



tamusana
african cuisine

WELCOME! KARIBU!

Once you open this page, you are on a culinary journey through the (East-)African cuisine.



Our aim is to present you one part of the (East-)African culture in a natural, easy and open way. One of our main priorities is to offer you fresh, local and organic products.

We invite you to discover the (East-)African way of life. Taste a piece of sun, joy and serenity.

Yours,
tamu sana team

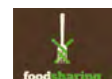
SOME OF OUR PARTNERS

- Our meat: Miedlhof Niederösterreich (Lower Austria)
- Juices and Wines: Family Heiderer-Mayer (Lower Austria)
- Vegetables (depends on availability): Gruber from St. Florian (Upper Austria)

OUR CONCERN



Klimabündnis: We are a member of the largest municipal climate protection network in Austria.



Foodsharing: Food is precious, which is why we focus on producing as little surplus as possible. Furthermore, we cooperate with foodsharing, to whom we regularly provide unconsumed food.



BIO and sustainability: Since working with sustainable and organic products is a major concern, we have created our own BIO certificated tamu sana spice blends.

STARTERS

to share... or not

1 SAMBUSA + 2 DIPS (A/N) – 4,00 €

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

2 Dips included

SAMBUSATELLER (A/N) – 10,50 €

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

2 Dips + tamu sana's housesalad included
max. two additional Sambusa each 3,50 €

PLANTAIN BOKOBOKO – 7,50 €

Sweet plantain with tomato dip or peanut dip (vegan, E)

We try our best to use as many **organic** and/or **regional products** as possible. You can find some of our partners on the left page.



SOUP

POTAGE (A/L) — 7,50/7,00 €

Fresh vegetablesoup with yams
with or without coconutmilk (vegan)

PEPESUP — 8,50 €

Traditionally spiced hot soup with different parts of meat and offal,
served with yams, mild or hot

SALADS

TAMU SANA'S HOUSESALAD — 6,50 € (small) / 8,50 € (big)

KACUMBALI — 7,50 €

East African tomato salad with onions, fresh coriander and lemon juice
mild or hot (vegan)



MAIN DISHES

Every main dish is served with a bowl of rice or couscous. A selection of additional side dishes can be found in the back section of the menu.

We try our best to use as many **organic** and/or **regional products** as possible. You can find some of our partners on the first page.

VEGAN

MATOKÉ (E) — 19,50 €

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

Counts to one of the favourite dishes in Rwanda. This creation is served at every Rwandan event. We recommend Ugali as an additional side dish.

MAFÉ NA MBOGA (E) — 17,50 €

Fresh sweet potatoes with seasonal vegetables,
tossed in peanut sauce

This West African dish is traditionally eaten with rice. For more adventurous guests we recommend plantain as an extra side dish.

MAHARAGE NA MBOGA — 16,50 €

Dried beans pickled overnight with vegetables,
boiled in an aromatic tomato sauce

As additional sides for this dish, we recommend maniok or viazi (fried potatoes).

NDENGU (M) — 14,50 €

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

Due to their important nutrients, lentil dishes are a staple in many (east) african households. We recommend maniok as an extra side dish.

CURRY
MASALA

TASTE IT!
Afropean
deliciousness
FEEL IT!

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

MAIN DISHES

Every main dish is served with a bowl of rice or couscous (except Ugali). A selection of additional side dishes can be found in the back section of the menu.

MEAT

MAFÉ (E) — 17,50 €

Tender chicken breast with finely chopped carrots in peanut sauce

This West African dish is traditionally eaten with rice. We also recommend sweet potatoes as an additional side dish or, for the more adventurous palate, plantains.

MBOGA NA NYAMA (M) — 18,50 €

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

As an extra side dish for this meal, we recommend viazi (fried potatoes).



UGALI NA NYAMA — 20,50 €

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.



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

GRILLED

Choose your own combination

1. First choose

NYAMA CHOMA 325 G (M) — 27,50 €

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

MSHIKAKI CHICKEN 250 G (M) — 23,50 €

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

SAMAKI 500 G (D / M) — 31,50 €

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)

A selection of additional side dishes can be found on the following page.

ADDITIONAL SIDE DISH — 4,00 €

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.

VARIATION 1 – 28,50 € / per person

Starter

2 Sambusa per person, salad and dips

Different main dishes

min. 3 vegan and 3 dishes with meat, several side dishes
We are happy to accommodate individual requests

Dessert (G)

Mandazi (fried banana-yeast dough with chocolate sauce)
with/without Icecream
or one of our schnaps



VARIATION 2 – 32,50 € / per person

Starter

2 Sambusa per person, salad and dips

Different main dishes

min. 3 vegan and 3 dishes with meat, several side dishes
Besides we serve a grilled plate with **lamb** and **chicken skewers**
We are happy to accommodate individual requests

Dessert (G)

Mandazi (fried banana-yeast dough with chocolate sauce)
with/without Icecream
or 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 € per portion).



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



SWEETS

MANDAZI (A/C/G) – 4,00/3,50 €

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

CHOCOLATE BROWNIE (C/G) – 4,50/4,00 €

Chocolate cake prepared with whole cane sugar and rice flour
with/without Icecream

DATE MOUSSE WITH FRESH FRUIT – 4,80 €

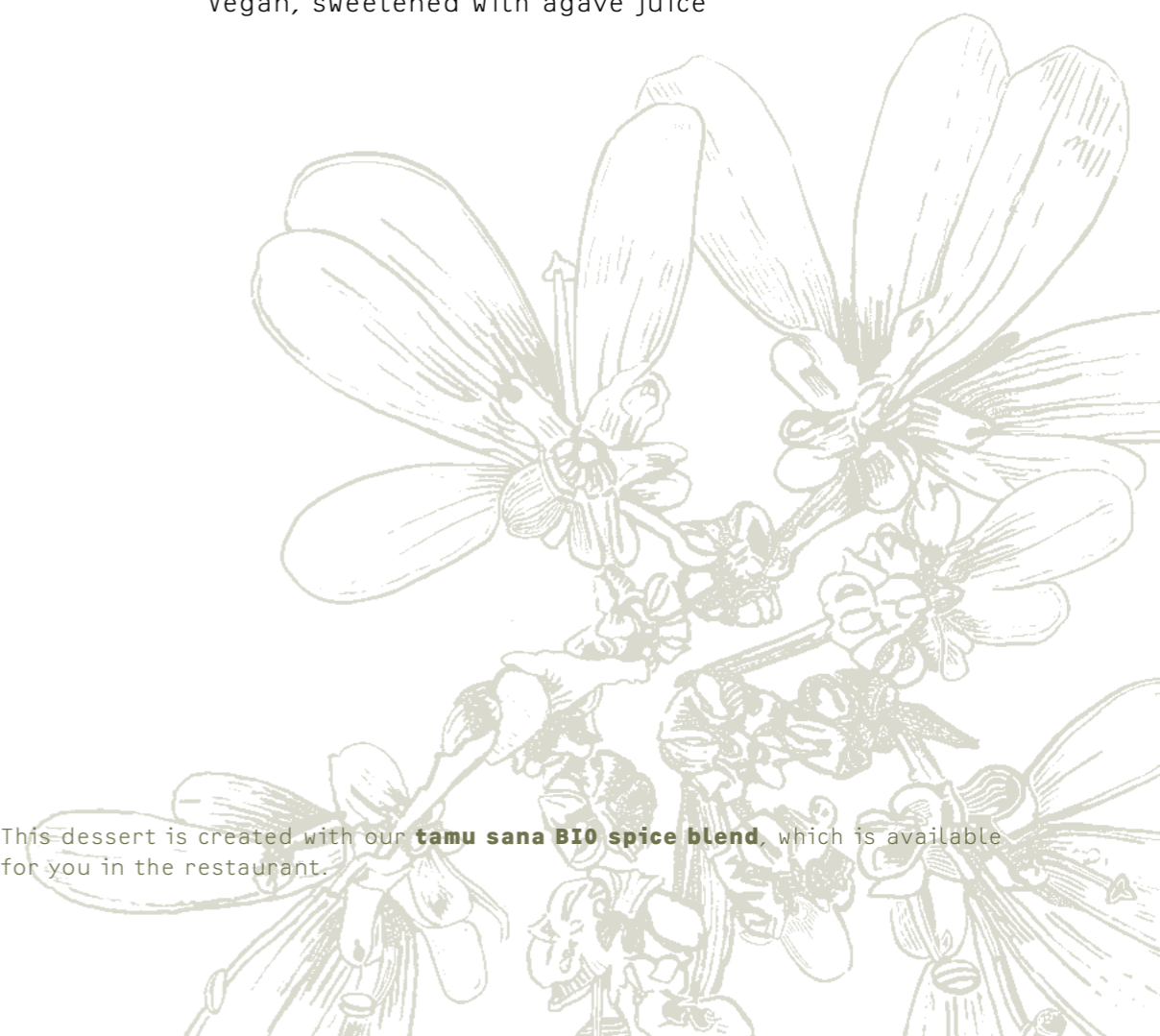
Date mousse with bananas and cocoa, plus fresh berries
Vegan, naturally sweetened

UJI – 4,80 €

Warm millet porridge cooked with coconut milk
Vegan, sweetened with agave juice



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



SIDE DISHES

Viazi (fried potatoes)
Plantain
Sweet Potato
Ugali (A)
Maniok
Rice (with coconut milk)
Couscous (A)

ADDITIONAL SIDE DISH – 4,00 €

A selection of additional side dishes can be found on the following page.



SIDE DISHES

PLANTAIN

Pan-fried banana slices with a slightly sweet flavour

Plantains, also called bokoboko, are a different type of banana that only develop their sweet taste when fully ripe. They are typically cut into strips or slices and pan-fried. When used unripe, as in the dish Matoke, their flavour is more similar to root vegetables than to bananas.

COUSCOUS

Fluffy semolina with a mild flavour

Couscous or kuskus is a typical dish of North African cuisine. It is mainly made from durum semolina, but it can also be produced from barley or millet.

SWEET POTATO

Savory pan-fried sweet potatoes

Sweet potatoes are somewhat similar in taste to regular potatoes, but – as the name suggests – they have a slightly sweet flavour. Today, sweet potatoes rank third among the most cultivated root crops worldwide, just behind potatoes and maniok.

MANIOK

Crispy fried maniok, similar in taste to potatoes with a nutty note

Maniok is the root of the cassava shrub. It is cultivated in many tropical and subtropical regions worldwide, with Africa being the main producer. Cassava roots contain important minerals such as potassium, calcium, and iron, as well as vitamin C. There are sweet and bitter varieties (we offer the sweet Maniok).

UGALI

Mild semolina porridge formed into a soft dumpling

Ugali is the common East African name for a grain porridge made from semolina and/or cassava flour, cooked to a relatively firm consistency. This popular side dish is also known as fufu in countries such as Nigeria or Ghana, where it is often prepared with bananas. Ugali is shaped into portion-sized dumplings and served with a flavourful soup or sauce. Traditionally, pieces are formed by hand, dipped into the sauce, and eaten.

Would you like to enjoy our ugali in this traditional way? We would be happy to bring you utensils to clean your hands.

DRINKS

TAMU SANA'S HOMEMADE DRINKS

Fruity mixed drinks

Butare Fire non alcoholic (Pineapple, Ginger)	7,50 €
Bissap non alcoholic (Hibiscus, cardamom, mint)	6,00 €
With Gin 2cl: +2,50 €	

NONALCOHOLIC BEVERAGES

We are happy to serve our fruit juices with water or soda (+0,80 €).

Apple-elderjuice 0,25l (Heiderer-Mayer)	4,80 €
Applejuice 0,25l (Heiderer-Mayer)	4,80 €
Pearjuice 0,25l (Heiderer-Mayer)	4,80 €
Apricotjuice 0,25l (Heiderer-Mayer)	4,80 €
Redcurrantjuice 0,25l (Heiderer-Mayer)	4,80 €
Makava Ictea 0,33l	5,20 €
Tirola Cola 0,33l	4,40 €
Pedacola 0,33l/0,5l	4,40 / 5,20 €
Austrian herbal syrup (Lad's love) made of 100% natural ingredients	
Mineral water 0,33l (sparkling or still)	4,00 €
Soda water with lemon 0,25l/0,5l	3,40/4,20 €
Soda 0,33l/0,5l	2,80 / 3,40 €
Water Lemon 0,5l	3,00 €

HOT DRINKS



Chai with / without milk	6,00 / 5,60 €
rwandan black tea with tamu sana's BIO spice blend, fairtrade	
Tea Sonnentor bio	4,40 €
tamu sana's ginger tea	5,00 €
Americano	4,00 €
Espresso	3,40 €
Milk	0,50 €



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

BEER

Tusker 0,5l	6,80 €
Kenyan beer with fruity freshness, malty sweetness	
Star 0,6l	7,80 €
ager from the oldest Nigerian brewery	
Guinness Stout 0,33l	5,00 €
Freistädter Ratsherrn Premium 0,33l/0,5l	4,80 / 5,80 €
Freistädter Bio Zwickl 0,33l/0,5l	5,20 / 6,20 €
Freistädter Zwickl Radler 0,33l	4,80 €
Franziskaner wheat beer 0,5l	5,80 €
Saurer Radler 0,33l/0,5l	4,60 / 5,60 €
Zwettler Luftikus alkoholfrei 0,5l	5,20 €

WINE

Veltliner (Vinyard Heiderer-Mayer) 1/8l / bottle (0,75l)	4,20 / 24,40 €
Rivaner (Heiderer-Mayer) 1/8l	4,20 €
Spier Sauvignon Blanc 1/8l / bottle (0,75l)	4,80 / 27,60 €
South African white wine, Sauvignon Blanc, dry, fairtrade	
Zweigelt (Heiderer-Mayer) 1/8l / bottle (0,75l)	4,40 / 25,40 €
Spier Pinotage 1/8l / bottle (0,75l)	5,20 / 29,80 €
South African red wine, Pinotage, dry, fairtrade	
Spritzer (white wine mixed with soda water) 1/4l	4,60 €
Sommerspritzer (white wine mixed with more soda water) 1/4l	4,20 €
Pedacolaspritzer (white wine mixed with Pedacola and soda) 1/4l	5,80 €
Hibiscuspritzer (white wine mixed with hibiscus and soda) 1/4l	5,80 €

SCHNAPS

Ginger (homemade)	4,20 €
Regional schnaps organic quality	4,40 €

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

tamu sana

african cuisine catering

Mag^a Monique Muhayimana

Kirchengasse 6

4040 Linz

Telephone: +43 732 711095

eMail: reservierung@tamusana.at

Catering inquiry: catering@tamusana.at

Opening hours

Monday 11h30 – 14h00

Tuesday – Friday: 11h30 – 14h00, 17h00 – 22h00

Saturday: 17h00 – 22h00

Sunday: 17h00 – 20h00