MENU

# La Forét

MUYENGA RESORT GARDENS

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# BUFFET



Two Sauces With
A Soft Drink

**35K**



Three Sauces , 1 bbq Meat
And four Accompaniments
Salad And Soft Drinks

**60K**



Four Sauces , Five
Accompaniments,
3 bbq Meats, Two Salads
And Soft Drinks

**100K**

**Accompanments:**
White Rice
Pilau
Brown Rice
Potato Wedges
Deep Fried Potatoes
Chapatti
Matooke
Pumpkin
Posho
Kalo

**Bbq:**
Roasted Goat
Grilled Chicken
Roasted Chicken
Roasted Pork
Grilled Pork

**Sauces:**
Beef Stew
Goat Stew
Beans
Peas
Fish Stew
G.nuts

**Soft Drinks:**
Sodas
Juice
Tea

**Salads:**
Coleslaw
Penne Pasta Salad
Kachumbali
Avocado Salad

**Juice & Tea For Buffets 60K & Above**

# MEATS



## Panfried Goat

Boneless Goat, Bell Pepers,
Onions, Secret Laforet Sauce.

30K



## Stir Fry Pork

Boneless Pork, Bell Pepers,
Soy Sauce, Galic,
Secret Laforet Sauce

30K



## Stir Fry Chicken

Chicken Breast Strips,
Bell Pepers, Galice,
Secret Laforet Sauce

28K



## Combo Delight

Chicken Nuggets, Plantain,
Pair Of Samosas, Salads,
Juice

18K



## Royal Treat

Chicken, Plantain, Salads
Juice

20K



## Grilled Chicken

1 Piece Of Grilled Chicken,
Laforet Special Marination,
Fries

25K

Combos Come With Juice

# PLATTERS

## King Of The Jungle

380K



1kg Of Goat
1Kg Of Pork
Fish Fingers
Onion Rings
Rice
Potato Wedges
Chapatis
Whole Chicken
Gravy
Salad
Plantain
Roasted Matooke
Side Sauces
Sausages

**Serves 10 People**

## Forestranger

180K



500g Goat Panfried
4 Pieces of Chicken Thighs
Pork Stirfried In Lung pea Sauce
4 Beef Sausages
Fries Large
Fried Platain
4 Chapatis
Salad
Gravy

**Serves 4-5 People**

## Couples Retreat

85K



200g Goat
2 Piece of Chicken drumsticks, bbq sauce
2 Beef Sausages
2 Beef Stewers
Potato Wedges
Salad
2 Chapati

**Serves 2 People**

# KIDS CORNER & FISH



## Whole Fish

Fish, Fries, Salad

40K



## Fish Fingers

Fish Fillet Coated With Breadcrumbs, Fries, Salad

25K



14K

## Chicken Nuggets



12K

## Mashed Potatoes & Gravy



18K

## Fish Fingers & Fries

# PIZZAS

## Chicken



Chicken, Onions, Tomatoes,
Green Pepper, Mozzarella,
Pizza Saurce

**32K**

## Beef



Minced Beef, Mozzarella,
Onions, Tomatoes,
Green Papper, Sour Cream

**30K**

## Hawaiian



Tomato Concasse, Mozzarella,
Bacon, Pineapple, Oregano

**32K**

## Veggie



A Garden Mix With Mozzarella
And Pizza Sauce

**28K**

# COCKTAIL




## Island Oasis (Pina Colada)

Pineapple Juice, Rum, Coconut Cream, Ice Cubes




## Sour Kiss (Whiskey Sour)

Whiskey, Orange Juice, Lime Juice, Angostura Bitters, Egg White Syrup Ice Cubes




## Sunrise In Mexico (Tequila Sunrise)

Tequila, Orange Juice, Grenadine Syrup, Ice Cubes, Garnished With Strawberries




## Electric Storm (Long Island Iced Tea)

Gin, Vodka, Rum, Tequila, Lemon Juice, Ice Cubes, Coca - Cola




## Blue Horizon (Blue Lagoon)

Vodka, Blue Curacao, Orange Juice, Topped With Sprite




## Laforet Ginger Buzz

Fresh Mint, Pineapple Juice, Orange Juice, Ug Lemon * Ginger, Ice Cubes




## Mojitos

# DRINKS

## WATER & SODAS

### Water




3K

### Sodas




3K

## JUICE

### Pineapple



10K

### Watermelon



10K

### Cocktail



15K

## SMOOTHIES

### Watermelon Banana



18K

### Watermelon Pineapple



18K

## ICE CREAM

### Cup



3K

### Cone



5K

# DRINKS

## MOCKTAILS

### Mint Cooler



15K

## COCKTAIL

### Long Island Ice Tea



25K

### Blue Lagoon



20K

### Ginger Mint



20K

## BEERS

### Beers




7K

## WINES

### Dry



100K

### Sweet



70K