

VEGAN MENU

BREAKFAST

From The Buffet Table...

Teas and Coffee with Soya Milk, Fruit Juice
Selection of Fresh Tropical Fruits (Pineapple, Mango, Watermelon, Orange, Banana, Papaya.)
Vegan Ginger Biscuits
Maandazi (Tanzanian Doughnuts)
Sticky Rice Cakes
Vegan Muffins

Hot From The Kitchen...

Grilled Tomatoes
Fried Sweet Potato
Toast (Selection of Jams and Peanut Butter)

LUNCH

Picnic Lunches...

Potato Salad
Tofu Coconut Rice Salad with Mango
Bean Salad
Vegetable Samosas
Chickpea, Carrot and Cashewnut Salad

Lunch in Camp...

Bean Burger and Chips
Chickpea, Carrot and Cashewnut Salad
Cheese-Free Pizza

DINNER

Starters...

Bruschetta with Tomato Salad
Vegetable Spring Rolls with Sweet Chilli Sauce
Pumpkin / Onion / Cucumber / Butternut Soup in Bread Bowl
Mini Aubergine Stack
Mini Cheese-free Pizza with Green Salad
Coconut Makande Beans

Mains...

Coconut Veg with Pumpkin Mash and Pan Fried Aubergine
Vegetable Curry with Chapati and Jeera Rice
Rice, Beans and Peanut Pumpkin Leaves
Vegetable Pilau with Mango Salsa
Aubergine and Potato "Lasagne"

Desserts...

Mango Coconut Rice Pudding
Vegan Banana Springrolls with Cocoa Sauce
Vegan Banana Ice Cream
Vegan Ginger Cake with Mango Icing
Rum-Flamed Pineapple with Coconut Ice Cream