



# Lake Bunyonyi Rock Resort

RELAXING IN COMFORT, BEST VIEWS

## GLUTEN FREE MENU

Please make orders in advance to allow the chef time to prepare separately

### BREAKFAST- LIGHT AND COOKED

- Black tea or coffee.....US\$2
- Hot chocolate tea.....US\$2
- Mixed Fruit juice...US\$4
- English/ African CoffeeUS\$2
- Indian/ African tea.....US\$2
- Indian /African tea.....US\$2
- Seasonal Fruit platter.....US\$3
- Gluten Free Full works- tea/coffee, fruit juice, fruit platter, bacon, eggs your style,  
mushroom, tomato, cheese, beans.....US\$15
- Eggs (boiled, scrambled, poached, fried, omelette (plain, Spanish, cheese).....US\$2
- Add grilled tomato or mushrooms .....US\$1
- Smashed avocado with eggs your way, spinach and tomatoes.....US\$4
- Maize, millet, soy porridge.....US\$3

### OR JUST CHOOSE INDIVIDUAL ITEMS:

- Grilled tomato.....US\$1
- Grilled mushrooms.....US\$1
- Baked beans or baked potatoes.....US\$2
- Bacon, ham.....US\$2
- Cheese.....US\$1
- Avocado.....US\$1

### SNACKS & SIDES

- Chips .....US\$3
- Veggie stuffed avocado.....US\$5

### SOUP

- Fresh tomato soup no cream .....US\$3
- Carrot and Ginger soup no cream.....US\$4

### SALAD

- Crayfish& Avocado on a bed of lettuce.....US\$6
- Garden Salad with lettuce, tomatoes,  
green pepper, onions, cucumber,  
and carrot .....US\$4
- Tomatoes and avocado.....US\$3
- Bacon, tomatoes and avocado.....US\$8
- Chicken.....US\$7
- Crayfish Hawaii.....US\$7





**Lake Bunyonyi Rock Resort**  
 RELAXING IN COMFORT, BEST VIEWS

**MAIN COURSE**

**Most dishes served with choice of side, rice, chips, potatoes (boiled, mashed etc), posho, matooke.**

**VEGETABLE DISHES**

- Bean stew served with choice of rice, potatoes (boiled, mashed, etc.), chips or matooke.....US\$8
- Gnut stew served with choice of rice, potatoes (boiled, mashed, etc.), chips or matoke.....US\$8
- Jacket potato with beans and cheese.....US\$6
- Jacket Potato with beans .....US\$5
- Roasted vegetable skewers with chips.....US\$7

**PASTA (Please ask for availability).**

- Gluten free pasta in tomato sauce with vegetables.....US\$11

**CHICKEN**

- Grilled chicken NO SAUCE with your choice of side and some veg/salad.....US\$10
- Chicken and vegetable brochette with your choice of side and salad.....US\$10

**BEEF**

- Grilled steak NO SAUCE with your choice of side and some veg/salad.....US\$10
- Beef brochette-grilled beef kebab with choice of side.....US\$15
- Beef tournadoes- Grilled steak topped with cheese and tomato, choice of side.....US\$11

**PORK**

- Grilled pork chops NO SAUCE with choice of side and some veg/salad.....US\$11
- Pork medallion pork fillet in ginger & honey glaze sauce, choice of side.....US\$11
- Pork brochette-BBQ pork kebab with kachumbari salad(onion and tomato).....US\$10



**Lake Bunyonyi Rock Resort**  
 RELAXING IN COMFORT, BEST VIEWS





## FISH

- Grilled Tilapia with lemon butter sauce, choice of side.....US\$11
- Grilled whole fish: delicious and worth the wait but allow an hour.....US\$13
- Tilapia Grenoble: Fresh water Uganda fish with garlic, butter, lemon juice, with side.....US\$11

## DESERTS

- Caramelised Banana.....US\$2
- Fruit Salads.....US\$3

**If you would like to make some changes to certain meals or there is something not on this menu that you would like please enquire with our staff and we will do our best to accommodate.**

### ALLERGY STATEMENT:

Gluten intolerances and Celiac disease are relatively new terms to most of us here in Uganda however lucky for you most of our foods are naturally gluten free.

We are still learning so please speak to us if you have any concerns or menu suggestions.

We are doing our best to understand your needs, to minimise the risk of cross contamination by training all our staff on the appropriate procedures and by regularly checking all our ingredients list.

Please be aware that all meals are prepared in a gluten containing kitchen and while we will do our best to minimise the risk of cross contamination, we cannot guarantee.

