



Tambuti Lodge Menu 2015 edition!



Based on local regional traditional ingredients

- Traditional drinks: N\$ 15
- Fried or dry chilly Mopani worms N\$ 30
- Catfish starter: N\$ 50
- Soup starters: N\$ 50
- Salad with chouriço N\$ 50
- Local "Okavango river" fish: N\$ 105
- "Okavango River" Crocodile meat N\$ 120
- Local African Catfish/Barbel N\$ 105
- Succulent Namibian Beef dishes: N\$ 120
- Oryx Game N\$ 130
- Lamb: N\$ 95
- Traditional Chicken (1/2): N\$ 110
- Traditional Chicken whole N\$ 180 (for two persons)
(for two persons, or take away)
- African Chicken Stews: N\$ 95
- Chicken Salad N\$ 70
- Crocodile salad N\$ 80
- Local Quiche with salad N\$ 70
- Mafumpula vegetarian N\$ 80
- Couscous Salad N\$ 60
- Vegetarian pie N\$ 70
- All in one vegetarian N\$ 100
- Dessert Lemon Tart: N\$ 45
- Dessert couscous N\$ 30
- Dessert ice-cream liquors: N\$ 50
- Mungome (Millet/mahangu cake) N\$ 40
- Lemon-Mint Sorbet N\$ 40
- L.Sorbet with Gordon's Dry GIN ' N\$ 50
- Marula nut mousse or N\$ 50
- Marula nut ice-cream N\$ 50
- Cooked Paw-paw with ice cream N\$ 50
- Matu ice cream N\$ 50
- Maguni ice cream N\$ 50
- Sirudi ice cream N\$ 60
(Mint on strawberry coulis)



**Desserts served
as per season**



- **Fried or dry chilly Mopani worms (if in season) (N\$ 30)**
(A delicacy of dried caterpillars living from Mopani tree leaves in the northern regions)
- **Small meshed Catfish/Barbell fish balls, bread and salad (N\$ 50)**



Or

- **Pumpkin soup (N\$ 50)**
- **Pepper soup (N\$ 50)**
- **Boiled and fried Mafumpulas (Kalahari Truffles)¹ in butter-parsley-garlic² sauce, served with toast, parsley butter, and our local salad (N\$ 80)**
- **A light salad from our garden with slightly fried portuguese chouriço³ and corn bread (N\$ 50)**

¹ IF IN SEASON, ⁵ Cucurbitaceae family, Lagenaria siceria = Bottle gourds; one of the earliest crops to be cultivated.

² WE CAN ALSO OFFER A NON GARLIC butter version if requested.

³ Portuguese chouriço is made with pork, fat, wine, paprika and salt. It is then stuffed and slowly dried over smoke

From the river

Kavango Fish dishes (N\$ 105)

Lightly grilled and oven baked local Kavango Tilapia/Cacusso
(Local Names: Nkundu, Newe, Nembwe, Njini or Mbufu)

Species as available in the river mostly red-breast and three spot Tilapias, maybe for the lucky a Nembwe **served with the following staple food:** rice, mahangu (millet), yilya (sorghum), maize porridge, cassava flour (fuba de mandioca) or french fried chips,(with home garden grown salad*) or boiled potatoes as desired

we serve all our dishes with different **local African leafy vegetables dishes** as per season:

Mboga/**Wild Spinach** (Amaranthus thunbergi), Mpungu (Cleome gynandra), Mutete leafes (Hibiscus), *Maliangwa* (Pumpkin leaves), Mudika (Cassava, Manioca leaves)

(*Salad is with Fresh Basil sauce from the lodge garden with parsley and white yoghurt sauce prepared Tambuti way)

Local Catfish, Bagre (N\$ 105)

Hogo (kavango), Omahepala, Ombwisi (oshiwambo),
Dry or fresh (**We recommend the sun-dried catfish** which is a rich delicacy among many Namibians, cooked in Marula nut (Edi) or Manketti (Nongongo) oil, with mutete*(mundambi), mudika* (cassava leaves) or maliangwa* (pumpkin leaves) depending on the season. (* an indigenous green leafy vegetable).

*African
Sharptooth
Catfish*

⁴ The River flowing from Angola through Namibia and ending in the Okavango Delta is known as the “Okavango River” (this includes the section flowing through the Kavango region.



”Okavango river” *Crocodile meat (N\$ 120)

*The River flowing from Angola through Namibia and ending in the Okavango Delta is known as the Okavango River (this includes the section flowing through the Kavango region in Namibia..

For the daring to eat from the top of the food chain. !
our Tambuti recommendation

Crocodile meat has a white muscle (for rapid action!) is low in fat and high in protein and tastes somewhere between fish, chicken and pork. The crocs are raised from wild Okavango specimens so they are not directly taken from the river, preserving the local wild population) but giving you a direct taste of the river fauna.



Our marinated and fried croc meat is served with **cassava (manioc)** , and **“wild bush okra⁵”** (Corchorus Asplenifolius) and a **red nonsivi sauce⁶** (made from the red seeds of the beautiful Guibourtia coleosperma/ also called African Rosewood or Ushivi tree) found in our woodlands on deep Kalahari sands.



Very light to digest, easy on your stomach and low in cholesterol.

Crocodile salad (N\$ 80)

⁵ The mucilaginous texture of the “**Bush Okra/Ndele**” foliage makes a sticky sauce comparable to Okra. The type cooked here is restricted to southern Africa, common at the fringes of the Kalahari Desert.

⁶ The oily **red arils** ('skins') that cover the **seeds** are nourishing - they are traditionally eaten with porridge or to make a sauce.



RED MEATS

- **Grilled Namibian Beef (N\$ 120) or Lamb (N\$ 95) meat**

Served with rice, mahangu (millet), yilya (sorghum), maize porridge, Cassava flour (fuba de manioca) or french fried chips (with lodge grown salad) or boiled potatoes as desired

with the following side dishes as desired

Local African green leafy vegetables :

Mboga/Ekawka (Amaranthus), Mpungu (Cleome), Mutete leafes (Hibiscus), Malianga (Pumpkin leaves), Mudika (Cassava, Young Manioca Leaves),

LAMB SERVED WITH OKRA(quiabeiro/gombo) RELISH DEPENDING ON THE SEASON

Bambara nuts (Nongomene)

Our Sauces:

Nongongo nut sauce (Manketti nuts)

Nonsivi nuts sauce (A red sauce)

Aloe flower sauce (Ekundu)

Fresh Basil, parsley and white yoghurt sauce

Makunde Cowpea paste: Prepared with Nongongo nut oil or Marula oil (oshingali)



- **Beef or lamp stews**

Beef or lamp cooked in our local nut sauces.

SERVED with pounded maize (EPUNGU) or rice plus mashed pumpkin/squash porridge and with okra relish as a side dish depending on the season

VENISON MEAT

Oryx gazelle (N\$130)



A low fat healthy option but it still has an exquisite amount of subtle game flavour.

(=Antelope game meat) 300g portions

Average adult: Shoulder height 120cm. Weight 230kg.

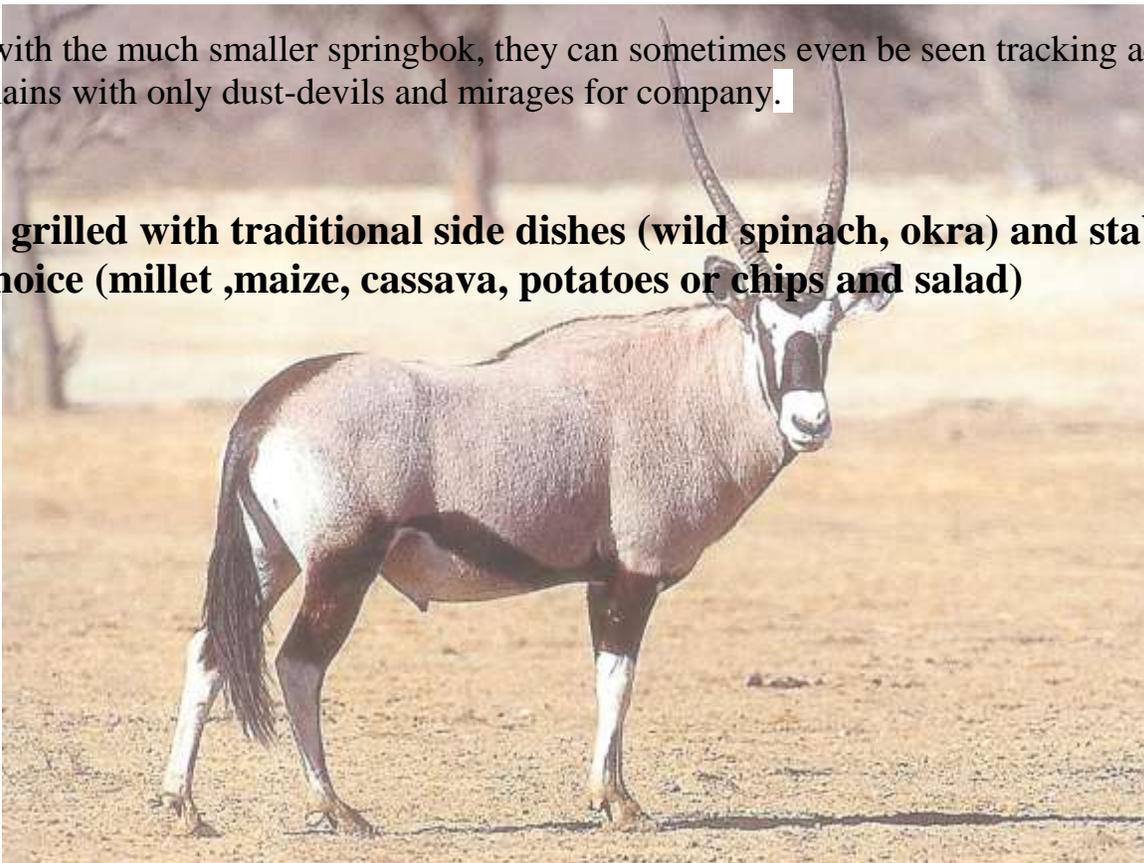
The Oryx is a large antelope of striking appearance with long, speared horns. It has a thick, neck with a short mane and a compact, muscular body.

This is the quintessential desert antelope; unmistakable with its ash-grey coat, bold black facial marks and flank strip, and unique long, straight horns. Of the three races of Oryx in Africa, the gemsbok is the largest and most striking. It occurs throughout the Kalahari and Namib and is widespread all over Namibia, from the coast to the interior highlands.

As you might expect, gemsbok are very adaptable. They range widely and are found in areas of dunes, alkaline pans, open savannah and even woodlands.

Along with the much smaller springbok, they can sometimes even be seen tracking across flat desert plains with only dust-devils and mirages for company.

Served grilled with traditional side dishes (wild spinach, okra) and staple of your choice (millet ,maize, cassava, potatoes or chips and salad)





CHICKEN



- **Traditional Chicken prepared with marula oil / Ontjove¹ or Manketti oil /Nongongo with rice and our African green leafy vegetables as per season (Famous northern Namibian dish). (N\$ 110, or whole chicken for 2 persons N\$ 180)**



- **Chicken curry fried and cooked in curry and ginger sauce Tambuti way (Eastern African taste) served with rice or manioc/cassava flour and Mudika (young cassava leaves) (N\$ 95)**
- **Maafe / Chicken stew cooked in groundnut sauce served over white rice (N\$ 95)**
- **Chicken salad (N\$ 70)**



¹Sclerocarya birrea and Schinziophyton rautanenii (Manketti) The seed kernels of both. Trees are high in protein and fat with a subtle nutty flavor and constitute an important emergency food. Marula and Nongongo oil made from seed kernels are delicious additives to meals in Africa. It contains antioxidants and oleic acid. 7

VEGETARIAN

VEGETARIAN

- **Traditional African spinach Quiche/ Tart with local Kavango leafy vegetables as ingredients (Mboga, Mutete, Maliangwa)⁷ as available and Mafumpula (local Kalahari truffle) served with our salad. (N\$70)**



- **A main seasonal vegetarian dish consists of boiled and fried Mafumpulas (Kalahari Truffles)⁸ in butter-parsley-garlic⁹ sauce, served with toast/corn bread, parsley butter, and our local salad (N\$ 80) Often recommended as a starter**
- **Followed by a more riche variety is Kalahari truffles in a vine-mushroom sauce and tagliatelle pasta as a main dish (N\$ 80) (Both dishes are nice with a fruity white vine, like a Chardonnay etc)**
- **COUSCOUS SALAD: Couscous, Dried Tomatoes, Basil, Parsley, Mushrooms and Salad. (N\$ 60) (ALSO NICE AS A STARTER)**
- **VEGETARIAN PIE with traditional *Maliangwa*, *Roputera*¹⁰ and Salad. (N\$ 70)**
- **ALL IN ONE BIG VEGETARIAN Traditional Plate for the hungry vegetarian!!!, Vegetarian Pie, couscous and salad. (N\$ 100)**



(French fried chips can be ordered as an extra side plate for all dishes)

⁷ Amaranthus = wild spinach, Hibiscus, Pumpkin or Bottle gourd leaves

⁸ IF IN SEASON, ⁵ Cucurbitaceae family, *Lagenaria siceria* = Bottle gourds; one of the earliest crops to be cultivated.

⁹ WE CAN ALSO OFFER A NON GARLIC butter version if requested.





- **Tartes aux citrons / Lemon tart (N\$ 45)**

This is a Tambuti favorite dessert; no cream is used for this Tambuti version of “Tarte aux citrons”, only short crust pastry with millet, a light lemon custard and caramelized meringue. Done with the lemon zest of our own lodge grown lemons trees.

- **or Caramelized orange cake (depending on the day)**

This is a rich juicy Tambuti cake with fresh cream and caramelized oranges (ask our cook which one is the cake of the day)

- **Mint flavored sweet couscous with raisin and yoghurt (N\$ 30)**

- **Mungome** (A sweet traditional pancake made with Mahangu flower) (N\$ 30)

- **Amarula Dom Pedro (N\$ 50)** A blend of Vanilla ice-cream, thick cream and 2 tots of Amarula Cream Liqueur

- **Mala Mala (N\$ 50)** A Blend of Vanilla ice-cream, Amarula Cream Liqueur and Brandy



- **LEMON-MINT TAMBUTI “ICE-CREAM” SORBET (N\$ 40)**

A very light refreshing lemon-mint, house made sorbet ice-cream (An excellent after dinner digestive). *FOR ADULTS TRY OUR GIN VERSION underneath*

- **FLOATING LEMON-MINT SORBET** sprinkled with Gordon’s DRY GIN (N\$ 50) “Ile flottante sur GIN”

THIS is our most loved light DESSERT!



- **LOCAL NUTS and FRUITS BASED DESSERTS (as per season !)**

Based on wild Marula kernels¹¹ harvested from the North central regions
Ask our chef/cook which one is available as per season; this might be the only authentic wild fruit based dessert you might encounter on your journey through Namibia..
The dessert has a subtle nutty flavor, and is full of antioxidants and vitamin E.

Marula nut mousse



Matu ice cream N\$ 50

Maguni ice cream N\$ 50



Pure MARULA NUT ICE CREAM
 (NO Liqueur)



Sirudi ice cream N\$ 50
Mint on strawberry



Cooked Tambuti Paw-paw with ice cream N\$ 50

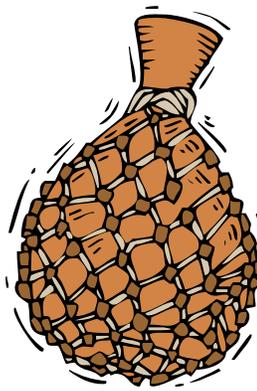


Baobab ice-cream N\$ 50



¹¹ Marula Tree = *Sclerocarya birrea*.

Traditionnal drinks¹²



NON-alcoholic (N\$ 15 each)

- **Local African wild Hibiscus sabdariffa juice**

Based on local red “Mutete” flowers also known as “Omutete” or “Mundambi”



- **Kavango Shikundu**

Millet based soft drink (sweet sour)



- **Baobab/Divuyu juice from**

Wild baobab fruits (**Mavuyu**) collected in the eastern Kavango /Mukwe area). Rich in vitamins and antioxidants!



- **NONSIMBA juice made from the dry pulp of the Kalahari pod berry**
(NO sugar added, natural sweet)

Alcoholic (but only slightly) (N\$ 15 each)

- **Mutoho style / or Oshivambo Oshikundu**

Mahangu/Millet brew with pounded Sorghum or Millet grains
This is a very nutritious and refreshing drink

Sorghum/Millet grains are soaked and allowed to germinate a little and then dried (a process termed malting -the germination turns starches to sugars). The malted grain is then ground up and used for making a light refreshing beer.

- **Tambutu signed Kavango cocktail “REDBIRD”**

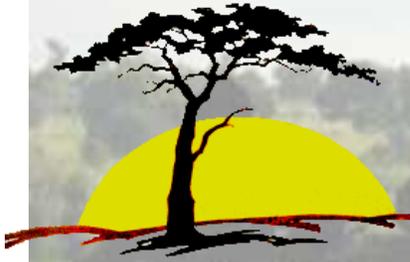
Red Hibiscus sabdarifa (Mutete) flower with a single shot of Gin/Vodka and ice

- **Freshly grounded Ginger juice / or beer**

This is the aphrodisiac and tonic booster of all drink
(Available as juice or beer depending on the time you order)



¹² One free drink is included for each large traditional dinner plate if desired



OUR FULL MENU CONSISTS OF



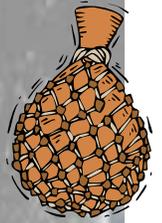
STARTER

**Small meshed Catfish/Barbel fish balls with salad
Mopani worms(seasonal)
Or
Pumpkin / or pepper soup
Any of our vegetarian dishes
with fresh herbs from our garden**

MAIN Course

(EACH MAIN COURSE HAS A TRADITIONNAL DRINK OF CHOICE INCLUDED!)

**Any of our main traditional dishes
(Kavango river fish, Namibian beef, lamb, crocodile, venison, chicken with our local staple
food like millet, maize, sorghum, cassava/manioc or cowpeas
And of course our healthy and rich African spinach type vegetables and sauces**



DESSERT

**Any of our desserts: Usually a choice of two among the attached list/ask the chef/cooks
which one they recommend for the day.**





OUR SMALL KITCHEN OFFERS
DINNER, LUNCH and light MEALS
(IN ADDITION TO THE TAMBUTI BREAKFAST)

(To avoid long waiting please BOOK your order on arrival)

OUR PHILOSOPHIE,

We are using local ingredients where ever possible, reducing food miles and promoting local producers and african culinary flavors (Seafood is better in Walvis and Swakopmund, and Pizzas are better in Windhoek, eat local when you can and make it part of your journey).
USING YOUR HANDS AS A TOOL WITH traditional porridge ("pap") IS RECOMMENDED TO ENJOY MORE (and where else can you do that again!).
ASK FOR THE TRADITIONAL WATERBOLE

WE ARE DELIGHTED TOO OFFER

- ROOM SERVICE OR
- SERVE YOU AT OUR LOCAL BAR
- OR UPSTAIRS IN THE RESTAURANT-BAR

OUR INGREDIENTS ARE FRESHLY COOKED, IF NOT PRE-BOOKED PLEASE GIVE US 30 MINUTES TO COMPLETE THE ORDER AND

ENJOY OUR traditional Mutoho (Millet/sorghum beer) Shikundu, Mutete or Ginger BEER WHILE YOU WAIT.

