

STARTERS

Sails Falafel	1,300/-
<i>Falafel with Smoked Aubergine Humus, Pickled Cucumber & Pomegranate</i>	
Beetroot Carpaccio	1,300/-
<i>Rocket, Feta Cheese, Cashew Nuts, Balsamic Dressing & Olive Oil</i>	
Sesame Fried Feta	1,400/-
<i>Served with Fennel, Cucumber & Pomegranate Salad Finished with Honey</i>	
Crispy Calamari	1,400/-
<i>Parsley & Chilli, Served over Mixed Leaves with Chilli Mayo & Ranch Dressing</i>	
Sails Seafood Broth	1,500/-
<i>Asian & Swahili Inspired Coconut Seafood Broth, Prawns, Fish, Calamari & Crab</i>	
Sails Smoked Fish	1,500/-
<i>Seasonal Fish Smoked In-House, served with a Mango, Avocado, Rocket & Tomato Salsa, finished with Cracked Black pepper & Olive Oil</i>	
Tuna & Avocado	1,500/-
<i>Ginger, Chilli, Coriander, Sesame, Balsamic Soy & Chilli Oil</i>	
Beef Carpaccio	1,500/-
<i>Capers, Rocket, Parmesan & Balsamic Reduction</i>	
Coconut Crusted Prawns	1,600/-
<i>With Chilli Mayo, Lime Zest, Toasted Coconut & Coriander</i>	
Thai Style Prawns	1,600/-
<i>Ginger, Chilli, Garlic, Spring Onion, Thai Paste, Soy Sauce & Coriander</i>	
Tuna Carpaccio	1,600/-
<i>Ginger, Chilli, Coriander, Sesame & Soy Sauce</i>	

SAILS

BEACH BAR & RESTAURANT

KILIFI OYSTERS

1 Doz. Chilled	1,000/-
<i>Natural with Onion Vinaigrette or Sweet Chilli & Soy</i>	
1 Doz. Thai Style	1,200/-
<i>Drizzled with Thai Dressing & Finished with Sesame Seeds & Spring Onion</i>	
1 Doz. Baked	1,200/-
<i>Garlic & Herb Butter Breadcrumb Crust</i>	
1 Doz. Baked	1,200/-
<i>Wasabi Butter & Coconut Crust</i>	

PASTA & SALADS

From The Earth Tagliatelle	1,700/-
<i>Mushroom, Sundried Tomato, Spinach, Cream & Parmesan</i>	
Zucchini & Cherry Tomato Spaghetti	1,700/-
<i>Garlic, Chilli, Zucchini ribbons, Balsamic Cherry Tomato, Parsley, Lemon & Parmesan</i>	
Prawn & Vodka Penne	2,200/-
<i>Prawns, Vodka, Sundried Tomatoes & Dill in a Creamy Tomato Sauce</i>	
Crab Spaghetti	2,400/-
<i>Garlic, Chilli, Fennel, Cherry Tomato, Capers, Parsley & White Wine</i>	
Lobster & Prawn Tagliatelle	2,800/-
<i>Sauteed Lobster, Prawn, White Wine, Creamy Bisque Sauce, Dill & Tomato Concassé</i>	
Beetroot & Feta Salad	1,500/-
<i>Mixed Leaves, Tomato, Cucumber, Peppers, Avocado, Beetroot & Feta with a Balsamic Dressing</i>	
Grilled Sweet Potato & Halloumi Salad	1,800/-
<i>Mixed Leaves, Tomato, Cucumber, Peppers, Avocado, Caramelised Cashews & Balsamic Dressing</i>	
Cajun Chicken Salad	1,900/-
<i>Mixed Leaves, Tomato, Cucumber, Peppers, Avocado, Feta, Roasted Seeds, Balsamic Dressing & Chimichurri</i>	
Mixed Seafood Salad	3,500/-
<i>Mixed Leaves, Tomato, Cucumber, Peppers, Poached Prawns, Dressed Crab, Crab Claws, Grilled Calamari & Seafood Dressing</i>	

MAIN COURSE

GRILLED

Grilled Fish a la Meunière	1,800/-
<i>Served with Braised Spinach & Lemon, Parsley Butter Sauce</i>	
Grilled Thai Spiced Snapper	1,800/-
<i>Thai Oyster Sauce Marinade, Mango & Cherry Tomato Salsa & Balsamic Reduction</i>	
Grilled Chicken	2,000/-
<i>Served on a Spinach, Sundried Tomato & Cream Sauce</i>	

Fillet Medallions	3,000/-
<i>21 Day Dry Aged Beef Served with Roasted Cherry Tomatoes, Courgette Ribbons, Crispy Caramelised Onions, Chimichurri & Choice of Sauce</i>	
Sails Cut Of The Day	Market Price/-
<i>21 Day Dry Aged Beef Served with Roasted Cherry Tomatoes, Courgette Ribbons, Crispy Caramelised Onions, Chimichurri & Choice of Sauce</i>	

Grilled Prawns ‘Simply Marinated or Pili Pili Style’	3,500/-
<i>Sails Mango Kachumbari & Garlic Lemon Butter</i>	
Grilled Mixed Seafood Platter	6,500/-
<i>Grilled Lobster, Prawns, Snapper, Calamari, Crab Claws & Garlic Lemon Butter</i>	

Traditional Fish & Chips	1,800/-
<i>Beer Battered Fish, Mushy Peas & Tartare Sauce</i>	
Zanzibar Snapper	1,800/-
<i>Cashewnut, Chilli & Ginger Crust with a Coconut Tomato Sauce & Coriander</i>	
Swahili Prawn Curry	3,000/-
<i>Kachumbari, Mango Chutney, Coconut Yoghurt & Poppadum</i>	
Ginger Chilli Crab	3,300/-
<i>Crab meat steamed with Ginger & Chilli served with Wasabi Butter</i>	

Breaded Chicken Escalope	2,000/-
<i>Served with Rocket & Tomato Salad, Lemon Wedges & Choice of Sauce</i>	
Baked Crab Au Gratin	3,400/-
<i>Crab meat, White Wine Cream Sauce & Parmesan</i>	
Sails Surf & Turf	4,600/-
<i>Fillet Steak, Crab Claws, Grilled Prawns, Crispy Onion, Chimichurri & Choice of Sauce</i>	
Lobster	1,000/- (Per 100grams)
<i>Grilled or Thermidor (40+ Min Preparation)</i>	

Asian Inspired Coconut Stir-Fry	• Chicken 2,000/-
• Beef 2,300/- • Prawn & Calamari 2,500/- • Vegetable 1,700/-	
<i>Carrot, Courgette, Peppers, Red Curry Paste, Soy Sauce, Coconut Cream & Coriander</i>	
Sauces	Additional Sauces 300/-
<i>Black Pepper, Blue Cheese, Mushroom, BBQ, Béarnaise, Sweet Chilli Soy, Cajun Butter, Garlic Lemon Butter, Wasabi Butter or Chimichurri</i>	
Side Orders	Additional Sides 400/-
<i>Mashed Potato, French Fries, Mixed Salad, Seasonal Vegetables, Coconut Rice or Onion Rings</i>	

All prices are inclusive of VAT, catering levy & service charge