





Starters

Bruschetta	8,000/-
Our signature flatbread served with a fresh tomato and basil mixture.	
Popcorn Chicken	10,000/-
Breaded bite-sized pieces of chicken served with a sauce of your choosing: tomato aioli, basil aioli, honey-BBQ.	
Zucchini Fritters	8,000/-
Crispy zucchini sticks served with a side of our homemade aioli.	
Lamb Meatballs	10,000/-
Mediterranean inspired lamb meatballs, served with our homemade fresh tomato sauce or our house aioli.	
Chicken Quesadilla	10,000/-
A mixture of grilled chicken, sautéed veggies and cheese cooked in one of our homemade tortillas and served with pico de gallo.	
Black Bean Quesadilla	8,000/-
A spicy blend of black beans, sautéed veggies and cheese cooked in one of our homemade tortillas and served with pico de gallo.	
Nachos	10,000/-
Our homemade crisps topped with shredded chicken or ground lamb, sautéed veggies and melted cheese. Topped with pieces of fresh avocado. Spicy and vegetarian options available.	
Lamb Empanada	10,000/-
Homemade Mexican-style empanada filled with spiced, ground lamb and served with a side of pico de gallo.	

Sides

Chips 5,000/- (Plain, Masala Style or PiliPili Cheese Style)	
Sautéed Greens 5,000/-	Mashed Potatoes 5,000/-
Mixed Veggies 5,000/-	Stir-Fried Rice 7,000/-
White Rice 5,000/-	



Pizzas

Our famous pizzas are created with homemade dough and char-grilled to perfection.

Cheese 15,000/-

Topped with fresh tomato sauce and cheese, with a fresh garlic purée.

Mama Margarita 15,000/-

Topped with fresh tomato slices, cheese, garlic and sprinkled with fresh basil.

Garden 16,000/-

Topped with our fresh tomato sauce, sautéed greens, fresh tomatoes and cheese.

Hawaiian Bacon 18,000/-

Topped with fresh tomato sauce, pork bacon, pineapple and cheese.

BBQ Chicken 18,000/-

Topped with a tomato and BBQ sauce mixture, chicken, onions and cheese.

Pesto Bacon 18,000/-

Topped with our homemade pesto sauce, pork bacon, caramelized onions and cheese.

Supreme 18,000/-

Topped with fresh tomato sauce, ground beef, sautéed peppers and onions and cheese.

PiliPili Pizza 18,000/-

Topped with fresh tomato sauce, spicy peppers, your choice of beef or chicken and cheese.

Dessert

Nutella Bomb

Homemade dough filled with Nutella and fried to golden perfection
8,000/-

Passion or Keylime Tart

A sweet and tart pastry made from our farm-fresh passion fruit or key limes (depending on the season)
6,000/-



Mains

Grilled Pesto Chicken	18,000/-
Fresh chicken coated in our homemade pesto sauce and grilled to perfection. Served with twice-baked potatoes and mixed veggies.	
Chicken Parmesan	18,000/-
An Italian-spiced, breaded chicken breast baked in our homemade marinara sauce and topped with cheese. Served atop a bed of pasta tossed in tomato sauce.	
Southern Fried Chicken	18,000/-
Large piece of breaded chicken, deep fried to perfection. Served with a side of mashed potatoes and sautéed greens.	
Coconut Curry Fish	18,000/-
Fresh fish filet cooked in our special Zanzibar coconut curry sauce served with a side of white rice. Ask your waiter if you wish to substitute with chicken.	
Fish and Chips	18,000/-
Fresh fish filet battered or grilled, served with our homemade chips and tartar sauce.	
Spaghetti Bolognese	18,000/-
Our homemade pasta topped with our version of a beef Bolognese sauce and served with our signature flatbread.	
Eggplant Parmesan	16,000/-
Fresh eggplant slices baked with layers of our house Italian tomato sauce and cheese served on top of our homemade pasta. Served with our signature flatbread.	
Caprese Pasta Bake	16,000/-
Pasta baked in a medley of tomatoes, mozzarella cheese and fresh basil. Served with a side of our signature flatbread.	
Pesto Gnocchi	16,000/-
Our homemade potato pasta tossed in our homemade pesto sauce and topped with cheese. <i>Add grilled chicken breast for an additional 5,000/-</i>	
Black Bean Falafel	16,000/-
Our falafel-inspired black bean bites are served with our homemade tortillas and a side of chips.	
Spicy Pork Bites	18000/-
Bite-sized pieces of our farm-fresh pork sautéed with veggies and spicy peppers, served with chips and sautéed greens.	
Chicken Avocado Toast	18,000/-
Creamy chicken salad on top of our toasted homemade bread and avocado spread. Served with our house made chips.	



Drinks

Wine By the Glass

White	12,000/-
Red	12,000/-

White Wine (by the bottle)

Backsberg Chardonnay	66,000/-
Petit Sauvignon Blanc	42,000/-
Robertson Winery Chenin Blanc	38,000/-
Tallhorse Sauvignon Blanc	35,000/-

Red Wine (by the bottle)

Melanie Chianti	66,000/-
Grand SVD Merlot	40,000/-
Tallhouse Cabernet Sauvignon	35,000/-
Three Mills Red Wine	28,000/-

Beer

Tusker	3,500/-
Safari	3,500/-
Kilimanjaro	3,500/-
Castle Lager	3,500/-
Castle Light	3,500/-
Castle Milk Stout	3,500/-
Serengeti	3,500/-
Heineken	5,000/-
Redd's	3,500/-
Savanna Dry	5,000/-

Liquor

Vat 69	3,000/-
Johnny Walker Red Label	3,000/-
Jack Daniels	6,000/-
Smirnoff Vodka	3,000/-
Gordon's Gin	3,000/-
Captain Morgan Spiced Rum	3,000/-
Captain Morgan Black Rum	3,000/-
Malibu Coconut Rum	3,000/-
El Pedrito Gold Tequila	3,000/-
El Pedrito Silver Tequila	3,000/-
Cachaca 51	3,000/-
Amarula	3,000/-
Konyagi	2,000/-
Jagermeister	5,000/-

Non-Alcoholic Beverages

Coffee	3,000/-
Tea	3,000/-
Fresh Juice	4,000/-
Milk	3,000/-
Small Water	2,000/-
Large Water	3,000/-
Red Bull	5,000/-
Soda	2,000/-

Coke, Sprite, Club Soda, Ginger Ale, Tonic, Fanta Passion, Orange, Black Currant, Pineapple, Bitter Lemon and Stoney Tangawizi



Mainsprings was founded by Chris Gates in 2006, originally as a home for a few orphaned and vulnerable girls. By the beginning of 2007, Mainsprings accepted its first 7 girls, but quickly realized that in order to create long lasting, sustainable change, a much more holistic approach was necessary. Those first 7 girls attended a public school in the village with more than 900 students and only 3 teachers, healthcare was more than an hour drive for anyone in the village, and many of Mainsprings' neighbors struggled to simply feed their families despite plentiful land. That's how the Mainsprings' holistic model came to be.

Today, Mainsprings is devoted to effecting change throughout the entire community, for both children and adults, realizing that an entire community needs to be prosperous in order to ensure no child has to live a life of extreme poverty. We operate our flagship campus, here in Kitongo and our second campus is under development in Kahunda, approximately three hours west. Hundreds of children receive a top-ranked education and nutritious meals daily, thousands of patients receive much-needed medical care throughout the year, more than 75 East Africans are employed full-time, dozens of farmers learn how to live more profitable lives, and district-wide programs ensure that thousands of children and their families are equipped with the tools they need to escape the extreme poverty that is their life.

Since 2012, Papa's has always had two main goals. The first is to serve as an on-campus business, providing a valuable source of income for Mainsprings and modeling that Tanzania has many of the resources it needs to be profitable and sustainable. The second goal is to serve as a training ground for underprivileged youth in one of the largest industries in Tanzania: tourism. Our two year training program equips these young men and women with the skills they need to thrive in the many hotels and lodges across the national parks, ultimately providing them with a stable livelihood.

Mainsprings is a movement that is creating waves of change across East Africa and strives to be a catalyst for change in even more communities across the area in the next several years.



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