



EQUINOX
SPORT & FITNESS CENTER

Manila

Restaurant

Breakfast

ENGLISH BREAKFAST

28,000/=

Baked beans, home fries, Spanish omelette, beef sausages, bacon, and toast.

LIVER BREAKFAST

28,000/=

Braised liver served with home fries, chapati, and grilled tomatoes.

PARSLEY CHICKEN BREAKFAST

22,000/=

Grilled chicken fillet topped with seasoned parsley, sunny-side-up eggs, and mushrooms.

BREAKFAST COMBO

25,000/=

Chapati, sausages, spinach, home fries, baked beans, fried eggs, and grilled tomato.

IN-HOUSE BREAKFAST

20,000/=

Plantain, poached eggs, spinach, avocado, and toast bread.

BREAKFAST PANCAKES

23,000/=

Two signature pancakes served with farm-fresh eggs, sausages, baked beans, and home fries.

CHICKEN WRAP BREAKFAST

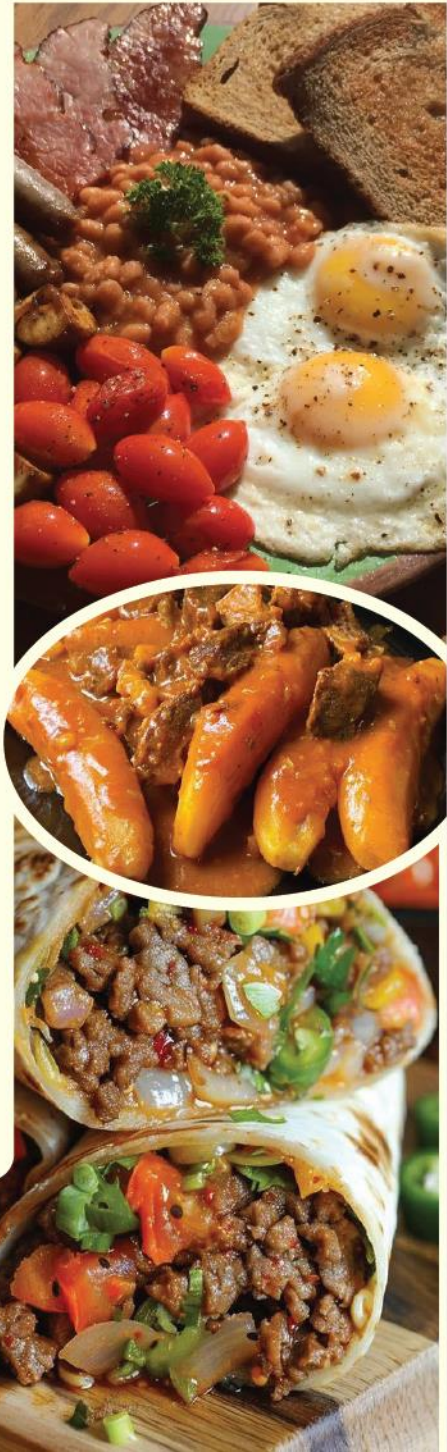
25,000/=

Grilled chicken fillet, eggs, cheese, and fresh tomatoes wrapped in a homemade tortilla, served with home fries and kachumbari.

KATOGO SPECIAL

15,000/=

Offals, beef, or liver katogo served with chapati, avocado, and fresh spinach.





Sandwiches & Wraps

BBQ CHICKEN SANDWICH

25,000/=

Grilled BBQ chicken topped with fresh salad in a toasted bun.

CHICKEN MAYO SANDWICH

25,000/=

Tender chicken mixed with creamy mayonnaise and fresh vegetables.

HAM & CHEESE SANDWICH

20,000/=

Smoked ham and melted cheese served in toasted bread.

BBQ CHICKEN WRAP

25,000/=

Grilled BBQ chicken wrapped with crisp vegetables and sauce.

BUFFALO CHICKEN WRAP

25,000/=

Spicy buffalo chicken wrapped with fresh salad and creamy dressing.



Fit & Fresh Salads

CHICKEN CAESAR SALAD

25,000/=

Fresh lettuce, grilled chicken, croutons, Parmesan, and Caesar dressing.

SUNRISE SALAD

20,000/=

A colorful mix of fresh vegetables with a light house dressing.

FRESH GARDEN SALAD

20,000/=

Crisp seasonal vegetables served with your choice of dressing.

COLESLAW SALAD

25,000/=

Fresh shredded cabbage and carrots in a creamy dressing.



Mouthwatering Soups

FARMER'S SOUP 12,000/=

A hearty blend of fresh vegetables in a rich homemade broth.

CLEAR CHICKEN SOUP 15,000/=

Light chicken broth with tender chicken and fresh herbs.

CHICKEN MUSHROOM SOUP 15,000/=

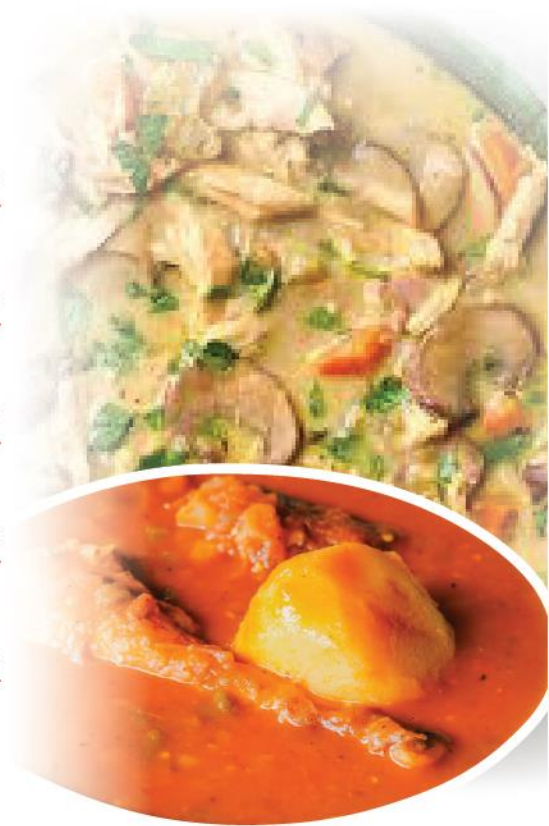
Creamy soup with tender chicken and fresh mushrooms.

VEGETABLE SOUP 10,000/=

A wholesome mix of fresh seasonal vegetables.

CREAM OF MUSHROOM SOUP 15,000/=

Rich, creamy mushroom soup with a smooth, comforting flavor.



Special Chicken



STIR-FRIED CHICKEN 25,000/=

Tender chicken stir-fried with fresh vegetables and savory sauce.

CHICKEN STROGANOFF 25,000/=

Chicken in a rich, creamy mushroom sauce.

BUTTER CHICKEN 28,000/=

Tender chicken cooked in a rich, creamy tomato butter sauce.

CHICKEN CURRY 29,000/=

Chicken simmered in a fragrant, mildly spiced curry sauce.

SWEET & SPICY CHICKEN WINGS 30,000/=

Crispy chicken wings coated in a sweet and spicy glaze.

BOILED CHICKEN STEW 25,000/=

Slow-cooked chicken in a rich homemade stew.



Beef Delight

BRAISED BEEF

25,000/=

Slow-cooked beef in a rich, savory gravy.

MUSHROOM PEPPER STEAK

28,000/=

Tender beef steak topped with creamy mushroom pepper sauce.

PAN-FRIED BEEF

25,000/=

Juicy beef pan-fried with onions, herbs, and spices.

PAN-FRIED LIVER

28,000/=

Fresh beef liver pan-fried with onions, peppers, and herbs.



The Goat

SWEET & SOUR GOAT RIBS

35,000/=

Tender goat ribs coated in a sweet and tangy sauce.

HONEY GLAZED SPARE RIBS

35,000/=

Goat spare ribs glazed with a rich honey sauce.

PAN-FRIED GOAT SPARE RIBS

35,000/=

Tender goat ribs pan-fried with herbs and spices.

BRAISED GOAT

35,000/=

Slow-cooked goat meat in a rich, flavorful gravy.

GOAT MAKHANI

35,000/=

Tender goat cooked in a creamy, mildly spiced tomato sauce.

CHINESE GOAT RIBS

35,000/=

Goat ribs tossed in a flavorful Chinese-style sauce.

GOAT PILAU

28,000/=

Fragrant spiced rice cooked with tender goat meat.



Pizza

BBQ CHICKEN PIZZA 35,000/=

BBQ chicken, mozzarella cheese, and barbecue sauce.

CHICKEN HAWAIIAN PIZZA 35,000/=

Chicken, pineapple, mozzarella, and tomato sauce.

MEXICAN PIZZA 33,000/=

Spiced beef, vegetables, jalapeños, and mozzarella.

CHICKEN SUPREME PIZZA 35,000/=

Loaded with chicken, vegetables, and mozzarella cheese.

CLASSIC MARGHERITA PIZZA 30,000/=

Tomato sauce, mozzarella, and fresh herbs.

VEGAN PIZZA 27,000/=

Fresh vegetables with tomato sauce and vegan-friendly toppings.



Burgers

BBQ CHICKEN BURGER 25,000/=

Grilled BBQ chicken with fresh lettuce, tomato, and house sauce.

BBQ BEEF BURGER 25,000/=

Juicy beef patty topped with BBQ sauce and fresh vegetables.

CRISPY CHICKEN BURGER 25,000/=

Golden crispy chicken fillet with lettuce and creamy mayo.

DELUXE BEEF BURGER 25,000/=

Juicy beef patty topped with cheese, fresh vegetables, and house sauce.





Fish Zone

WHOLE TILAPIA FISH

35,000/=

Fried to perfection and sautéed in bell peppers, served with spinach and your choice of accompaniment.

GRILLED TILAPIA FILLET

30,000/=

Fresh tilapia grilled with light seasoning and served with spinach.

FISH FINGERS

28,000/=

Tender fish fillets coated in seasoned breadcrumbs, fried until golden and crispy, served with French fries and tartar sauce.



APPETIZERS & LIGHT BITES

MASALA CHIPS 15,000/=

Golden crispy fries tossed in our signature spicy masala sauce.

PLANTAIN CHIPS 12,000/=

Fresh plantain slices fried to a perfect golden crunch.

PLAIN CHIPS 15,000/=

Classic potato fries, crispy, hot, and delicious.

BEEF SAMOSAS 5,000/=

Crunchy pastry filled with flavorful seasoned minced beef.

VEGETABLE SAMOSAS 4,000/=

Crispy pastry stuffed with fresh mixed vegetables and herbs.

CHICKEN SPRING ROLLS 5,000/=

Golden-fried rolls packed with tender chicken and vegetables.

CHICKEN ROLLIES 15,000/=

Soft chapati wrapped around juicy chicken and fresh vegetables.

CHAPATI 5,000/=

Freshly made soft flatbread served warm.

BOILED EGG 4,000/=

Farm-fresh eggs perfectly boiled and ready to enjoy.

SPANISH OMELETTE 5,000/=

Fluffy omelette prepared with vegetables and savory seasonings.

STEAMED VEGETABLES 10,000/=

A healthy selection of fresh seasonal vegetables lightly steamed.

AMERICAN PANCAKES 15,000/=

Soft, fluffy pancakes served warm and freshly prepared.



Accompaniments

VEGETABLE RICE

Fragrant rice cooked with fresh vegetables and aromatic herbs.

BROWN RICE

Wholesome, nutritious brown rice with a rich natural flavor.

PLAIN RICE

Light, fluffy steamed rice, perfect with any meal.

MASALA CHIPS

Crunchy fries coated in our signature spicy masala sauce.

MASHED POTATO

Creamy, smooth mashed potatoes prepared with a touch of butter.

BOILED POTATOES

Fresh potatoes gently boiled until tender and served hot.

POTATO WEDGES

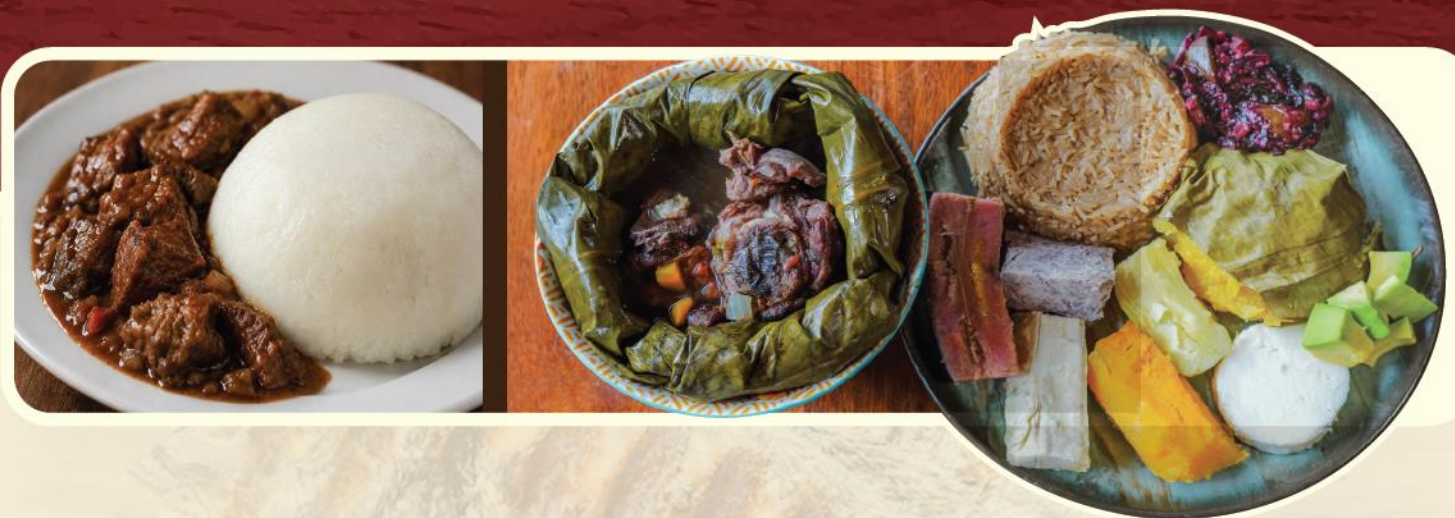
Thick-cut seasoned potato wedges, crispy on the outside and fluffy inside.

POSHO

A traditional Ugandan staple, freshly prepared and satisfying.

FRENCH FRIES

Golden crispy potato fries, perfectly seasoned and served hot.



Thank You For Dining With Us

EQUINOX

SPORT & FITNESS CENTER



SCAN MENU

*Thank You For Dining
With Us*

EQUINOX RESTAURANT & LOUNGE

• **Great Food** • **Great Taste** • **Great Experience**

Location: Kulambiro, Tel: +256 786 568481

