

Selous River Camp

VEGETARIAN MENU

BREAKFAST

From the Breakfast Buffet Table...

Teas, Coffee, Milk, Fruit Juice.

Ginger/Chocolate Biscuits

A selection of Fresh Seasonal Tropical Fruits

(Pineapple, Mango, Watermelon, Orange, Banana, Papaya)

Fresh Bread

Cakes & Pastries: (3 of...)

Muffins (Chocolate / Banana), Maandazi (Tanzanian Doughnuts), Sticky Rice Cakes

Cinnamon Whirl, Crostata, Mango/Pineapple Flowers, Oat Flapjacks, Mawani Pastry, Mango / Raspberry Twists

Raspberry Napoleon Pastry, Mini Mango and Passionfruit Cake, Mini Chocolate Cake.

Hot From The Kitchen...

Toast (Selection of Butter, Jams, Honey and Peanut Butter)

Eggs (boiled, fried, poached, omelette, spanish)

Grilled Tomatoes

Pancakes

LUNCH

Light Picnic Lunches...

Green Salad or Coleslaw with...

Individual Vegetable Quiches

Tropical Tofu Rice Salad

Vegetable Samosas

Cheesy Potato Cakes

Potato and Egg Salad

...and a selection of fruits, teas, coffee, juice, soft drinks.

Lunches in Camp...

Pizza with Green Salad

Bean Burger and Chips with Salad

Pumpkin Coriander Ravioli

...fresh fruit salad.

DINNER

Starters...

Bruschetta with "The Mothership" Tomato Salad

Vegetable Spring Rolls with Sweet Chilli Sauce

Mini Aubergine Parmigiana

Pumpkin/Butternut/Cucumber Soup in Bread Bowl

Mini Pizza with Green Salad

Coconut Makande Bean Salad

Mains...

Aubergine Lasagne with Green Salad

Coconut Veg with Pumpkin Mash and Pan Fried Aubergine

Vegetable Moussaka

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Vegetable Curry with Chapati and Jeera Rice
Rice, Beans and Peanut Pumpkin Leaves
Vegetable Pilau with Mango Salsa

Desserts...

Lemon Meringue Pie
Banana Chocolate Springrolls with Amarula Sauce
Mango and Passionfruit Cake
Passionfruit Tart
Salted Caramel Cashew Tart
Rum-Flamed Pineapple with Coconut Lime Ice Cream
Lemon Drizzle Cake
Pineapple Upside-Down Cake
Banoffee Meringue Roulade
Lemon and Coconut Slice
Key Lime Pie
Chocolate Cake ya Ukweli
Zanzibass