# Tamu Tamu

## SMOOTHIES - 10

All our ingredients are locally sourced and depending on seasonality

### MANGO AND PASSION FRUIT SMOOTHIE
***Fresh mango, passion fruit***
Rich in minerals, Vitamin A & C as well as antioxidants to boost immunity, improve digestive and eye health.

### AVOCADO AND COCONUT SMOOTHIE
***Fresh avocado, coconut milk***
Packed with healthy fats, fiber and protein providing more energy in a lactose free way.

### PAPAYA AND GINGER SMOOTHIE
***Sweet papaya, ginger***
Low sodium, high potassium and plenty antioxidants to aid with digestion and reduce water retention.

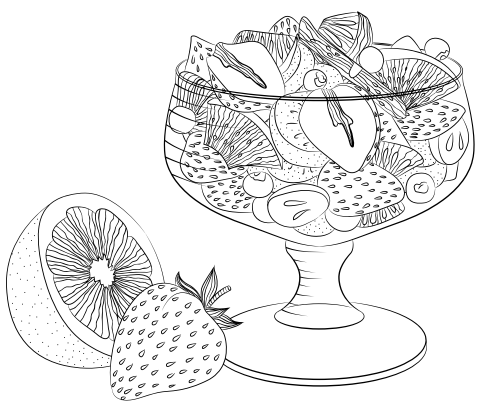
### WATERMELON AND MINT SMOOTHIE
***Juicy watermelon, fresh mint***
Lycopene, Vitamin C and antioxidants improving heart and eye health as well as removing toxins.

### BAOBAB AND MANGO SMOOTHIE
***Sweet mango, baobab powder***
Kickstarting the body's metabolism with high levels of micronutrients, antioxidants and Vitamin C.

### BEETROOT AND CARROT SMOOTHIE
***Sweet carrots, earthy beetroot***
A rich source of beta carotene for improved vision and a beneficial amount of Vitamin C for skin care.

### BANANA AND PEANUT BUTTER SMOOTHIE
***Banana, peanut butter***
Combined provision of fiber, healthy fats and protein supporting digestion.

### GREEN APPLE AND SPINACH SMOOTHIE
***Tart green apples, nutrient-packed spinach, honey***
High levels of plant based iron and protein, Vitamin C & K1 for the detoxification of the body.



## EXTRACT - 6

### DETOX
Pineapple, apple, ginger, lime, mint & ice

### POWER CARROT
Fresh juice extract from carrots, apple, ginger & lime

### VEGGIE SHAKE
Fresh juice extract from beets, carrots & oranges

### SPINAFRE
Fresh juice extract from carrots, spinach & celery

## FRESH FRUIT BOWL - 8

### TROPICAL MANGO & PINEAPPLE, COCONUT WATER BOWL
With Overnight yoghurt oats, banana, kiwi, desiccated coconut, dates, almond flakes

### MIX BERRY SMOOTHIE BOWL
With Strawberry, blueberry, raspberry, walnut, chia seeds, banana, crunchy granola

### AVOCADO, KIWI & RASPBERRY BOWL
With almond milk, banana, puffed crisp rice, cashew nut, chia seeds, pumpkin seeds

All Food & Drinks Included in the **"All Inclusive"** and **"Full Board"** Package
Prices are in USD including TAX and service charge

# Tamu Tamu

## WAFFLES - 10

All our ingredients are locally sourced and carefully selected based on seasonality.

CLASSIC MAPLE SYRUP

FRESH FRUIT & WIPPED CREAM

VANILLA ICE CREAM & OREO CRUMBLE

BANOFFEE
Banana, caramel sauce, vanilla ice cream, and whipped cream

NUTELLA & BANANA

GRANOLA
Mango, granola, honey, seeds

CHURRO
Cinnamon, sugar, chocolate dip, vanilla ice cream & caramel sugar

## ICE CREAM - 3 /scoop

VANILLA
CHOCOLATE
STRACCIATELLA
HAZELNUT
AFTER EIGHT

## SORBET - 3 / scoop

MANGO
PASSION FRUIT
TAMARIND
LEMON
STRAWBERRY

## MILK SHAKES - 8

VANILLA
CHOCOLATE
STRWBERRY
COFFEE
BANANA
MANGO

## FRESH JUICE - 6 ✓

ORANGE
PINEAPPLE
WATERMELON
SWEET LIME
PASSION FRUIT
TENDER COCONUT

## CAFETERIA ✓

| | |
|---|---|
| ESPRESSO | 4 |
| MACCHIATO | 4 |
| DOUBLE ESPRESSO | 6 |
| CAPPUCCINO \| CAFE LATTE | 5 |

## HOT DRINKS ✓

| | |
|---|---|
| KENYAN COFFEE | 4 |
| KENYAN \| GREEN \| MINT TEA | 4 |
| SPICY GINGER TEA | 4 |
| HOT CHOCOLATE | 4 |

'Full Board': Meals are included, but Cafeteria items, hot drinks and fresh juices are not. ✓
All Food & Drinks Included in the "All Inclusive" Package.
Prices are in USD including TAX and service charge.