

WELCOME TO



COURAGE CAFÉ

CHANGING THE WORLD ONE CUP AT A TIME

**WHERE EACH
CUP OF COFFEE,
EACH MEAL
HAS A PURPOSE**



Courage Worldwide is an international anti-trafficking NGO based in California, USA and Tanzania, in both Moshi and Dar es Salaam. Here in Tanzania we have multiple campuses in the Kilimanjaro region and are expanding to Dar es Salaam to open a safe house there, providing homes and resources to hundreds of child survivors in the country.

From the inception of the organization in 2011, it was our founder's vision to have a Courage Café in the same city as Courage House. We are finally making that dream a reality!

Courage Café is part of our vocational training program. All profits from Courage Café directly support Courage House. We welcome Moshi residents and tourists alike to enjoy delicious food, coffee, and the beautiful view of Mt. Kilimanjaro!

It is our mission to educate the community on trafficking and exploitation, its nature, and how we can work together to support victims and end this crime against the most vulnerable.

Karibuni sana!



**COURAGE
WORLDWIDE**

If you want to learn more about our work, visit our website at courageworldwide.org

DRINKS

CAN BE HOT
ICED OR
BLENDED

AMERICANO	4,000	5,000
CAPPUCCINO	5,000	6,000
LATTE		6,000
MOCHA		6,000
HOT CHOCOLATE		5,000
FRENCH PRESS	5,000	7,000
CHAI MASALA		3,500
SODA		2,000
BOTTLED WATER	1,500	3,000
SMOOTHIE		8,000

Tropical, Green, Pineapple Coconut, Mango Passion fruit, Banana
Add 1,000 for Baobab or Moringa Powder Boost

FROZEN BLENDED COFFEE FRAPPE	10,000
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Mocha or Caramel

JUICE OF THE DAY (SEASONAL)	4,000
HOT LEMON GINGER TEA	5,000
BLACK TEA	2,500
ICED TEA	3,500
SIDE OF MILK	1,000
SUBSTITUTE NON-DAIRY MILK	1,000

BITES

3 SAMOSAS	7,000
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3 Vegetable or Meat Samosas with
sweet chili sauce

CHIPS (FRENCH FRIES)	4,000
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BAJIA & SWEET CHILI	7,000
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Lentil Fritters with a Flavorful
dipping sauce

TORTILLA CHIPS, GUACAMOLE & SALSA	9,000
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DESSERTS

CINNAMON ROLL	5,000
CHOCOLATE BROWNIE	6,000
BANANA BREAD	4,000

With Chocolate Chips

CAKE OF THE DAY	6,500
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VANILLA ICE CREAM	5,000
GELATO ICE CREAM	7,500

Chocolate, Coffee, Coconut, Passion Fruit, Nutella

CARAMEL OR CHOCOLATE SUNDAE	12,000
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Add Banana 1,000

MILKSHAKE	12,000
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Vanilla, Banana Chocolate, Chocolate, Oreo, Coffee

FRESH FRUIT SALAD	7,000
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With Ice Cream 4,000

VANILLA GREEK YOGURT	12,000
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With Granola and Fresh Fruit

BREAKFAST MENU



Sweet Breakfast

FRENCH TOAST

15,000

Cinnamon French Toast served with,
Caramelized Banana, Honey & Chocolate Drizzle

PANCAKE STACK

15,000

Pancakes stacked with Vanilla Ice Cream,
Biscuit Crumb, Fresh Fruit & Caramel Drizzle



Savory Breakfast

CHICKEN BENEDICT

22,000

Crispy Fried Chicken loaded on top of 2 Hash Browns
with 2 Poached Eggs and Hollandaise Sauce

AVOCADO ON TOAST

12,000

Avocado on Homemade Sourdough Toast with
Beetroot Hummus, 1 Poached Egg & Feta Cheese

EGG BURRITO

14,000

Scrambled Eggs, Breakfast Potatoes, Cheese,
Avocado and Salsa in a Tortilla



Simple

OMELETTE WITH TOAST

12,000

Cheese or Spanish with Homemade Sourdough Toast

2 EGGS & TOAST

8,500

Eggs to your liking with Homemade Sourdough Toast

TOAST & JAM

5,000

Butter and Jam with Homemade Sourdough Toast

VANILLA GREEK YOGURT

12,000

Granola and Fresh Fruit

FRESH FRUIT SALAD

7,000

BANANA BREAD

4,000

A slice of Homemade Banana Bread with
Chocolate Chips

LUNCH & DINNER MENU

Salads

CHICKEN CLUB SALAD

22,000

A High Protein Salad with Tomato, Cheddar Cheese, Chicken Breast, Egg, Onion, Avocado, House Dressing on a Bed of Lettuce
Extra Chicken 3,000

GRILLED CHICKEN AND HALLOUMI SALAD

16,500

Grilled Chicken, Halloumi, House Dressing & Garden Greens
• Tofu can substitute for Chicken & Halloumi
• Feta Cheese will substitute if there is no Halloumi

GARDEN SALAD

12,000

Lettuce, Tomato, Cucumber, Red Onion

AVOCADO AND RED PEPPER SALAD

13,500

Avocado, Grilled Red Pepper, Fresh Basil, Feta Cheese & Salad Greens

MEXICAN SALAD

14,000

A Refreshing Salad with Beans, Corn, Tomato & Bell Pepper Tossed in a Light Cilantro Lime Dressing
Add Steak or Chicken for 3,000

Sandwiches, Burgers, Tacos & More

GRILLED CHEESE AND TOMATO SANDWICH

16,000

Melted Cheese with Tomato on Homemade Sourdough Bread

BASIL PESTO CHICKEN SANDWICH

18,000

Chicken, Pesto, Grilled Red Peppers, Rocket & Feta Cheese
• Tofu can substitute for Chicken

MARINATED VEGGIE, CHEESE & SUN-DRIED TOMATO AND PESTO SANDWICH

16,000

Marinated Veggie, Cheese, Sun-Dried Tomato and Pesto on Homemade Sourdough Bread

CHICKEN WRAP WITH CHIPS

15,000

Honey Mustard Chicken and Veggies in a Tortilla
Served with Chips

BURGER WITH CHIPS

18,000

Beef or Veggie Burger Patty Served with Caramelized Onion, Tomato Jam and Melted Cheddar Cheese

CHICKEN BURGER WITH CHIPS

20,000

Fried Chicken Burger Served with Hollandaise Sauce and Lettuce



Sandwiches, Burgers, Tacos & More

TACOS

Classic Mexican Steak, Chicken or Vegetarian Tacos Topped with Lettuce & Cheese with a Side of Chips, Salsa and Guacamole

16,500

NACHOS

Same as the Tacos, but on a bed of Tortilla Chips with Melted Cheese

16,500

STEAK & MASHED POTATOES

Marinated Steak, Mashed Potatoes or Chips, Seasonal Green Vegetables and Gravy

22,000

COCONUT CRUSTED FISH FINGERS

Coconut Crusted Fish Fingers and Sauce with Coconut Rice and Seasonal Vegetables

18,000



Soups & Combos

SOUP OF THE DAY

With Sourdough Bread

8,500

SOUP WITH GARDEN SALAD AND SOURDOUGH BREAD

14,000

1/2 SANDWICH WITH GARDEN SALAD

14,000

SOUP WITH 1/2 SANDWICH

14,000





WOOD-FIRED PIZZAS

CHEESE PIZZA

14,000

A Classic Cheese Pizza, Perfect for Kids Too
• Kid Size Available (8,000Tsh)

VEGETARIAN

15,000

Green Pepper, Onion, Black Olives,
Corn and Mushroom

MARGHERITA

15,000

Tomato, Basil & Mozzarella

THE ORANGE MKUBWA

16,500

Roasted Butternut, Avocado, Red Onion
& Feta Cheese

BUFFALO CHICKEN

20,000

Buffalo Chicken with Red Peppers, Ranch,
Cheese & Caramelized Onion

BUFFALO STEAK

20,000

Buffalo Steak with Red Peppers, Ranch,
Cheese & Caramelized Onion

SWAHILI FOOD

MEAT SWAHILI PLATTER

20,000

A 6-item Platter with Stir-Fried Beef, Njegere (Pea Curry)
Coconut Rice, Seasonal Vegetables, Cabbage and
Seasonal Fruit Served in Coconut Bowls
• Extra Serving of Rice (1,500)

VEGETARIAN SWAHILI PLATTER

17,000

A 5-item Platter with Njegere (Pea Curry), Coconut
Rice, Seasonal Vegetables, Cabbage and Seasonal Fruit
Served in Coconut Bowls
• Extra Serving of Rice (1,500)

CHIPS KUKU

12,000

Fried Chicken and French Fries

NJEGERE AND COCONUT RICE

8,000

Pea Curry Served with Coconut Rice

CHIPS MAYAI

6,000

A Traditional Tanzanian Favorite Made of Eggs
and French Fries



FROM THE BAKERY

COURAGE COFFEE 20,000

Delicious whole bean or ground medium roast coffee for you to enjoy at home!

CINNAMON ROLLS (6) 25,000

Take half a dozen gooey cinnamon rolls home with you!

CHOCOLATE COCONUT CAKE 50,000

Moist chocolate cake with powdered sugar and chocolate drizzle (Vegan)

CARROT CAKE 50,000

A classic cake with cream cheese frosting

HUMMINGBIRD CAKE 50,000

A lightly spiced cake with cashews and cream cheese frosting. Yum!

BANANA BREAD 25,000

A loaf of homemade banana bread with chocolate chip

HOMEMADE VANILLA HONEY GREEK YOGURT 10,000

2 cups of our homemade yogurt

WEEKLY ORDERS

Order by Wednesday for Friday pick up!

SOURDOUGH LOAVES 10,000

Rosemary Garlic, Cinnamon Raisin, Plain, Whole Wheat

HUMMUS 10,000

Garlic Lemon or Beetroot

GREEK YOGURT 10,000

Vanilla or Plain

TORTILLA CHIPS 10,000

GUACAMOLE 8,000

SALSA 8,000

6 LARGE CINNAMON ROLLS 25,000

ROSHO GOURMET

CASHEW BUTTER 15,000 / 20,000

Small or Large; Variety of Flavors

CASHEW NUTS 12,000

COCONUT MACARON COOKIES (1 DOZEN) 8,000

Did you know we sell *Lunch Boxes*?

We have both BASIC & DELUXE options that will satisfy all types of customers + four dietary options: Meat, Vegetarian, Gluten-Free and Vegan. **The Best Lunch Boxes in town!**

BASIC BOX: 15,000 TSH

DELUXE BOX: 20,000 TSH

Email, Message or Call us to preorder LUNCH BOXES for any occasion.

PLEASE GIVE 2 HOURS NOTICE

Looking for an event space?

KARIBU COURAGE EVENT CENTER!

Rent the entire beautiful garden for a wedding, send off or special event! Our outdoor kitchen and bathrooms are perfect for large events. Catering services are available.

Contact couragecafe@courageworldwide.org

