari, prawns, lobster, carrot, celery, onion, olive oil, seasonings, lemon juice, parsley)

## First Main

### **Ravioli ricotta e spinach al pomodoro**

*Homemade pasta stuffed with ricotta and spinach in tomato sauce*

(Flour, eggs, spinach, seasoning, garlic, ricotta cheese, parmesan cheese, tomato sauce, garlic, & basil)

## Second Main

### **Grigliata mista di pesce con insalata**

*Grilled mixed seafood platter with salad*

(Lobster, chicken, prawns, calamari fish skewer, olive oil, garlic, parsley, seasonings, vinegar)

OR

### **Kassler in onion sauce with rice**

(Smoked pork chops, onion, flour, beef cubes, rosemary, seas

OR

### **Risotto alle zucchini**

(Rice, milk, olive oil, zucchini, onion, seasoning, parmesan cheese and parsley)

OR

### **Ndizi Samaki na ugali na mchicha**

(Cooked banana with fish and stiff porridge with spinach, tomato sauce, onion, seasonings, olive oil)

OR

### **Shrimp Gata/Ginataang Hipon**

*Prawns in Coconut sauce*

Prawns, butter, fish sauce, ginger, onion, garlic, onion, bell pepper, salt, pepper, chili, onion, leeks

## Dessert

### **Crepes alla nutella e banana**

*Crepes with Nutella and banana*

(Flour, milk, butter, vanilla essence, eggs, sugar, nutella, banana)





# Pole Pole

## SATURDAY LUNCH

### Starter

#### **Insalata tropicale**

*Tropical salad*

(Lettuce, tomatoes, seasonings, carrots, cucumber and cashew nuts, mango or pineapple)

OR

#### **Gamberi al coriandolo**

*Prawns in coriander sauce*

(Prawns, coriander sauce, parsley, cashews, chili, lemon juice, seasonings, olive oil)

OR

#### **Russian salad**

(Carrot, potatoes, green peas, mayonise, boiled eggs, capers, oregano & seasonings)

### Main Courses

#### **Pesce alla pizzaiola con verdure**

*Fish fillet pizzaiola style with cooked vegetables*

(Fish fillet, olive oil, seasonings, garlic, tomato sauce, oregano)

OR

#### **Spiedini di pollo in citronella con verdure**

*Chicken skewer in lemon grass*

(Chicken, olive oil, garlic, cumin, seasonings, lemon grass)

OR

#### **Involtini di melanzane alla mediterranea**

(Eggplant, olive oil, olives, tomatoes, mozzarella cheese, garlic, basil & seasoning)

### Dessert

#### **Macedonia di frutta**

*Fruit salad* \*seasonal fruits





## Starter

### **Zuppa di pomodoro**

*Tomato soup*

(Tomato, potato, olive oil, seasonings celery served croutons and parmesan cheese)

OR

### **Fish carpaccio with mango**

(Fish fillet, lemon, lettuce, seasonings, carrots, mango & seasonings)

## First Main

### **Zuppa di pesce**

*Fish soup*

Fish, prawns, calamari, chicale, b. peper, salt, w. wine, parseley, cerely, onion, tomato sauce, carot, garlic, served with bread.

OR

### **Lasagna bolognese**

(Flour, eggs, olive oil, beef, tomato, carrots, onion, garlic, milk, basil, wine, parmesan cheese & seasonings)

## Second Main

### **Lobster Thermidor**

(Lobster, cream, nutmeg, parmesan cheese, flambé with cognac, mushroom, garlic, seasonings, mustard and paprika)

OR

### **Polpettone di carne**

*Meatloaf with a cheese sauce*

Beef, eggs, rosemary, bread, nutmeg, milk, parmesan cheese & seasonings)

OR

### **Fish fillet in thai sauce with rice**

(Fish, honey, soya sauce, curry powder, coconut milk, peanut butter)

OR

### **Verdure in pastella con kachumbari**

*Battered vegetables with Kachumbari*

(Carrot, potato, onion, green pepper, white flour, corn flour, soda water, baking powder served with a typical Swahili salad with tomato, onion, lemon juice & seasonings)

OR

### **Sweet and sour pork**

(Pork, pineapple, green pepper, stalk, celery, onion, garlic, sugar, vinegar, ketchup, soysauce, cornstarch, salt and pepper)

## Dessert

### **Dolce al cocco con ananas**

*Cake with coconut and pineapple*

(Flour, eggs, butter, sugar, baking powder, coconut milk, pineapple)

# Pole Pole

## SATURDAY DINNER





# Pole Pole

SUNDAY LUNCH

## Starter

### **Zuppa di piselli**

*Green peas soup*

(Green peas, onion, olive oil, seasonings, beef cubes, served with bread croutons)

OR

### **Supu ya pweza**

*Octopus soup*

(Garlic, potato, lime juice, seasonings & octopus)

## Main Courses

### **Pesce al cartoccio con verdure**

*Fish fillet cooked in alu-foil and vegetables*

(Fish fillet, olive oil, garlic, vinegar, seasonings, vegetable, onion, potato, carrots, white wine)

OR

### **Cotoletta di carne e insalata**

*Breaded beef fillet and salad*

(Beef fillet, bread crumbs with fresh salad, cucumber, tomatoes, lettuce, carrots & seasonings)

OR

### **Penne all' arrabbiata**

(Olive oil, garlic, tomato sauce, chili, basil & seasonings)

OR


### **Grilled chicken with mchicha**

(Chicken, olive oil, seasonings, cumin, garlic, onion, tomato)

## Dessert

### **Tiramisu**

(Coffee, cocoa, eggs, sugar, whip cream, flour)





# Starter



SUNDAY DINNER

## **Kachumbari Salad**

(olive oil, onion, tomato, seasoning)

OR

## **Pulpo alla gallega**

(octopus on a bed of sliced potatoes, smoked paprika, seasonings, olive oil & parsley)

OR

## **Stir fry chicken**

chicken, potato, garlic, onion, ginger, vinegar, soya sauce, tomato, sugar, salt, pepper powder served with rice

## First Main

### **Fettuccine all Granchio**

*Homemade Fettuccine with Crab meat*

(Flour, eggs, olive oil, crab meat, tomato sauce, garlic, seasonings, parsley & white wine)

## Second Main

### **Ndizi mshale na Nyama ,Ugali mchicha**

(Cooked banana with beef and stiff porridge with spinach, tomato, onion, seasonings, olive oil)

OR

### **Tiger prawns in tomato sauce & white wine**

(Tiger prawns, tomato, white wine, onion, seasonings)

OR

### **Cous cous alle verdure**

*Couscous with cooked vegetable*

(Couscous, zucchini, carrot, broccoli, onion, seasonings, potato, green peas)

OR

### **Filletto di manzo alla romana con verdure**

Beef fillet alla roman with cooked vegetables

(Beef filler, pork harm, seasonings, mozzarella cheese all cooked in red wine, mixed cooked vegetables)

## Dessert

### **Creme caramel**

(eggs, sugar, vanilla, milk)

