



# Welcome to Courage Café!

*Where each cup of coffee, each meal has a purpose.*

*Courage Worldwide* is an international anti-trafficking NGO based in California, USA and Moshi, Tanzania. Here in the Kilimanjaro region, we have two **Courage Houses**: one for minor female victims of human trafficking and one transitional program for graduates over 18-years-old. Currently, there are more than 50 girls and their children at Courage House Tanzania.

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!

The café serves multiple purposes:

- **Courage Café** - As part of our vocational training program, we welcome Moshi residents and tourists alike to enjoy delicious food, coffee and the beautiful view of Mt. Kilimanjaro!
- **Funding diversification** - All profits from Courage Café directly support Courage House.
- **Community education** - 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.

If you want to learn more about our work, visit our website at [courageworldwide.org](http://courageworldwide.org).

## Karibuni sana!

@courageworld + @couragecafetz  
+255 757 758 018 for Take Away Orders



## Drinks

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		3,000
SODA		1,500
BOTTLED WATER	1,500	3,000
SMOOTHIE <small>NEW</small>		7,000
Tropical, Green, Pineapple Coconut, Mango* Passionfruit		
*When in season		
Add 1,000 for Baobab or Moringa Powder Boost		
JUICE <small>NEW</small>		3,500
Watermelon Mint, Passion Orange, or Juice of the Day		
HOT LEMON GINGER TEA		5,000
BLACK TEA		2,500
ICED TEA		4,000
SIDE OF MILK		1,000

## Bites

3 SAMOSAS <small>NEW</small>		6,000
3 Vegetable or Meat Samosas		
CHIPS <small>NEW</small>		4,000
BAJIA & SALSA <small>NEW</small>		6,000
Lentil Fritters with a Flavorful Salsa		
TORTILLA CHIPS, GUACAMOLE & SALSA <small>NEW</small>		7,500

## Desserts

CINNAMON ROLL		5,000
COCONUT CHOCOLATE CAKE <small>NEW</small>		5,000
CARROT CAKE		5,000
CHOCOLATE DESSERT		8,000
GELATO ICE CREAM <small>NEW</small>		6,500
Chocolate, Coconut, Coffee, Nutella, Passionfruit (Non-Dairy), Strawberry (Non-Dairy), Coconut (Sugar-Free)		
Served in a Cup or Cone		
BANANA SPLIT <small>NEW</small>		8,000
FRUIT SALAD WITH ICE CREAM <small>NEW</small>		8,000
MILKSHAKE <small>NEW</small>		10,000
Vanilla, Banana Chocolate, Chocolate		
GREEK YOGURT WITH FRESH FRUIT		8,000


# Breakfast Menu

*Breakfast Served until 12pm*

## Sweet Breakfast

**FRENCH TOAST** 15,000

Cinnamon French Toast served with Crispy Bacon, Caramelized Banana, Seasonal Berries, Honey & Chocolate Drizzle


**PANCAKE STACK**  13,000

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

## Savory Breakfast

**CHICKEN BENEDICT** 20,000

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

**AVOCADO ON TOAST**  10,000


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

## Simple

**OMELETTE WITH TOAST**  NEW 12,000


Cheese or Spanish


Add Bacon for 6,000 (3 Pieces)

**TOAST & JAM**  5,000


Butter and Jam on Homemade Bread

**GRANOLA, GREEK YOGURT, AND FRESH FRUIT**  10,000

**FRUIT SALAD**  5,000

**2 EGGS & TOAST**  8,000

Eggs to your liking on Homemade Bread

**BANANA BREAD**  2,500

A slice of Homemade Banana Bread with Chocolate Chips



# Lunch & Dinner Menu

## Salads

- CHICKEN CLUB SALAD** KETO 20,000  
A High Protein Salad with Tomato, Cheddar Cheese, Chicken Breast, Bacon, Onion, Avocado, House Dressing on a Bed of Lettuce  
*Extra Chicken 3,000*  
*Extra Bacon 6,000*
- GRILLED CHICKEN AND HALLOUMI (OR TOFU)** 15,000  
Grilled Chicken, Halloumi, House Dressing & Garden Greens  
*\* Tofu can substitute for Chicken & Halloumi*  
*\* Feta Cheese will substitute if there is no Halloumi*
- BEETROOT CARPACCIO** 12,000  
Thinly Sliced Beetroot served with Sun-Dried Tomatoes, Parmesan & Almond Flakes
- AVOCADO AND RED PEPPER** 12,000  
Avocado, Grilled Red Pepper, Fresh Basil, Feta & Salad Greens
- MEXICAN SALAD** 12,000  
A Refreshing Salad with Beans, Corn, Tomato & Bell Pepper Tossed in a Light Cilantro Lime Dressing  
*Add Steak or Chicken for 3,000*
- TABOULI SALAD** 7,000  
A Light Mix of Bulgur, Tomato, Cucumber, Parsley, Mint Leaves, Onions with Lemon Juice and Olive Oil Dressing



## Sandwiches & Tacos

- TOASTED BACON, CHEESE AND TOMATO** 16,000  
Melted Cheese with Crispy Bacon & Tomato
- BASIL PESTO CHICKEN (OR TOFU)** 16,000  
Chicken, Pesto, Grilled Red Peppers, Rocket & Feta  
*\* Tofu can substitute for Chicken*
- MARINATED VEGGIE, CHEESE, SUN-DRIED TOMATO AND PESTO** 14,000  
Marinated Veggies with Sun-Dried Tomatoes & Pesto
- BURGER WITH FRENCH FRIES** 16,000  
Beef or Veggie Burger Patty Served with Caramelized Onion, Tomato Jam and Melted Cheddar
- CHICKEN BURGER** NEW 18,000  
Fried Chicken Burger Served with Hollandaise Sauce and Lettuce
- TACOS** 15,000  
Classic Mexican Steak, Chicken or Vegetarian Tacos Topped with Lettuce & Cheese with a Side of Chips, Salsa and Guacamole



## Soups

- BUTTERNUT SQUASH SOUP** NEW 6,500
- ZUCCHINI SOUP** NEW 6,500
- SOUP + SALAD** NEW 10,000  
Soup of Your Choice and Green Salad



# Wood-Fired Pizzas

<b>THE ORANGE MKUBWA</b> 🌿	<b>15,000</b>
Roasted Butternut, Avocado, Red Onion & Feta	
<b>BUFFALO CHICKEN</b>	<b>18,000</b>
Buffalo Chicken with Red Peppers, Ranch, Cheese & Caramelized Onion	
<b>BUFFALO STEAK</b>	<b>16,000</b>
Buffalo Steak with Red Peppers, Ranch, Cheese & Caramelized Onion	
<b>BACON &amp; CAMELIZED ONION</b>	<b>18,000</b>
Bacon, Caramelized Onion, Spinach & Mozzarella	
<b>MARGHERITA</b> 🌿	<b>12,000</b>
Tomato, Basil & Mozzarella	
<b>CHEESE PIZZA</b> 🌿	<b>12,000</b>
A Classic Cheese Pizza, Perfect for Kids Too	
<b>PIZZA KILA KITU</b>	<b>20,000</b>
Sweet Corn, Black Olives, Mozzarella, Feta, Cheddar Cheese, Bacon and Chicken	
*Beef Sausage can substitute for Bacon	



# Swahili Food



<b>MEAT SWAHILI PLATTER</b>	<b>18,000</b>
A 6-item Platter with Stir-Fried Beef, Njegere, Coconut Rice, Seasonal Vegetables, Cabbage and Seasonal Fruit	
Served in Coconut Bowls	
*Extra serving of rice (1,000)	
<b>VEGETARIAN SWAHILI PLATTER</b> 🌿	<b>14,000</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 (1,000)	
<b>COCONUT CRUSTED FISH FINGERS</b> <small>NEW</small>	<b>16,000</b>
Coconut Crusted Fish Fingers and Sauce with Coconut Rice and Seasonal Vegetables	
<b>CHIPS KUKU</b>	<b>12,000</b>
Chicken and French Fries	
<b>NJEGERE AND COCONUT RICE</b> 🌿	<b>7,000</b>
Pea Curry Served with Coconut Rice	
<b>CHIPS MAYAI</b> 🌿	<b>6,000</b>
A Traditional Tanzanian Favorite Made of Eggs and French Fries	

# From the bakery...

## **COURAGE COFFEE 10,000 (1/4kg)**

Delicious whole bean medium roast coffee (AB) for you to enjoy at home!

Ground coffee available upon request

## **CINNAMON ROLLS (6) 25,000**

Take half a dozen gooey cinnamon rolls home with you!

## **CHOCOLATE CAKE v 25,000**

Moist chocolate cake with powdered sugar and chocolate drizzle

## **CARROT CAKE 25,000**

A classic dessert with cream cheese frosting

## **BANANA BREAD 20,000**

A loaf of homemade banana bread

## **HOMEMADE VANILLA HONEY GREEK YOGURT 10,000**

2 cups of our homemade yogurt

## **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: 15,000Tsh + Deluxe Box: 20,000Tsh

Email, message or call us to preorder lunch boxes for any occasion.



## **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](mailto:couragecafe@courageworldwide.org) or call +255 757 758 018 for booking or further questions.**