

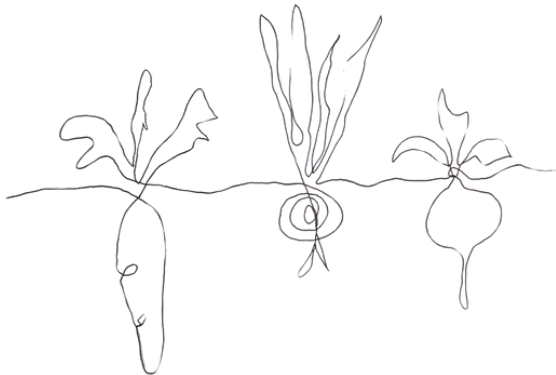
MENU

RAMBLINGS

The intention of your lunch menu is to showcase local biodiverse ingredients and a variety of cooking, fermenting and patient processing techniques, in a memorable way whilst tasting delicious too. Our avenue to do this is through pizzas and flatbreads; staples that transcend meal times and cherished by cultures worldwide.

All ingredients on our table today are produced on our biodynamic farm and picked freshly this morning. Our approach to farming is one where we work in harmony with Tigoni's surroundings - always replenishing the land and marveling at nature's potential.

We delved into the nuances of each grain to identify the ideal preparation method that would truly highlight its unique essence. We fermented, soaked and combined the grains to create interesting textures and to see what they were capable of becoming. Creativity teaches us what we did not already know.



Each of the pizza doughs before you are made from a different combination of freshly stone-ground flours from ancient grains, hydration percentages and fermentation lengths. All these tiny tweaks create something novel; it is the small actions that matter.

Our signature 'Pinsa' dough is inspired by an ancient Roman recipe from back in a time when multiple grains grew complementarity together in fields. This diversity led to equally diverse flour blends back in the kitchen. Diversity carries so much more intrigue; don't you think?

Maize can be multicoloured if we broaden our food perspectives. Can Ancient Red Sorghum adopt Mexico's tradition of removing phytic acid with an alkaline bath before grinding? Nixtamalizing the heirloom variety in quesadillas ahead lets you absorb nutrients better. Patience is really is a companion of wisdom.

Flavour is an endless playground of discovery. We've smoked cheeses using 'prosopis', an invasive mesquite shrub from Northern Kenya, imparting a delightful smoky flavor while also providing a purpose for its use. We've enhanced flavor and 'umami' through the mystery of fermentation. Complexity arrives in our red-sauce by lacto-fermenting the cherry tomatoes before blending. And, koji-fermented cowpea miso marinates our 'rescued' tomatoes - as Antoine Lavoisier once said, "nothing is waste, everything transforms".

"THE CREATIVE MOMENT OF SURPRISE...
I DIDN'T THINK I COULD THINK LIKE THAT'
~ PÁDRAIG Ó TUAMA

How we tend to our animals and crops directly affects flavor. We feed our four-legged friends fermented and sprouted ancient grains, avocados and macadamia remnants to enhance their fat's richness. Our mozzarella is meticulously crafted from an organic raw milk 'clabber culture' which encapsulates our farm's essence: devoid of any additives beyond nature's generous offerings.

To highlight the undeniable link between food and earth, we explored baking potatoes in clay. 'Arcilla de chaco', is a traditional time-honored Peruvian culinary technique to remove poisonous glycoalkaloids. "The earth is not outside us; it is within: the clay from where the tree of the body grows" ~ John O'Donohue.

Our desserts are designed to spark surprise and wonder! As Kenya's original grain, we had to showcase red sorghum on our menu. It imparts an earthy flavor to the rhubarb and cherry guava pie. The fermentation process of amazake (a traditional Japanese fermented rice drink) using Koji mold (rice fermented with live cultures) beautifully harmonizes the flavors of the sorbet. How often do you stop to delight in the little wonders of life?

The steamed 'Ebitata' banana bread you tried was made with the critically endangered yet hardy 'Lisosti' variety which is conserved by the Luhya Abanyole people. Without their efforts, it would otherwise be extinct. Is this our desired direction of 'progress'?

Finally, did you notice how your mood was a little bit brighter and mind a little bit clearer after eating the earthly and delicious Njahi black bean and Tanzanian raw cacao brownies this morning? Nature is waiting for us to tap into its vitality; what if we chose to listen to Hippocrates and "Let Food Be Thy Medicine?"

"FLAVOR IS THE BODY'S WAY OF IDENTIFYING IMPORTANT NUTRIENTS AND
REMEMBERING WHAT FOODS THEY COME FROM"

~ FRED PROVENZA

OVER COALS

NEOPOLITAN

57% hydration; freshly ground wheat + barley flour fermented for 72 hours)

Bianca with shaved wild pumpkin & soybean herbed feta, pumpkin-miso puree, chili lime mascarpone, wild pumpkin dukkah

House made fennel sausage, spicy lacto fermented cherry tomatoes, smoked scormoza, oregano, shaved celery

House made Guanciale, Blue cheese, mountain pawpaw, caramelized onions (V)

DRY AGED THIN CRUST

(70% hydration; freshly ground wheat + sorghum flour fermented 2 days and dry aged 3 days)

Lacto-fermented potato & arrowroot, cashew cream, garlic confit, rosemary, root artchichokes (DF, V)

PINSA

55% hydration (freshly ground wheat, spelt, barley, oats & flaked barley fermented 72 hours)

Zucchini, flaked wheat, nettle & wild pumpkin seed pesto, lacto-fermented tomato sauce, buratta, tempura herbs, lemon (V)

PIZZA CLAM SANDWICH

(55% hydration, stone ground wheat fermented 72 hours with red finger millet)

Tapenade, fior di latte mozzarella, roasted red peppers (V)

Basil pesto, rocket, stracciatella, house cured coppa, salted tomatoes, lemon

QUESADILLA

(Nixtamalized heirloom multicolored maize)

Stuffed with Oaxacan cheese, pulled pork & green tomato gooseberry mole & baccatum sweet red pepper mole (GF)

V = vegetarian DF = dairy free GF = gluten free

ALTERNATE GRAIN DEEP DISH

Pearl millet & cassava deep dish with 'rescued' miso marinated tomatoes, sesame tahini, garlic, smoked scarmorze (GF, V)

TABLE SIDES

Sorghum tabouleh salad; home-made labneh (GF, V)

Wilted indigenous greens; coconut chutney (GF, DF, V)

Charred green beans; lemon verbena pesto (GF, DF, V)

Herb & mixed sprouts micro salad; preserved lemon dressing (GF, DF, V)

Garden foraged green salad; oyster nut & Kilifi lime dressing (GF, DF, V)

Whipped herb lard; flower pot 'Ezekiel' bread

Earthy Cowpea 'socca'; carrot mbaazi bean hummus (GF, DF, V)

Mango cho-cho slaw; pickled fennel (GF, DF, V)

CHEESE & CHARCUTERIE LADDER

Enjoy a selection of seasonal cheeses highlighting various cheese styles. Our house made charcuterie compliments our cheeses. Feel free to enjoy them at any point during the meal.

SWEET ENDING

Rhubarb, cherry guava & strawberry galette; sorghum crust (GF, DF, V)

Peanut chocolate ice cream bars; beetroot crunch (GF, V)

Amazake sorbet cookie sandwiches; miso caramel (GF, DF, V)

Tamarind coconut sorbet; natural gingerale marinated grilled pineapple (GF, DF, V)

QUENCHERS

Our drinks menu features a range of fermented drinks. We use the leftover whey from cheesemaking to ferment blueberries into a natural soda and as a starter to turn honey into mead which is then distilled into a vodka distillation.

A biodiversity of microbes have helped us to transform fruit juice or honey into delicious fizzy sodas! Beetroot Kvass is a slightly salty ferment traditionally hailing from Russia. We pair it with our raspberry kombucha to balance this natural fizzy drink.

Horchata de Chufa is a traditional Spanish creamy drink made from tiger nuts. A discombobulating name for a nut given they are actually grass root nodules with a rich, nutty flavor!

NON ALCOHOLIC

RASPBERRY KOMBUCHA WITH BEETROOT KVASS

Acetic acid bacteria (*Acetobacter*, *Gluconobacter*, *Gluconacetobacter*, *Komagataeibacter*), **lactic acid bacteria** (*Lactobacillus*, *Lactiplantibacillus*, *Lacticaseibacillus*) and **yeasts** (*Brettanomyces*, *Candida*, *Saccharomyces*, *Zygosaccharomyces*),

BLUEBERRY WHEY & LAVENDER NATURAL SODA

Lactic acid bacteria (*Lactobacillus*) used from leftover whey to ferment a blueberry + lavender soda

TULSI, LIME & MINT ICED TEA

Herbal cold decoction made with holy basil (tulsi), an adaptogenic herb known as a blood purifier

COLA SYRUP

Nostalgic syrup; a mix of orange, lime, cinnamon, coriander and nutmeg

TIGER NUT HORCHATA **nut free** - *cyprus esculentus* root tubers

Tanzanian tiger nut milk blended with Kenyan beet sugar, fresh vanilla & cinnamon (DF)

ALCOHOLIC SAMPLING

WHEYFINDERS BEELINE **lactic acid bacteria** (*lactobacillus*) from gouda whey

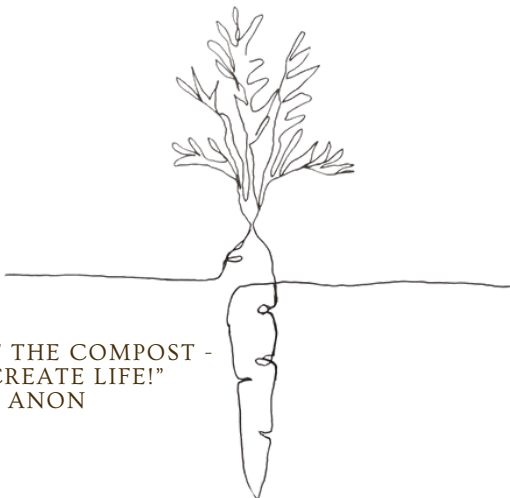
House distilled whey vodka, rosemary, honey syrup, lime, soda water

HOUSE MADE RED WINE. VINTAGE: 20.09.2023

Naivasha grown black grapes; **yeast** ferment aged in the spare bedroom cupboard!

GUAVA & LEMON VERBENA CIDER **yeast** (*Saccharomyces cerevisiae*)

Fresh 4 day ferment made with guavas (not apples) & infused with lemon verbena



“DON'T EAT THE COMPOST -
LET IT CREATE LIFE!”
~ ANON