



**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 €

### PLANTINE 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 vegetable soup with yams  
with or without coconut milk (vegan)

### PEPE SOUP — 8,50 €

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

## SALADS

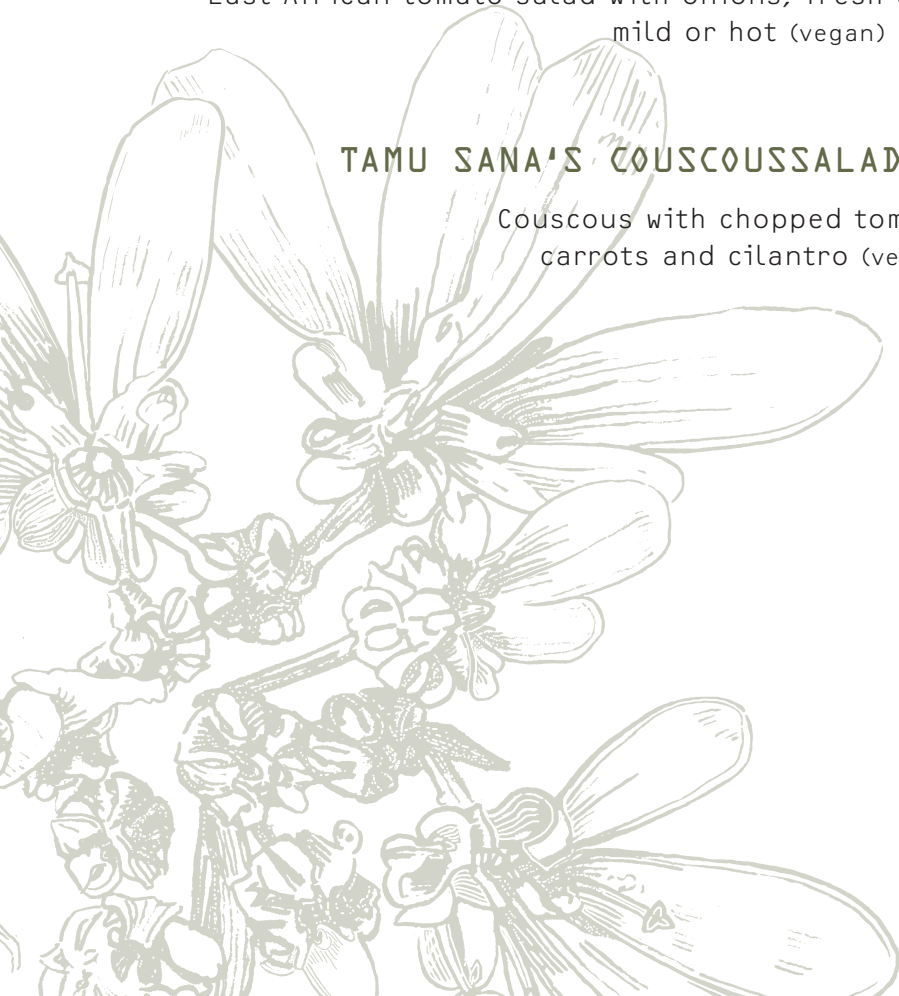
### TAMU SANA'S HOUSE SALAD — 6,50 € (small) / 8,50 € (big)

### KACUMBALI — 7,50 €

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

### TAMU SANA'S COUSCOUSSALAD (A) — 8,00 €

Couscous with chopped tomatoes,  
carrots and cilantro (vegan)



# MAIN DISHES

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

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 favorite dishes in Rwanda. This creation is served at every Rwandan event. We recommend rice or couscous.

### MAFÉ NA MBOGA (E) — 17,50 €

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 — 16,50 €

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

### NDENGU (M) — 14,50 €

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

CURRY MASALA

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

TASTE IT!  
Afropean  
deliciousness  
FΞΣΛ IT!

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

# MAIN DISHES

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

## MEAT

### MAFÉ (E) — 17,50 €

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) — 18,50 €

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



### NYAMA NA UGALI — 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.



### PILAU — 19,50 €

Roasted beef and rice,  
served with our housesalad  
optional with yoghurt of tomato dip



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## SIDE DISHES OF YOUR CHOICE

Rice (with coconut milk)

Couscous (A)

Yams

Sweetpotatoes

Viazi (fried potatoes)

Plantine Bokoboko

Manioc

Ugali (A)

Mboga (juicy spinach spiced with ginger)

tamu sanas housesalad

**ADDITIONAL SIDE DISH – 4,00 €**



# 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)  
Yams  
Sweetpotatoes  
Manioc  
Viazi (fried potatoes)  
Plantine Bokoboko  
Mboga (juicy spinach spiced with ginger)

**A bowl of tamu sanas housesalad is included!**

**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).



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## 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



TASTE IT!  
Afropean  
deliciousness  
FEEL IT!

This dessert is created with our **tamu sana BIO spice blend**, which is available  
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# SIDE DISHES

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## 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.

## COUSCOUS (A)

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

## 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 rootvegetables worldwide (just behind potatoes and manioc).

## 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.

## UGALI

Ugali or Fufu is a compact mash made of sem-olia, 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

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## TAMU SANA'S HOMEMADE DRINKS

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### 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

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

Apple-elderjuice 0,25l (Heiderer-Mayer)	4,70 €
Applejuice 0,25l (Heiderer-Mayer)	4,70 €
Pearjuice 0,25l (Heiderer-Mayer)	4,70 €
Apricotjuice 0,25l (Heiderer-Mayer)	4,70 €
Redcurrantjuice 0,25l (Heiderer-Mayer)	4,70 €
Makava Icedtea 0,33l	4,20 €
Guinness Malta 0,33l (non alcoholic)	4,60 €
Tirola Cola 0,33l	4,20 €
Pedacola 0,33l/0,5l	4,20 / 4,80 €
Austrian herbal syrup (lad's love) made of 100% natural ingredients	
Mineral water 0,33l (sparkling or still)	3,50 €
Soda water with lemon 0,25l/0,5l	3,20/3,80 €
Soda 0,33l/0,5l	2,40 / 2,80 €
Water Lemon 0,5l	2,80 €

## HOT DRINKS

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Chai with / without milk 5,00 / 4,60 €  
rwandan black tea with tamu sana's BIO spice blend, fairtrade

Tea Sonnentor bio	4,00 €
tamu sana's ginger tea	4,50 €
Americano	3,80 €
Espresso	3,20 €
Milk	0,50 €



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## 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	4,60 €
Freistädter Ratsherrn Premium 0,33l/0,5l	4,40 / 5,60 €
Freistädter Bio Zwickl 0,33l/0,5l	4,60 / 5,80 €
Freistädter Zwickl Radler 0,33l	4,40 €
Franziskaner wheat beer 0,5l	4,80 €
Saurer Radler 0,33l/0,5l	4,20 / 5,20 €
Zwettler Luftikus alkoholfrei 0,5l	4,80 €

## 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

<b>Description</b> _____	<b>Code</b>
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

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**Opening hours**

Monday 11h30 – 14h00

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

Saturday: 17h00 – 22h00

Sunday: 17h00 – 20h00