

WELCOME TO



**COURAGE CAFÉ**

CHANGING THE WORLD ONE CUP AT A TIME

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



## 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.

*Every purchase at Courage Café supports child survivors at Courage House.*

### OFFICE LOCATIONS

Our offices are located in:

- TRUCKEE, CA, USA
- RENO, NV, USA
- MOSHI, TANZANIA
- DAR ES SALAAM, TANZANIA



**COURAGE  
WORLDWIDE**

If you want to learn more about our work, visit our website at [courageworldwide.org](http://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	10,000
CHAI MASALA			3,500
SODA			2,000
BOTTLED WATER		1,500	3,000

## SMOOTHIE 10,000

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

## FROZEN BLENDED COFFEE FRAPPE 10,000

Mocha or Caramel

## JUICE OF THE DAY (SEASONAL) 5,000

### STRAWBERRY LEMONADE 7,000

### HOT LEMON GINGER TEA 6,000

## 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



# BITES

## 3 SAMOSAS 8,000

3 Vegetable or Meat Samosas with  
sweet chili sauce

## CHIPS (FRENCH FRIES) 5,500

## BAJIA & SWEET CHILI 8,500

Lentil Fritters with a Flavorful  
dipping sauce

## TORTILLA CHIPS, GUACAMOLE & SALSA 10,500

# DESSERTS



<b>CINNAMON ROLL</b>	<b>6,500</b>
<b>CHOCOLATE BROWNIE</b>	<b>7,000</b>
<b>BANANA BREAD</b> <i>With Chocolate Chips</i>	<b>5,500</b>
<b>CAPPUCCINO MUFFIN</b>	<b>4,000</b>
<b>CAKE OF THE DAY</b>	<b>8,000</b>
<b>VANILLA ICE CREAM AND FRESH BERRIES</b>	<b>10,000</b>
<b>GELATO ICE CREAM</b> <i>Chocolate, Coffee, Coconut, Passion Fruit, Nutella</i>	<b>8,000</b>
<b>CARAMEL OR CHOCOLATE SUNDAE</b> <i>Add Banana 1,000</i>	<b>10,000</b>
<b>BROWNIE, ICE CREAM AND CARAMEL SAUCE</b>	<b>12,000</b>
<b>MILKSHAKE</b> <i>Vanilla, Banana Chocolate, Chocolate, Oreo, Coffee</i>	<b>12,000</b>
<b>FRESH FRUIT SALAD</b> <i>With Ice Cream 4,000</i>	<b>7,500</b>
<b>YOGURT PARFAIT WITH BERRIES</b>	<b>12,000</b>
<b>MEXICAN ICE CREAM DESSERT</b> <i>Vanilla Ice Cream, Cinnamon Crisps With Honey Drizzle</i>	<b>10,000</b>



# BREAKFAST MENU



## *Sweet Breakfast*

### **FRENCH TOAST**

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

**16,000**

### **PANCAKE STACK**

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

**16,000**



## *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 Sourdough Toast with Beetroot Hummus, 1 Poached Egg & Feta Cheese

**12,500**

### **EGG BURRITO**

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

**13,500**



## *Simple*

### **OMELETTE WITH TOAST**

Plain, Spanish or Add Cheese 3000

**12,000**

### **2 EGGS & TOAST**

Eggs to your liking with Homemade Sourdough Toast

**10,500**

### **TOAST & JAM**

Butter and Jam with Homemade Sourdough Toast

**6,000**

### **YOGURT PARFAIT**

With mixed Berries and Granola

**14,000**

### **FRESH FRUIT SALAD**

**7,500**



# 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 18,000

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

### AVOCADO AND RED PEPPER SALAD 15,000

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

### MEXICAN SALAD 15,000

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

### CAESAR SALAD 20,000

Add 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 16,500

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

### CHICKEN WRAP WITH CHIPS 16,500

Honey Mustard Chicken and Veggies in a Tortilla  
Served with Chips



**BURGER WITH CHIPS**

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

**18,000****CHICKEN BURGER WITH CHIPS**

Fried Chicken Burger Served with Hollandaise Sauce and Lettuce

**22,000**

## *Sandwiches, Burgers, Tacos & More*

**TACOS**

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

**16,000****NACHOS**

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

**16,000****STEAK & MASHED POTATOES**

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

**22,500****COCONUT CRUSTED FISH FINGERS**

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

**20,000****SPAGHETTI BOLOGNESE****18,000****PENNE PRIMAVERA****15,000****BEEF OR CHICKEN LASAGNA****22,000**

## *Soups & Combos*

**SOUP OF THE DAY**

With Sourdough Bread

**8,500****SOUP WITH GARDEN SALAD AND SOURDOUGH BREAD****15,000****1/2 SANDWICH WITH GARDEN SALAD****15,000****SOUP WITH 1/2 SANDWICH****15,000**



# WOOD-FIRED PIZZAS

<b>CHEESE PIZZA</b>	<b>15,000</b>
A Classic Cheese Pizza, Perfect for Kids Too • Kid Size Available (10,000Tsh)	
<b>VEGETARIAN</b>	<b>16,500</b>
Green Pepper, Onion, Black Olives, Corn and Mushroom	
<b>MARGHERITA</b>	<b>16,500</b>
Tomato, Basil & Mozzarella	
<b>THE ORANGE MKUBWA</b>	<b>18,000</b>
Roasted Butternut, Avocado, Red Onion & Feta Cheese	
<b>BUFFALO CHICKEN</b>	<b>22,000</b>
Buffalo Chicken with Red Peppers, Ranch, Cheese & Caramelized Onion	
<b>BUFFALO STEAK</b>	<b>22,000</b>
Buffalo Steak with Red Peppers, Ranch, Cheese & Caramelized Onion	

# SWAHILI FOOD

<b>MEAT SWAHILI PLATTER</b>	<b>22,000</b>
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)	
<b>VEGETARIAN SWAHILI PLATTER</b>	<b>18,000</b>
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)	
<b>CHIPS KUKU</b>	<b>12,500</b>
Fried Chicken and French Fries	
<b>NJEGERE AND COCONUT RICE</b>	<b>9,500</b>
Pea Curry Served with Coconut Rice	
<b>CHIPS MAYAI</b>	<b>7,500</b>
A Traditional Tanzanian Favorite Made of Eggs and French Fries	



# SWAHILI FOOD

**BUFFALO WINGS AND  
POTATO WEDGES** 12,500

**MAKANGE DRUMSTICKS AND  
POTATO WEDGES** 12,500



# FROM THE BAKERY

**COURAGE COFFEE** 20,000

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

**CAPPUCCINO MUFFIN** 4,000

**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 (WHOLE)** 45,000

8,000 per piece

**BANANA BREAD** 25,000

A loaf of homemade banana bread with chocolate chip

# 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** 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



# 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!**  
**Group Discount Available!**

**BASIC BOX: 16,500 TSH**

**DELUXE BOX: 20,000 TSH**

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

**PLEASE GIVE 2 HOURS NOTICE**

**Delivery!**  
AVAILABLE



review us on  
TripAdvisor



## 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:

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+255 757 75 80 18

