



tamu sana
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

- Meat, eggs, Schnaps, honey : Family Kreil from Weng im Innkreis (Upper Austria)
- Juices and Wines: Family Heiderer-Mayer from Lower Austria
- Vegetables (depends on availability): Gruber from St. Florian (Upper Austria)
- Schnaps: HiGiZa from Lembach im Mühlkreis

UNSER ANLIEGEN



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

SAMBUSA + 2 DIPS (A/N) – 3,00 €

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

2 Dips included

SAMBUSATELLER (A/N) – 8,50 €

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

PLANTINE BOKOBOKO – 5,90 €

Sweet plantain with tomato dip or peanut dip (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) – 6,00/5,50 €

Fresh vegetable soup with yams or maniok
with or without coconut milk

PEPE SOUP – 6,50 €

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

SALADS

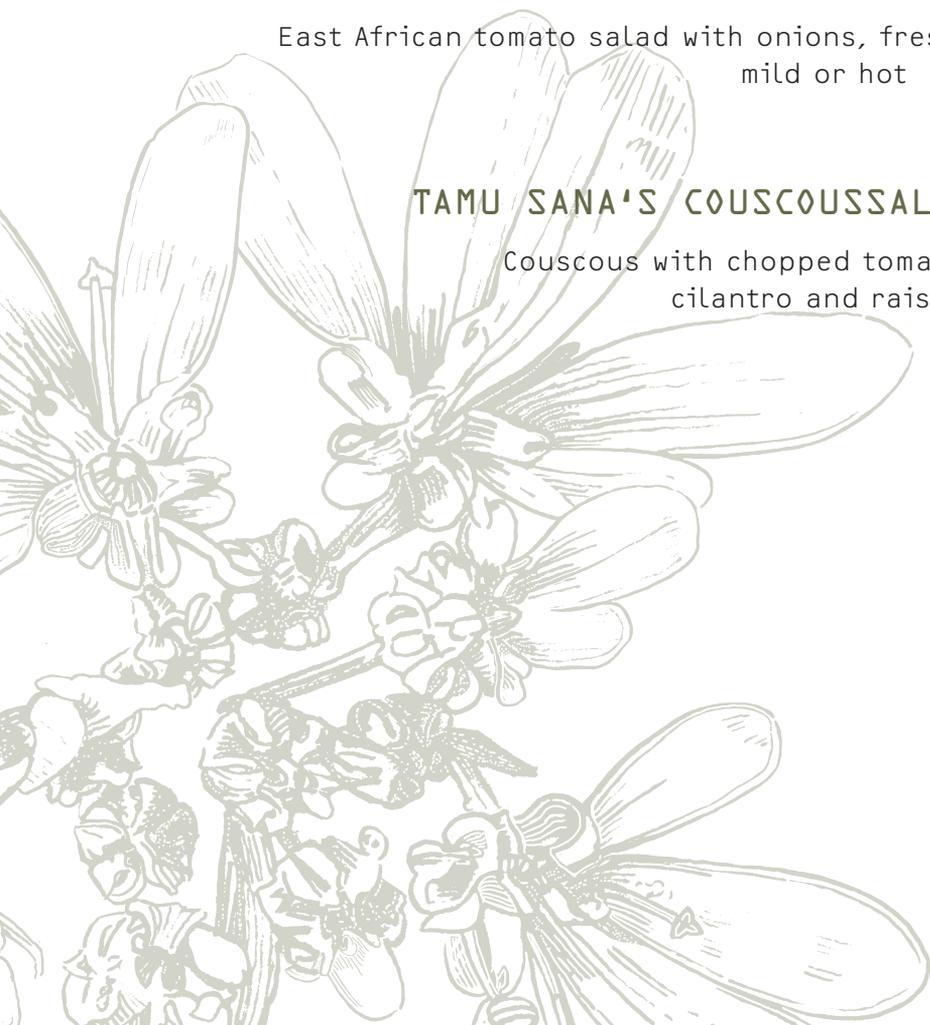
TAMU SANA'S HOUSE SALAD – 4,50/6,50 €

KACUMBALI – 6,00 €

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

TAMU SANA'S COUSCOUSSALAD (A) – 6,50 €

Couscous with chopped tomatoes, carrots,
cilantro and raisins



MAIN DISHES

Every main dish is served with a small bowl of rice and a side dish of your choice.

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VEGETARIAN AND VEGAN

MATOKÉ (E) – 18,50 €

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) – 15,50 €

Fresh sweet potatoes 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 – 13,50 €

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

NDENGU (M) – 13,50 €

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.

CURRY
MASALA

TASTE IT!
Afropean
deliciousness
FΞEL 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 small bowl of rice and a side dish of your choice.

MEAT

MAFÉ (E) – 16,50 €

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.

MBOGA NA NYAMA (M) – 16,50 €

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



NYAMA NA UGALI – 17,50 €

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 – 17,50 €

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



TASTΣ ITI
Afropean
deliciousness
FΣΣΛ ITI

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SIDE DISHES OF YOUR CHOICE

Rice (with coconut milk)
Couscous (A)
Yams
Sweetpotatoes
Viazi (sauteed potatoes)
Plantine Bokoboko
Chapati (A)
Maniok
Ugali (A)
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) — 22,50 €

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

MSHIKAKI HUHN 250 G (M) — 18,50 €

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

SAMAKI 500 G (D / M) — 25,50 €

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.

VARIATION 1 – 25,00 €

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

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



VARIATION 2 – 27,50 €

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

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 €).



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SWEETS

MANDAZI (A / C) — 3,50/2,50 €

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

CHOCOLATE BROWNIE (C / G) — 3,90/2,90 €

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

DATE MOUSSE WITH FRESH FRUIT — 3,50 €

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

UJI — 3,90 €

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



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 Plantine 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

TAMU SANA'S HOMEMADE DRINKS

Fruity mixed drinks

- Butare Fire non alcoholic (Pineapple, Ginger) 6,00 €
- Bissap non alcoholic (Hibiscus, cardamom, mint) 5,00 €

With Bombay Gin 2cl: +2,50 €

With Devils's Claw Gin from Namibia 2cl: +5,00 €

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 Ictea 0,33l 3,50 €
- Guinness Malta 0,33l (non alcoholic) 4,10 €
- Tirola Cola 0,33l 3,50 €
- Pedacola 0,33l/0,5l 3,70/4,00 €
- Austrian herbal syrup (lad's love) made of 100% natural ingredients
- Mineral water 0,33l (sparkling or still) 2,50 €
- Soda water with lemon 0,25l/0,5l 3,00/3,50 €
- Soda 0,33l/0,5l 2,40/2,80 €

HOT DRINKS



Chai with / without milk 4,40 / 4,00 €
rwandan black tea with tamu sana's BIO spice blend, fairtrade

- Tea Sonnentor bio 4,00 €
- tamu sana's ginger tea 4,00 €
- Americano 3,30 €
- Espresso 2,90 €
- Milk 0,40 €



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BEER

▪ Star 0,6l	7,50 €
Lager from the oldest Nigerian brewery	
▪ Guinness Stout 0,33l	4,10 €
▪ Freistädter Ratsherrn Premium 0,33l / 0,5l	3,80 / 4,40 €
▪ Freistädter Bio Zwickl 0,33l / 0,5l	4,00 / 4,60 €
▪ Freistädter Zwickl Radler 0,5l	3,70 €
▪ Franziskaner wheat beer 0,5l	4,20 €
▪ Franziskaner wheat beer non alcoholic 0,5l	4,10 €
▪ Linzer Bier 0,5l	4,30 €
▪ Saurer Radler 0,33l / 0,5l	2,90 / 3,70 €

WINE

▪ Veltliner (Vinyard Heiderer-Mayer) 1/8l / bottle	2,80 / 20,00 €
▪ Rivaner (Heiderer-Mayer) 1/8l	2,90 €
▪ Palesa 1/8l / bottle	3,60 / 27,00 €
South African white wine, Sauvignon Blanc, dry, fairtrade	
▪ Zweigelt (Heiderer-Mayer) 1/8l / bottle	2,80 / 20,00 €
▪ Palesa Pinotage 1/8l / bottle	3,90 / 29,00 €
South African red wine, Pinotage, dry, fairtrade	
▪ Spritzer (white wine mixed with soda water) 1/4l	3,40 €
▪ Sommerspritzer (white wine mixed with more soda water) 1/4l	3,20 €
▪ Pedacolaspritzer (white wine mixed with Pedacola and soda) 1/4l	4,40 €
▪ Hibiscuspritzer (white wine mixed with hibiscus and soda) 1/4l	4,40 €

SCHNAPS

▪ Elderflower (HiGiZa Lembach)	3,40 €
▪ Pineapple (HiGiZa Lembach)	3,20 €
▪ Ginger (homemade)	3,20 €

GIN

▪ Desolate Gin – Classic 2cl	6,00 €
High quality gin from Namibia	
Sweet aroma of lemon, blueberry, cinnamon and ginger	
▪ Desolate Gin – Devil's Claw 2cl	6,00 €
High quality gin from Namibia	
Tart aroma, matured in oak barrels, refined with devil's claw	
▪ Gin Peda – Classic 2cl	9,20 €
▪ Gin Tonic – Classic / Devil's Claw	8,00 €

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

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

Saturday: 17h00 – 22h00