

MENU

EVERY PURCHASE AT
COURAGE CAFÉ SUPPORTS
CHILD SURVIVORS
AT COURAGE HOUSE

OUR MISSION & VISION

MISSION

In a world where children are sold for sex, **Courage Worldwide** provides safe houses and resources for child victims so they can reach their unique potential

VISION

Every child survivor would have the support necessary to begin their journey of hope and healing.

OFFICE LOCATIONS

OUR OFFICES ARE LOCATED IN:

- Truckee, CA, USA
- Reno, NV, USA
- Moshi, Tanzania
- Dar Es Salaam, Tanzania

BREAKFAST

SIMPLE

Eggs & Toast 2 Eggs fixed to your liking with Homemade Sourdough Toast Scrambled, Fried, Plain or Spanish Omelet Add Cheese 3,000	12,000
Toast & Jam Butter and Jam with Homemade Sourdough Toast	6,000
Yogurt Parfait With mixed Berries and Granola	14,000
Smoothie Bowl Seasonal Blended fruit with Granola, Fresh Coconut, Berries and Drizzled with Honey	14,000
Fresh Fruit Salad	12,000

SWEET BREAKFAST

French Toast Cinnamon French Toast served with Carmelized Banana, Raspberry Compote, Honey & Chocolate Drizzle.	18,000
Pancake Stack Pancakes stacked with Vanilla Ice Cream, Banana, Biscuit Crumb, Fresh Fruit & Caramel Syrup	18,000

SAVORY BREAKFAST

Chicken Benedict Crispy Fried Chicken loaded on top of 2 Hash Browns with 2 Poached Eggs and Hollandaise Sauce	22,000
Avocado on Toast Avocado on Homemade Soughdough Toast with Beetroot Hummus, Tomato, Poached Egg, Feta Cheese and Balsamic Glaze	14,000
Egg Burrito Scrambled Eggs, Cheese, Avocado and Salsa in a Tortilla, served with Fried Potatoes	15,000

BITES

3 Samosas 3 Vegetable or Meat Samosas with sweet chili sauce	8,000
Chips (French Fries)	5,500
Bajia & Sweet Chili Lentil Fritters with a Flavorful dipping sauce	8,500
Tortilla Chips, Guacamole & Salsa	10,500

DESSERTS

Ask our waiters for the available desserts of the day!

Cinnamon Roll	7,000
Chocolate Brownie	7,000
Banana Bread with Chocolate Chips	6,000
Carrot Cake with cream cheese frosting	8,000
Cookies Dark Chocolate Sea Salt, White Chocolate Oreo, Chocolate Chip	6,000
Cookie with a Scoop of Ice Cream	12,000
Ice Cream 2 scoops of Vanilla Ice Cream	8,000
Vanilla Ice Cream & Fresh Berries – Seasonal	10,000
Caramel or Chocolate Sundae Add Banana 1,000	10,000
Brownie Sundae Vanilla Ice Cream topped with Brownie pieces and Caramel Sauce	12,000
Milkshake Vanilla, Banana Chocolate, Chocolate, Oreo, Coffee	12,000
Fruit Salad with Ice Cream	15,000
Mexican Ice Cream Dessert Vanilla Ice Cream, Cinnamon Crisps with Honey Drizzle	10,000
Spiced Apple Tart Zanzibar spiced apples with crumb crust and served with vanilla Ice Cream	12,000



MINI MENU

Kid-size Portions of some of our COURAGE CAFÉ FAVORITES!

Banana Pancakes	10,000
Spaghetti Bolognese	10,000
Cheese Pizza	10,000
A Scoop of Ice Cream	5,000

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 ☎ +255 757 75 80 18



If you want to learn more about OUR WORK
visit our website at courageworldwide.org



LUNCH & DINNER

SALADS

Chicken Club Salad	22,500
A High Protein Salad with Tomato, Cheddar Cheese, grilled Corn, Chicken Breast, Egg, Onion, Avocado, served with house Balsamic dressing and homemade Sourdough Bread	
Chicken Halloumi Salad	22,500
Grilled Chicken, Halloumi Cheese, Mango, Avocado, Red Onion, Fresh Mint, and Cilantro, served with house Balsamic dressing and homemade Sourdough Bread	
Feta Cheese will substitute if there is no Halloumi	
Mexican Salad with Steak or Chicken	22,500
A refreshing mix of Avocado, grilled Corn, Salsa, Sautéed Bell Peppers, Refried Beans, and Cheddar Cheese, topped with your choice of Grilled Chicken or Steak. Served with Cilantro Lime dressing	
Chicken Caesar Salad	22,500
Grilled blackened Chicken Breast, Avocado, Parmesan, and Garlic-Infused Sourdough Croutons, tossed in our classic Caesar dressing. Served with Homemade Sourdough Bread	
Garden Salad	12,000
Lettuce, Tomato, Cucumber, Red Onion, Avocado Served with House Balsamic dressing	

TOFU CAN BE SUBSTITUTED FOR CHICKEN IN ANY OF THE SALADS

SANDWICHES & BURGERS

Grilled Cheese and Tomato Sandwich	18,500
Melted Cheese with Tomato on Homemade Sourdough Bread served with Crisps	
Basil Pesto Chicken Sandwich	20,500
Chicken, Pesto, Grilled Red Peppers, Rocket & Feta Cheese served with Crisps Tofu can substitute for Chicken	
Marinated Veggie, Cheese & Sun-Dried Tomato and Pesto Sandwich	18,500
Marinated Veggie, Cheese, Sun-Dried Tomato and Pesto on Homemade Sourdough Bread served with Crisps	
Chicken Wrap	16,500
Honey mustard Crispy Chicken with Lettuce, Tomato, Cucumber, and Cheddar Cheese in a wrap, served with Crisps	
Double Cheese Burger (Beef or Vegetarian option)	22,000
2 Beef patties or Veggie patties with melted Cheddar Cheese, Lettuce, Onion, Tomato, Pickle, Ketchup, and Mustard, served with Crisps	
BBQ Chicken Burger	22,000
Crispy fried Chicken topped with BBQ Sauce, Lettuce, Onion, and Tomato, served with Crisps	

COURAGE’S FAVORITES: TACOS, PASTA, STEAK & FISH

Tacos	16,000
Classic Mexican Steak, Chicken or Vegetarian Tacos, Topped with Lettuce & Cheese with a Side of Chips, Salsa and Guacamole	
Nachos	16,000
Same as the Tacos, but on a bed of Tortilla Chips with Melted Cheese	
Steak or Chicken Breast with Mashed Potatoes	25,000
Marinated Steak or Chicken Breast served with Sauteed Vegetables and Mushroom Gravy	
Coconut Crusted Fish Fingers with Coconut Rice	22,000
Coconut Crusted Fish Fingers and Sauce with Coconut Rice and Seasonal Vegetables	
Spaghetti Bolognese	20,000
Penne Primavera	15,000
Beef or Chicken Lasagna	22,000

SOUPS & COMBOS

Soup of the Day	8,500
with Sourdough Bread	
Soup With Garden Salad and Sourdough Bread	15,000
1/2 Sandwich with Garden Salad	15,000
Soup with 1/2 Sandwich	15,000

PIZZA

Courage Meat Lover’s Pizza	25,000
Pepperoni, Salami, Steak and Mushrooms	
Pepperoni and Salami Pizza	22,000
Cheese Pizza	15,000
A Classic Cheese Pizza, Perfect for Kids too Kid-Sized Cheese Pizza 10,000 Tsh	
Vegetarian Pizza	20,000
Green Pepper, Onion, Black Olives, Corn and Mushroom	
Margherita Pizza	18,000
Red sauce, Tomato, Pesto & Mozzarella Cheese	
Orange Mkubwa (Vegetarian)	20,000
Roasted Butternut, Avocado, Red Onion & Feta Cheese	
Buffalo Chicken	22,000
Buffalo Chicken with Red Peppers, Ranch, Cheese & Caramelized Onion	
Buffalo Steak	22,000
Buffalo Steak with Red Peppers, Ranch, Cheese & Caramelized Onion	

GARLIC OIL OR HOT OIL FOR DIPPING	2,000

SWAHILI FOOD

Meat Swahili Platter	22,000
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 Tshs	
Vegetarian Swahili Platter	18,000
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 Tshs	
Njegere and Coconut Rice	9,500
Pea Curry Served with Coconut Rice	
Mbuzi Kitunguu	18,000
Served with Chips, Rice, or Ugali	
Kisinia Plate	25,000
Fried Chicken, Chips, Sausage, Beef Salad and Fruit	
Kuku Kienyeji Mnafu	20,000
Local Chicken, Mnafu Coconut, and a Glass of Mtindi, served with Ugali or Rice	
Sato Makange	20,000
Fried Fish with Makange Sauce, served with Rice, Fries, or Ugali	
Beef Makange	13,000
Beef Steak with Makange Sauce served with Rice, Potatoes or Ugali	
Buffalo Wings and Potato Wedges	12,500
Makange Drumsticks and Potato Wedges	12,500
Chips Kuku	12,500
Fried Chicken and French Fries	
Chips Mayai	7,500
A Traditional Tanzanian Favorite made of Eggs and French Fries	

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**

	BASIC BOX	16,500	The Best Lunch Boxes in town! Group Discount Available!
	DELUXE BOX	20,000	

Email, Message or Call us to preorder LUNCH BOXES for any occasion.
PLEASE GIVE 2 HOURS NOTICE

DRINKS

CAN BE HOT, ICED OR BLENDED

Americano	4,000	5,000
Cappuccino	5,000	6,000
Cardamon Cappuccino		7,000
Espresso	4,000	5,000
Latte		6,000
Cinnamon Latte		7,000
Mocha		6,000
Hot Chocolate		5,000
French Press	5,000	7,000
Zanzibar Spiced French Press	8,000	12,000
Frozen Blended Coffee Frappe		10,000
Mocha or Caramel		
Masala Tea		4,500
Herbal Tea		4,500
Hot Lemon Ginger Tea		6,000
Black Tea		4,000
Soda		2,000
Coke Zero		3,000
Bottled Water	1,500	3,000
Kazi Yetu Teas		4,000
Coco Choco, Cinnamon Spice, Ginger Mint Fusion, Hibiscus Star, Lemongrass Moringa, Kilimanjaro Green Tea Zanzibar Chai, Kilimanjaro Black Tea		
Iced Tea		4,000
Side Of Milk		2,000
Substitute Non-Dairy Milk		2,000
Syrup (Vanilla or Lavender)		1,000
Smoothie		10,000
Mixed Berry, Tropical, Green, Pineapple Coconut, Mango Passion fruit, Banana Add 1,000 for Baobab or Moringa Powder Boost		
Juice of the Day (Seasonal)		5,000
Strawberry Lemonade		7,000

Local Beer	4,000	5,000
Kilimanjaro, Safari, Serengeti & Serengeti Lite		
Craft Beer (Lager/IPA)	6,000	9,000
Maisha Brewery (Moshi), Twiga (Arusha)		
Savanna Cider		5,000
Wine - Pearly Bay (S. Africa)	7,000	25,000
Dry & Sweet, Red & White		
Wine (Spier - S. Africa)		60,000
Sauvignon Blanc, Cabernet Sauvignon		

FROM THE BAKERY

Courage Coffee

20,000

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

Cinnamon Rolls (6)

30,000

Take half a dozen gooey cinnamon rolls home with you!

Chocolate Coconut Cake

45,000

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

Carrot Cake

45,000

A classic cake with cream cheese frosting

Hummingbird Cake

45,000

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

Lemon Cake

45,000

Banana Bread

25,000

A loaf of homemade banana bread with chocolate chip

WEEKLY ORDERS

ORDER BY WEDNESDAY FOR FRIDAY PICK UP!

Sourdough Loaves

12,000

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

10,000

Salsa

8,000

6 Large Cinnamon Rolls

30,000

Cashew Nuts

12,000

Coconut Macaroon

Cookies (1 Dozen)

8,000

Kazi Yetu Teas

20,000

27,000

30,000