

STARTERS

to share... or not

SAMBUSA + 2 DIPS (A/N) – 2,50 €

Sambusa filled with either minced meat,
spinach and cheese,
potatoes and leek,
or currylentils (M)

2 Dips included

SAMBUSATELLER (A/N) – 6,50 €

2 Sambusa + 2 Dips + tamu sanas housesalad
two additional Sambusa each 1,50 €

PLANTINE BOKOBOKO – 4,90 €

Sweet plantain with tomato dip or peanut dip (E)



SOUP

POTAGE (A/L) – 5,00/4,50 €

Fresh vegetablesoup with yams or maniok
with or without coconutmilk

PEPESOUP – 5,00 €

Traditionally spiced hot soup with different parts of meat,
served with yams

SALADS

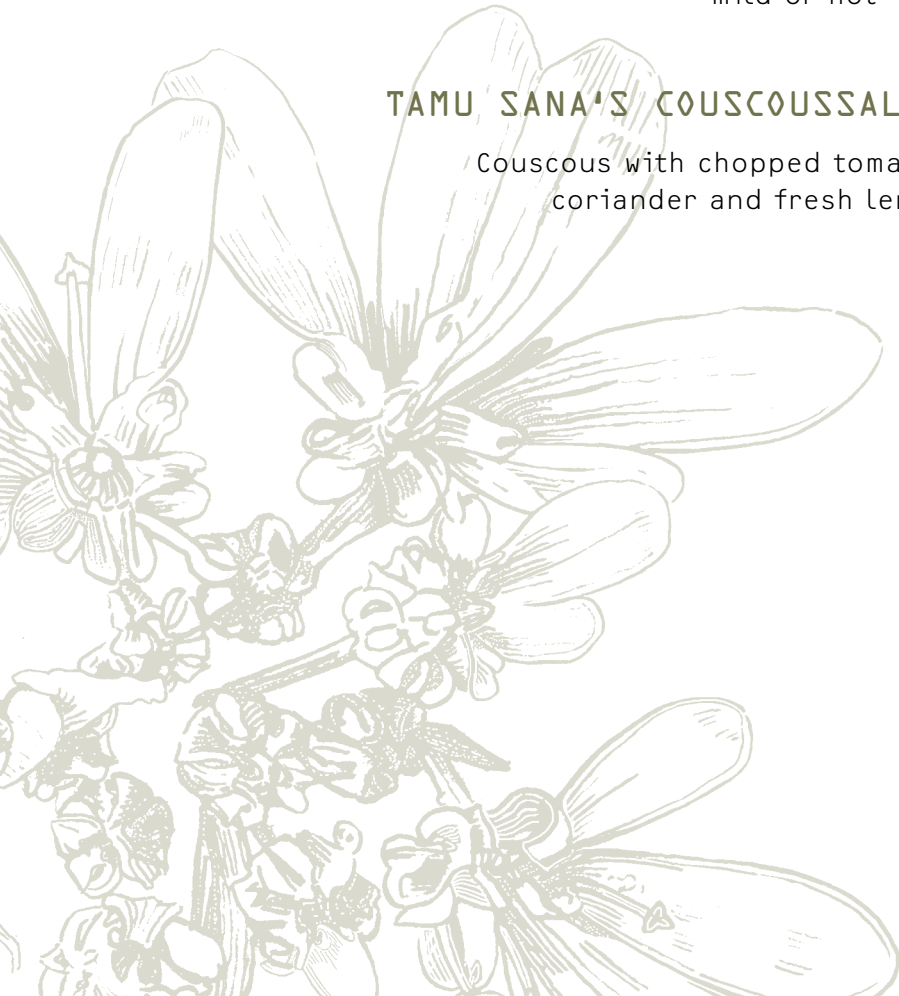
TAMU SANA'S HOUSESALAD – 3,20 €

KACUMBALI – 3,90 €

Fresh tomato salad with onions, coriander and fresh lemon juice
mild or hot

TAMU SANA'S COUSCOUSSALAD (A) – 4,20 €

Couscous with chopped tomatoes, carrots,
coriander and fresh lemon juice



MAIN DISHES

Each main dish is served with a side dish of your choice

VEGETARIAN AND VEGAN

MATÓKE (E) — 12,50 €

Green plantain with fresh pepper, eggplant and spinach
tossed in peanut sauce

Counts to one of the favorite dishes in Rwanda. This creation is served
at every Rwandan event. We recommend rice or couscous.

MAFÉ NA MBOGA (E) — 11,20 €

Fresh yams, manioc or sweet potatoes (depending on availability)
with seasonal vegetables, tossed in peanut sauce

The West African dish is traditionally eaten with rice.
For the more adventurous guest we recommend Bokoboko.

MAHARAGE NA MBOGA — 10,80 €

Dried beans pickled overnight, boiled in an aromatic sauce
made of tomatoes and spinach

NDENGU (M) — 10,80 €

Lentils with thinly sliced vegetables in a spicy coconut-curry sauce

Due to their important nutrients, lentil dishes are cooked in many
(East) African households. Mostly, Ndengu is eaten with couscous or manioc.



OKRA NA MBOGA — 11,50 €

Okra with water spinach tossed in a spicy tomato sauce

Okra is mainly eaten in West Africa. The green okra has a mild
still interesting taste. We recommend couscous or ugali as a side dish.



This dish is created with our **tamu sana BIO spice blend**, which is available
for you in the restaurant.

MEAT

MAFÉ (E) – 12,50 €

Tender chicken breast with finely chopped carrots in peanut sauce

The West African dish is traditionally eaten with rice.
For the more adventurous guest we recommend Bokoboko.

EGUSISOUP – 13,00 €

Tender chicken breast or beef in a sauce made of freshly grounded melon seeds,
spinach and tomatoes

The West African dish is traditionally eaten with rice or ugali.

MBOGA NA NYAMA (M) – 12,50 €

Chicken breast with fresh eggplant, zucchinis, carrots,
tomatoes and green onion cooked in coconut curry sauce



NYAMA NA UGALI – 12,50 €

A mixture of tender beef and spinach boiled in a spicy tomato sauce,
served with Ugali, a pulpified mix of cassava, semolina and water

The typical East African dish is a tamu sana classic.
It is traditionally served with ugali.

PILAU – 12,20 €

Rice with roasted meat cooked in a seasoned broth,
served with our housesalad
optional with yoghurt or tomato dip



This dish is created with our **tamu sana BIO spice blend**, which is available for you in the restaurant.

SIDE DISHES OF YOUR CHOICE

Rice (with coconut milk)
Couscous (A)
Yams
Sweetpotatoes
Viazi (sauteed potatoes)
Plantine Bokoboko
Chapati (A)
Maniok
Ugali
Mboga (juicy spinach spiced with ginger)
tamu sanas housesalad

ADDITIONAL SIDE DISH — 3,00 €



GRILLED

Choose your own combination

1. First choose

NYAMA CHOMA 325 G (M) — 15,50 €

Spiced lamb marinated in ginger, dijon, thyme and tomato cream

MSHIKAKI HUHN 250 G (M) — 15,50 €

Spiced chicken skewer marinated in ginger, dijon, thyme and tomato cream

SAMAKI 500 G (D / M) — 17,50 €

Atlantic fish marinated in ginger, thyme, dijon and tomato cream

2. Then, your sauce

Tomato sauce / Spicy tomato-peanut sauce (E) /
Rwandan onionsauce / Hot chili sauce

3. Lastly, your side dish

Rice (with coconut milk) / Couscous (A) / Yams / Sweetpotatoes / Manioc /
Viazi (sauteed potatoes) / Plantine Bokoboko / Chapati (A) /
Mboga (juicy spinach spiced with ginger)

A bowl of tamu sanas housesalad is included!

ADDITIONAL SIDE DISH — 3,00 €



JOURNEY THROUGH TAMU SANA'S CUISINE



Groups (min 4 persons) have the possibility to enjoy the variety of our cuisine. Different sorts of dishes will be served in bowls at your table. Of course, your preferred dishes will be served as well.

VARIATION 1 – 18,00 €

Starter

2 Sambusa per person, salad and dips

Different main dishes

min. 3 vegan dishes und 3 dishes with meat,
We are happy to accommodate individual requests

Dessert

instead of the dessert we also offer
one of our schnaps

VARIATION 2 – 20,00 €

Starter

2 Sambusa per person, salad and dips

Different main dishes

min. 3 vegan dishes und 3 dishes with meat,
We are happy to accommodate individual requests

Grilled plate

choose between lamb or chicken skewers

Dessert

instead of the dessert we also offer
one of our schnaps

If you have further questions, please don't hesitate to ask our waiters.

If the hunger was less than the portion, we are happy to pack
the food in our organic packaging (0,50 €).



This dish is created with our **tamu sana BIO spice blend**, which is available for you in the restaurant.

SWEETS

MANDAZI (A/C) – 3,50/2,50 €

Fried banana-yeast dough with chocolate sauce
with/without Icecream

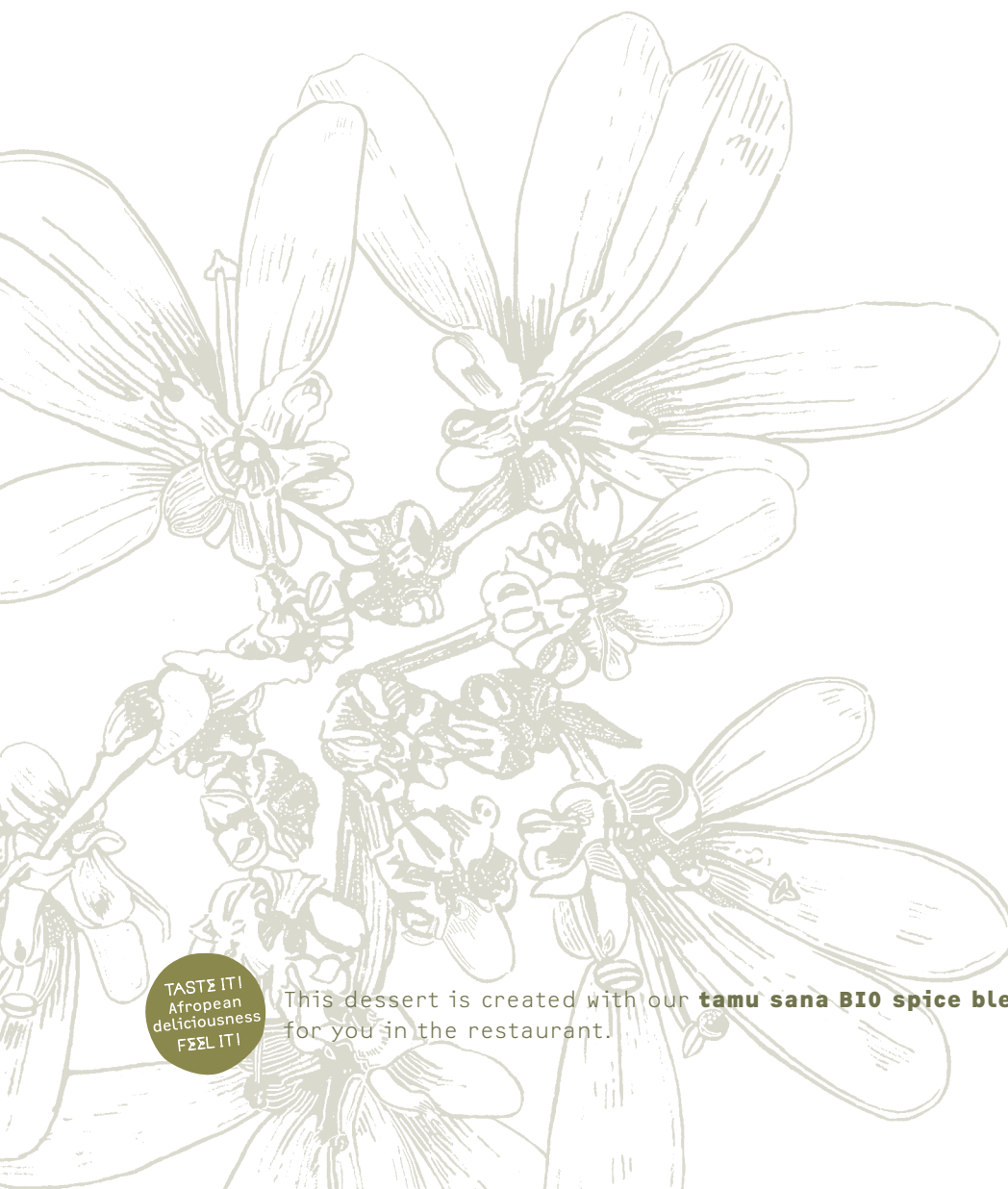
UJI – 3,90 €

Warm millet porridge cooked with milk, sweetened with honey
and refined with tamu sana's BIO Chai Masala spice blend.



SWEET COUSCOUS – 3,50 €

Warm couscous served with nuts, cinnamon and honey



TASTE IT!
Afropean
deliciousness
FEEL IT!

This dessert is created with our **tamu sana BIO spice blend**, which is available for you in the restaurant.

SIDE DISHES

BOKOBOKO

Bokoboko or Sweet Plantain is a different type of banana that gets its sweet taste once it is mature. Usually, they are served in strips or slices.

CHAPATI

Chapati is made from a whole grain mixture of millet and wheat. Chapatis were brought to East Africa by Indian immigrants and are known under the same name in Kenya, Uganda and Tanzania. In order to refine their flavor, we add coconut milk to our chapati.

COUSCOUS (A)

Couscous is a North African dish. The taste is mild and slightly sweet.

MANIOC

Manioc is the root of cassava. It is cultivated in many parts of the world, but Africa remains the main producer. Manioc is rich of healthy carbs, while simultaneously being low in fat and protein. Furthermore, Manioc contains vitamin C as well as important minerals such as calcium and iron.

SWEETPOTATOES

Sweetpotatoes are comparable to potatoes, but taste, as the name already says, slightly sweet. Today, sweetpotatoes are ranked third in the cultivation hit list of all root-vegetables worldwide (just behind potatoes and manioc).

UGALI

Ugali or Fufu is a compact mash made of semolina, cassava and yam flour. In order to eat it correctly, Fufu is formed into small round portions with the right hand, dipped in a spicy soup or sauce and then eaten.

YAMS

Yams is an important basic food in Africa. Their taste resembles a mix of chestnuts and potatoes. They have a dark brown to black skin and are rich of vitamins.

DRINKS

NONALCOHOLIC BEVERAGES

- Apple-elderjuice 0,25l (Heiderer-Mayer) 3,90 €
- Applejuice 0,25l (Heiderer-Mayer) 3,90 €
- Pearjuice 0,25l (Heiderer-Mayer) 3,90 €
- Apricotjuice 0,25l (Heiderer-Mayer) 3,90 €
- Redcurrantjuice 0,25l (Heiderer-Mayer) 3,90 €
- Makava Icedtea 0,33l 3,20 €
- Fanta Africa 0,33l 3,30 €
- Guinness Malta 0,33l (non alcoholic) 3,50 €
- Coca-Cola 0,33l 2,90 €
- Pedacola 0,33l/0,5l 2,90/3,30 €
- Austrian herbal syrup (lad's Love) made of 100% natural ingredients
- Mineral water 0,33l (sparkling or still) 2,20 €
- Soda water with lemon 0,25l/0,5l 2,40/2,80 €

All our fruit juices are served with a carafe of water.

HOT DRINKS

CHAI
MASALA

- Chai (rwandan black tea with tamu sana's BIO spice blend, fairtrade)
with milk 3,90 €
- without milk 3,30 €
- Tea Sonnentor bio 3,70 €
- tamu sana's ginger tea 3,80 €
- Americano 2,90 €
- Cappuccino 3,20 €
- Espresso 2,50 €

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This drink is created with our **tamu sana BIO spice blend**, which is available for you in the restaurant.

BEER

- Star 0,6l 6,50 €
Lager from the oldest Nigerian brewery
- Guinness Stout 0,33l 3,60 €
- Freistädter Ratsherrn Premium 0,33l / 0,5l 3,20 / 4,00 €
- Freistädter Bio Zwickl 0,33l / 0,5l 3,40 / 4,20 €
- Freistädter Zwickl Radler 0,5l 3,70 €
- Franziskaner wheat beer 0,5l 3,80 €
- Franziskaner wheat beer non alcoholic 0,5l 3,70 €
- Krusovice brown ale 0,5l 3,80 €
- Bernard 0,5l 3,80 €

WINE

- 1/8 Veltliner (Vinyard Heiderer-Mayer) 2,60 €
- 1/8 Rivaner (Heiderer-Mayer) 2,70 €
- 1/8 Palesa (South African white wine, Sauvignon Blanc, dry, fairtrade) 3,60 €
- 1/8 Zweigelt (Heiderer-Mayer) 2,70 €
- 1/8 Palesa (South African red wine, Pinotage, dry, fairtrade) 3,60 €
- 1/4 Spritzer (white wine mixed with soda water) 2,80 €
- 1/4 Pedacolaspritzer (white wine mixed with Pedacola and soda) 3,40 €

TAMU SANA'S HOMEMADE DRINKS

Fruity mixed drinks

- Butare Fire (Pineapple, Ginger) 5,50 €
non alcoholic 4,00 €
- Bissap (Hibiscus, cardamom, mint) 5,50 €
non alcoholic 4,00 €

SCHNAPS

- Elderflower (HiGiZa Lembach) 3,40 €
- Pineapple (HiGiZa Lembach) 3,20 €
- Nut (Kreil) 3,20 €
- Liquer 3,20 €

Allergen information

Description _____	Code
Cereals containing gluten _____	A
Crustaceans _____	B
Eggs _____	C
Fish _____	D
Peanuts _____	E
Soya _____	F
Milk or lactose _____	G
Nuts _____	H
Celery _____	L
Mustard _____	M
Sesame seeds _____	N
Sulphur dioxide _____	O
Lupin _____	P
Molluscs _____	R