



7th SENSE

GRILL HOUSE

Welcome to The 7th Sense Restaurant

The fundamental concept of this menu is a fusion of cultures, flavours and favourites, all plated to perfection for your satisfaction. Our team of local and international Chefs, headed by Chef Chintu Mwachande, Praveen Prakash & Lingson Phiri have meticulously chewed over each dish and its ingredients to ensure they are sourced from local farmers and incorporate local flavours into the dishes.

PRICES ARE INCLUSIVE OF 16% VAT, 1.5% TOURISM LEVY AND 10% SERVICE CHARGE

May 2025



Chef's Tasting Menu, Season 2: Love of Zambia

Dining Experience, ZMW1500pp



Mopane Consommé

Clarified mopane broth || Cassava crisps || Mini brioche buns || Avocado butter

Kariba Bream

Seared Kariba bream fillet || Wild spinach powder || Fresh cassava || Sweet potato leaves || Dry fish sauce || Microgreens

6°C Degrees of Maize

Creamed Nshima || Grilled baby & diamond corn || Sweet corn purée, samp || Maize tuile || Chamomile & cilantro flowers

Leaves & Pulses

Dried pumpkin leaf visashi || Sweet potato leaves || Baby rape || Wild spinach foam || Okra glass || Curried white bean purée

Chicken Confit De Canard

Braised & slow cooked village chicken || Fresh herbs || Mixed spices

Zambian Bean Cake

Solwezi beans || Braised Beef hooves panné || Egg || Cassava flour

Game Meat

Slow cooked game meat || Sautéed wild spinach || Sweet potato purée || Dauphinoise fresh cassava || Garlic butter sauce

Flavours of The Forest

Tamarind- Baobab munkoyo || Wild Zambian honey || Banana fritters || Fudge || Groundnut praline || Mint || Squash blossom



Available every Friday || Dinner service only || Wine Paring as an optional extra, price on request. Dietary requirements/restrictions to be communicated prior to commencing.

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Grill House

Amuse Bouche Compliments of The Chef



Popular dishes from the Chef's seasonal Tasting Menu

The House Soup: Seasonal Vegetable velouté ZMW180



Rich velvety soup made with sauté vegetables, a drizzle of fresh cream and served with artisanal herb-infused bread

Grill House Garden Salads

Garden Salad ZMW170



Butter lettuce, cucumber, tomato, onion, sweet peppers, baby beetroot shoots with lemon vinaigrette

Tri-Colour ZMW210



Sliced avocado, rocket, mozzarella cheese, basil, sliced tomatoes, onion and salsa verde garnished with microgreens

Rocket & Beetroot ZMW210



Beetroot & rocket dressed with a honey mustard dressing, crushed walnuts and parmesan shavings

Heritage Ribbon ZMW170



Cassava, tofu, cooked carrot, butternut, cucumber, radish, rocket, blue borage, nuts, seeds, French dressing

7th Sense Grill - Starters

Baby Marrow Cannelloni ZMW230



Sliced baby marrow stuffed with tofu, spinach, white cabbage, onion, garlic served on a bead of pea puree

Chicken Ballotine ZMW250

Chicken fillet wrapped with kale, wild mushroom stuffing, chicken liver, white wine sauce, sauté spinach, microgreen

Salt Beef Carpaccio ZMW200

Pickled and slow-cooked beef brisket served with a cauliflower cream puree, cooked butternut, carrot & rocket

Crayfish Thermidor ZMW290

Local Crayfish cooked in a rich white wine sauce topped with a rich cheese sauce and microgreens



Speciality Dish



Vegetarian Dish



Spicy Dish



7th Sense Grill - Main Course

**All Mains are served with a Green Salad and a Side of your choice*

T-Bone ZMW460

The best of both worlds, T-bone steak offers part of flavourful sirloin and part of a tender fillet mignon

Smoked Village Chicken 🌿 ZMW375

Confit and char-grilled boiler chicken, glazed with apricot jam, fresh rosemary, thyme, salt & black pepper

Mint Infused Lamb Chops ZMW360

Grilled lamb chops marinated with a fresh mint & herb paste, mustard, soy sauce and honey

BBQ Ribs ZMW450

Smoked baby back ribs seasoned with mustard, brown sugar, butter and barbecue spice, glazed with teriyaki sauce

Glazed Pork Tomahawk ZMW395

Bone-In pork loin glazed with a home-made red wine & thyme jus served with green beans and micro greens

Cognac Infused Pepper Steak ZMW400

Beef fillet minute steak seasoned with salt, cracked black pepper and seared with brandy in a rich peppercorn sauce

Salmon a L'Orange ZMW680

Seared salmon basted with a rosemary-infused orange butter sauce garnished with parsley oil & parsley powder

Braised Oxtail ZMW440

Oxtail seasoned and seared with Caribbean spices, slow cooked in a rich tomato, rosemary and thyme sauce

Ribeye Steak ZMW440

A perfect blend of tenderness and marbling that melts during cooking, infusing the meat with rich, buttery flavour.

Grilled Cauliflower V ZMW260

White cauliflower fleurettes blanched with turmeric and curry powder, seasoned with paprika & pepper

Pesto Infused Polenta V ZMW300

Grilled Italian style polenta served with fine green bean, sauté spinach and parsley powder



Speciality Dish



Vegetarian Dish



Spicy Dish



7th Sense Pan Asian

7th Sense Pan-Asian - Starters

Lasooni Tikka ZMW240

Tandoor grilled quail marinated with spinach infused yoghurt served with creamed fresh coriander

Vegetable Tempura ZMW190



Deep fried aubergine, courgette, potato and green beans dipped in a tempura batter, garnished with parsley powder & sweet chili dip

Peking Duck ZMW240

Pulled Peking duck served with Chinese pancakes, a julienne of cucumbers, spring onion, orange & a rich plum Hoisin sauce

Smoky Tandoori Tikka ZMW260



Tandoor grilled chicken pieces marinated with yoghurt, ginger garlic paste, Kashmiri powder & garam masala served with a garlic sauce



Speciality Dish



Vegetarian Dish



Spicy Dish



7th Sense Pan-Asian - Main Course

Beef Katsu **ZMW420**

Classic Japanese beef fillet coated with panko breadcrumbs served with grilled tomatoes and a smoky Katsu curry

Cantonese Steamed Bream **ZMW410**

Whole bream steamed with fresh ginger and spring onions served with a light soy sauce and microgreens

Murgh Tikka Masala **ZMW310**



Tandoor grilled chicken fillet marinated with yoghurt, garam masala & coriander cooked in a creamy tomato sauce

Persian Biryani **ZMW410**



Spiced basmati rice cooked with marinated lamb, cardamom, cinnamon, fennel and nutmeg

Chicken Biryani **ZMW280**



Spiced basmati rice cooked with marinated chicken, cumin, coriander, garam masala and fried onion

Seared Tofu **ZMW250**



Pressed tofu steak glazed with a homemade teriyaki sauce, served with fine green bean, sauté spinach & parsley powder



Speciality Dish



Vegetarian Dish



Spicy Dish





Desserts

Flambé Baked Alaska ZMW220



Genoise sponge topped with a sweet fruit chutney, ice cream and lemon meringue caramelised with French brandy

Lemon Tart ZMW210

Lemon custard set in a pastry shell, burnt meringue, caramel & chocolate sauce with a garnish of mint & fresh berries

Chocolate Torte ZMW280

Dark chocolate torte topped with crème chantilly, chocolate sauce, cinnamon powder, fruits & fresh mint garnish



Speciality Dish



Vegetarian Dish



Spicy Dish



Sides
ZMW80

Nshima

Steamed Rice

Mashed Potatoes

Hand Cut Chips

Garden Salad

Leafy Greens

Butter/ Garlic/ Chilli Naan

Sauces
ZMW50

*Peppercorn Sauce
Mushroom Sauce
Red Wine Jus*

7th Sense Set Menu

2 Courses ZMW595 per person

*(Starter & Main Course OR
Main Course & Dessert)*

3 Courses ZMW795 per person

(Starter & Main Course & Dessert)

Wine Pairing ZMW250 per glass

*Please inform your Host of any food allergies or dietary restrictions
prior to ordering*



Speciality Dish



Vegetarian Dish



Spicy Dish