



# MARKET KITCHEN

RESTAURANT & DELI

## APPETIZERS

- GREEK SALAD**  
A Favorite from Greece Mixed with Feta Cheese, Cucumber, Salad Green, Onions & Olives, Olive Oil
- CAESAR SALAD**  
Cos Lettuce, Chicken, Croutons, Bacon Lardons, Boiled Egg, Caesar Dressing, Parmesan
- CLASSIC PRAWN COCKTAIL**  
Marie Rose Sauce, Avocado, Cucumber, Lettuce, Lemon
- HOMEMADE SOUP OF THE DAY**  
Fresh Baked Bread Roll and Butter
- BEEF SAMOSA**  
Local Favorite, Deep Fried Savory Filling, Including Ingredients Such as Spiced Beef, Onion, Garlic
- CALAMARI**  
Battered, Deep Fried Calamari Served with Tartare Sauce
- ZALU SPECIAL CHICKEN WINGS**  
Ginger Garlic Flavored Deep Fried Chicken Wings Tossed with Chef's Special BBQ Sauce, Sesame Seeds

## SANDWICHES

- ZALU CLUB SANDWICH**  
Chicken Mayo, Beef Bacon, Fried Egg, Lettuce, Cucumber, Tomato, French Fries
- GRILLED CHICKEN MAYO SANDWICH**  
Chicken With Mayonnaise, Capsicum, Celery, French Fries
- EGG MAYONNAISE SANDWICH**  
Plain White Bread with Chopped Boiled Eggs and Pepper Mayonnaise, French Fries

## BURGERS

- GROUND LEAN BEEF BURGER**  
Sliced Tomato, Sliced Cheese, Lettuce, Black Pepper Mayonnaise, Side Salad, Triple Cooked Fries
- GRILLED CAJUN CHICKEN BURGER**  
Sliced Tomato, Sliced Cheese, Lettuce, Siranacha Mayonnaise, Side Salad, Triple Cooked Fries

## WRAPS

- CHICKEN TIKKA WRAP**  
Chicken Tikka, Cucumber, Onions, Lettuce, Tatzaki Sauce, Served with French Fries
- BEEF MISHKAKI WRAP**  
African Style Grilled Beef, Kachumbari Salad, Mayonnaise Served with French Fries

## MAIN COURSE

- CATCH OF THE DAY** \$18  
Steamed Vegetables, Stir Fried Rice, Caper & Lemon Butter Sauce
- GRILLED TENDERLOIN** \$24  
Served With Garlic Potato Mash, Steamed Vegetables, Black Pepper Sauce
- MEDITERRANEAN CHICKEN** \$18  
Grilled Chicken Skewers, Pita Bread, Arabic Green Salad, Hummus
- PENNE PASTA WITH YOUR CHOICE OF SAUCE** \$15  
Arabiata Sauce Or Creamy Mushroom Sauce, Topped with Parmesan Cheese
- SPAGHETTI BOLOGNAISE** \$16

## LOCAL FAVOURITES

- SWAHILI FISH CURRY** \$16  
Served With Mbeya Rice, Mango Salsa, Kachumbari Salad
- ZANZIBARI CHICKEN PILAU** \$18  
Served With Cucumber Yoghurt, Kachumbari Salad

## DESSERT

- WARM APPLE PIE AND COCONUT ICE CREAM** \$12
- CHOCOLATE LAVA CAKE WITH VANILLA ICE CREAM** \$12
- PASSION FRUIT CHEESECAKE** \$12
- ICE CREAM SELECTION** \$8
- FRESH FRUIT SALAD** \$8

## KIDS MENU (12yrs and Below)

- GARDEN VEGETABLE SALAD** \$7
- BREADED FISH NUGGETS AND FRIES** \$8  
Deep Fried Breaded Fish Served with French Fries, Mayonnaise
- CHICKEN STRIPS** \$8  
Deep Fried Chicken Strips Served with Cucumber, Carrot Sticks, Thousand Island Sauce
- PENNE PASTA, TOMATO BASIL SAUCE** \$8
- BUTTER PARMESAN SPAGHETTI** \$8
- CHEESY BEEF SLIDER** \$8  
Served With French Fries
- FRESH FRUIT SALAD** \$7
- CHOCOLATE BROWNIE & ICE CREAM** \$7
- ICE CREAM SELECTION** \$7



**Polite Note:** Provide a minimum of 15 minutes preparation time for the Main Course Meal.