



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 Mwichande, 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.



GRILL HOUSE

AMUSE-BOUCHE - Compliments of The Chef

Freshly baked, homemade artisanal bread served with our famous rape pesto, impwa ketchup and tomato jam

GRILL HOUSE GARDEN

Classic Garden Salad
ZMW160

Greek Salad
ZMW160

French Niçoise Salad with Salmon
ZMW160

STARTERS

Spicy Chicken Wings
ZMW195

Chilli- Garlic Crayfish
ZMW220

Moules Marinière
ZMW190



Hot & Sour Soup   
ZMW120

Steamed mussels cooked in a creamy-garlic sauce topped with parsley

A medley of ginger, garlic, cabbage, mushrooms and green beans flavoured with soy sauce and lemon juice, topped with crunchy noodles.

Nshima Fries  
ZMW150

Goat cheese, tomato ragout, baby spinach, yellow pepper essence, rape pesto, impwa purée and crush roasted peanuts

Creamy Ravioli Vegetable Soup  
ZMW120

Butternut ravioli cooked in a creamy vegetable bisque

Slow Cooked Zambezi Crocodile
ZMW170

Crocodile Chunks cooked in a white wine sauce, flavoured with hot English mustard and cheddar cheese

Beef Coconut Fry
ZMW240

Beef cooked with South Indian spices and Stir-fried with coconut slices and curry leaves

SOMETHING FROM THE TANDOOR

Served with mango-jalapeño sauce, mint-coriander chutney and garlic infused yoghurt topped with chaat masala

Tandoori Paneer Tikka 
ZMW280

Grilled Tandoori 1/4 Chicken
ZMW265

Tandoori Chicken Lasooni Tikka 
ZMW265

East African Seafood Curry
ZMW270



Speciality Dish



Vegetarian Dish



Spicy Dish





GRILL HOUSE

SOMETHING HEARTY

Punjabi Chole Masala   
ZMW280

A North Indian speciality – chickpeas simmered in a spicy, tangy and aromatic gravy

Murgh Tikka Masala 
ZMW280

Succulent pieces of marinated and grilled chicken, cooked in a rich and aromatic tomato-based gravy

Lamb Kheema Masala
ZMW280

Lamb mince slow cooked to perfection in a thick, rich and aromatic gravy with tangy, smoky and spicy undertones.

Nadan Beef Curry 
ZMW220

Pressure cooked succulent beef cubes cooked with aromatic masalas and fresh herbs

Paneer Butter Masala  
ZMW290

A North Indian favourite - soft cubes of paneer cooked in a tomato and onion gravy with a medley of spices, topped with cream and a dollop of ghee

Chicken Biryani
ZMW190

Spiced Basmati Rice is layered over tender Chicken pieces and topped with fresh herbs, Yoghurt and Mango Chutney

Chicken Vermicelli Noodles
ZMW190

Asian-style Chicken strips cooked with vermicelli noodles and tossed with seasonal veggies and garnished with chilli flakes

SOMETHING FROM THE GRILL

All Grills are served with a green salad and a side dish of your choice

Rib Eye Steak, 350g
ZMW380

Beef Fillet, 250g
ZMW380

Zambian Whole Bream
ZMW290

Rump Steak, 350g
ZMW405

T-bone Steak, 350g
ZMW380

Soy & Ginger-Honey Glazed Pork Ribs, 350g
ZMW500

HOMEMADE SAUCES

ZMW75

*Peppercorn || Mushroom || Garlic-Butter ||
Chimichurri || Red Wine Jus*



Speciality Dish



Vegetarian Dish



Spicy Dish





GRILL HOUSE

Portuguese Chicken Espetada ZMW295

Skewered barbecue chicken thigh pieces marinated in our special soy marinade

Salmon, 300g ZMW495

Norwegian Salmon with a citrus-caper butter sauce

Oxtail ZMW425

Red wine braised Oxtail topped with gremolata

Filipino Chicken Asado ZMW380

Slow-roast chicken basted with a classic marinade of garlic, ginger and tomato, garnished with fresh herbs and coriander

Surf n Turf ZMW440

250g roasted beef fillet with black peppercorn and mustard seeds, served with café de Paris butter and grilled crayfish cooked in a lemon butter sauce

SIDES

- Poppadum, fried/ roasted.....ZMW35*
- Rice, steamed/jeera.....ZMW55*
- Naan, butter/ garlic chilli.....ZMW55*
- French Fries, classic/ parmesan.....ZMW95*
- Mashed Potatoes, classic/ truffle infused.....ZMW115*
- Seasonal steamed veggies.....ZMW65*
- Sautéed rape.....ZMW55*
- Zambian tomato relish.....ZMW65*
- Zambian Trio (Nshima/Beans/Ifisashi).....ZMW110*



SOMETHING SWEET

Bombay Baked Alaska.....ZMW160

Malva Pudding served with Amarula infused custard and dates.....ZMW160

Baobab Fruit Salad with homemade honey ice-cream.....ZMW160

Crepè Suzette with homemade ice-cream.....ZMW110

 Speciality Dish  Vegetarian Dish  Spicy Dish

