



AFRICAN ROOTS RESTAURANT & BAR

TEL.: 061-232796
FAX: 061-232790

P.O. BOX 86663
EROS WINDHOEK

CELL: 081-128 7370
SAM NUJOMA DRIVE

Africa is making news worldwide with its colourful cultural splendours, its hunger, drought and politics. The continent can boast some of the most exciting cuisine in the world and yet, tragically, some parts of it is starving.

The time has come to elucidate and elevate African cuisine to international status and to introduce both Africans and non-Africans alike to the values of good wholesome affordable and yet tasty eating - "the African way".

Cooking methods like pickling, braaing and the drying of food are brought forward and given a modern taste.

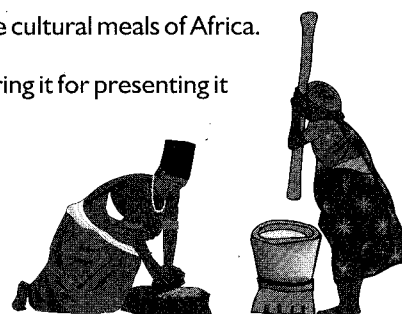
I had difficulty in choosing the recipes to bridge the eating method of the Europeans and the cultural meals of Africa.

I hope you will have as much fun feasting and enjoying African Food as we are having preparing it for presenting it to, and sharing it with you.

There is a famous saying that "Africa always offers something new".

Bon Appetit

Leon Rousseau



Urban African, Cape Malay, Boerekos and Traditional German are side by side and typically unique to our Nation.

SOUPS

"Nhopi Dovi"	17-00
Zimbabwean Pumpkin Soup	
Game Goulash Soup	18-00
"Yemiser" Ethiopian Lentil Soup	17-00
Cream of Leek Soup	17-00
Tomato Soup	17-00
Pea Soup	17-00

"All soups are served with a mini loaf."

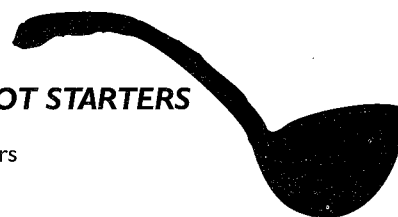


COLD STARTERS

Atlantic Crab Sticks served with a garlic cocktail dip and a seafood cocktail dip	19-00
Shrimp Cocktail	26-00
Smoked Game served with a cream cheese sauce and a mini loaf	22-00
Smoked Salmon served with a mini loaf	26-00

HOT STARTERS

Fresh Swakopmund Asparagus spears (if available)	24-00
Crumbed Mushrooms with a garlic cocktail sauce	19-00
"Nkoko" East African Chicken Wings	21-00
Crumbed Calamari Rings served with garlic butter and tartar sauce	21-00
Black Mussel Potjie Mussels cooked in a creamy cheese sauce served on rice	24-00
Pan of Snails 12 Snails in garlic butter	25-00
Seafood Ragout Potjie Shrimps, Mussels, Squid and Calamari cooked in a garlic cream sauce served on a bed of rice	24-00



SORRY - NO SEPERATE BILLING, ONLY BANK GUARANTEED CHEQUES ACCEPT

FROM THE ONJAMA ELUGO (MEAT KITCHEN)

Oshingulu - Pork

Grilled Pork Fillet with asparagus and cranberry sauce, topped with Melted Camembert Cheese 52-00

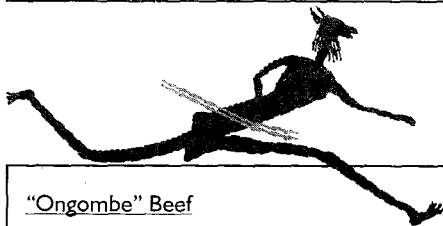
Sweet and Sour Pork Rib garnished with grilled banana 48-00

Grilled Pork Chops with garlic butter 40-00

"The above dishes are served with chips"

Roast Pork with Potato Croquettes and Red Cabbage 38-00

"Eisbein" Grilled or Boiled served with "sauerkraut" pea puree and mashed potato 48-00



"Ongombe" Beef

"Ombanza" Fillet Steak filled with mussels, garlic, camembert & mushrooms 63-00

"Kapunda" Fillet Steak 60-00

"Mondume" Rump Steak 57-00

"Onyama" Sirloin Steak 53-00

East African Spicy Pepper Steak 57-00

Egyptian Garlic steak 57-00

"Odikwa" Beef Fillet and Mushrooms wrapped in a pastry blanket served with a mushroom and tomato sauce 60-00

"Ugiriri" Sirloin Steak with mushrooms covered in melted cheese 58-00

"All the above dishes are served with chips"

Fresh fried Beef Liver with fried apple, fritted onion rings and potato puree 35-00

Beef & Pork fillet strips with a spicy red wine sauce served in a pot with rice 47-00

African Roots Oxtail pot with rice 47-00

"Okatana" - Veal

Crumbed Schnitzel 40-00 served with chips

Bushman's pouch - filled with crushed Nuts, Honey, Ham and Cheese served with chips 54-00

"Ondjuxwa" - Chicken

"Congo" Crumbed or Grilled chicken on rice - nut bed served with fried bananas and dates with a sweetcorn pancake 45-00

Chicken Curry (Medium) served with rice, coconut & fresh bananas 40-00

"Oshiyamakuti" Game

Namibian Game Steak (Kudu, Gemsbok, Zebra) with a red wine and wild berry sauce served with red cabbage and chips 52-00

Venison Goulash Potjie served with homemade noodles 45-00

Namibian Ostrich Steak with asparagus and a wild berry sauce served with parsley potatoes 60-00

Wild Platter Game, Ostrich and Crocodile served with parsley potatoes, red cabbage and a wild berry sauce 70-00

Fillet-Wildboar Pickled Warthog fillet with a sweet and sour red wine sauce served with red cabbage and a jacket potato 54-00

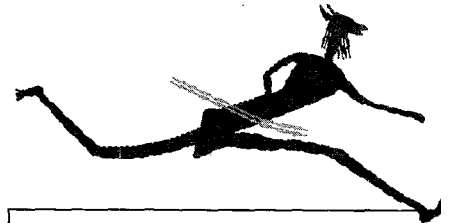
Assorted Namibian Game Kebab served with sadza/mahango (Ostrich, Crocodile, Gemsbok, Zebra, Eland, Wildboar) 75-00



"Onzi" Lamb

"Tunesian" Lamb Chops served on a bed of rice 52-00

Lamb curry (Medium) served with rice, coconut & fresh banana 46-00



THE LEGEND OF THE CRABS

Back in the days when old people's hair didn't turn grey, an orphan called Afua (which means a girl born on Friday) was sent to live with her aunt and uncle. The old couple did not want her, so they would not tell her their names, but refused to give her any protein to eat until she could discover them. Afua was also made to perform many household tasks, one of which was to fill a huge drum with water.

Afua would take the drum to the river and weep because she had no way of guessing their names. Several crabs lived in the riverbed, protected by clay because in those days crabs had no shells. They heard Afua's distress and decided to help her for they knew that the old couple would walk by the river.

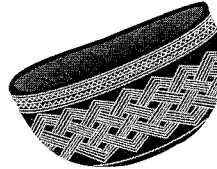
One night the crabs heard the couple call each other by name. The next morning when Afua arrived to fill the drum they excitedly told her. When Afua returned to her aunt and uncle, she was able to call them by their names.

The couple was furious and realised that it must have been the crabs who had divulged their secret. In a rage they took some shell-shaped gourds (calabashes) and flung them at the crabs so hard that they lodged on the crab's backs. In retaliation, the crabs threw grey clay back at the old pair, which stuck in their hair.

This is why crabs now have shells - and why old people go grey, a reminder to the world that older people should be wiser and kinder.

SALADS

Tuna Salad	27-00
Lettuce, onion, boiled egg, tomato and tuna (with or without mayonnaise.)	
Chicken Salad	27-00
Lettuce, tomato, onion, walnuts, pineapple, celery and chicken (with or without mayonnaise).	
Roots Salad	24-00
Lettuce, tomato, onion, cucumber, green pepper, carrot sticks, celery, bean sprouts, feta, croutons and olives.	



"limeno" - Vegetarian

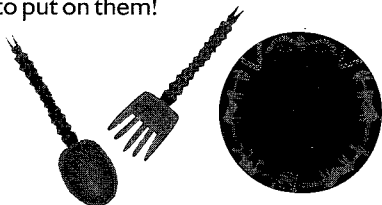
Vegetarian Platter	42-00
An assortment of fresh vegetables in season with rice, mushrooms and asparagus	
Vegetable Stir Fry	42-00
A fry-up of fresh vegetables in season served on a bed of rice	
Homemade Noodles	29-00
with spinach, mushrooms and a cream cheese sauce	

DISHES OF GOLD

As a trading centre, Mali's wealth derived from taxes and customs duties. The kings of the old empire levied fees on every item that passed through the region.

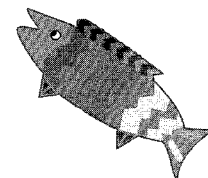
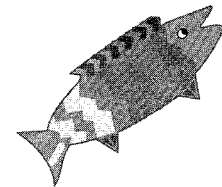
So rich, were the early kings that it is said that King Mansa Musa ruined the value of the Egyptian currency during a visit to Mecca in 1324 because he spent and bartered so much in gold.

Although in recent times Mali has been badly affected by drought and hardship, what apparent wealth there is appears as gold - much worn as jewellery. The goldsmiths of Mali can fashion exquisite, light but enormous earrings which can only be removed by melting down the earprice. It is said that the people of Mali have dishes of gold but no food to put on them!



FISH

"Akoru" a West African Fish Pot with a coconut cream and cheese sauce served on rice	45-00
Crumbed Calamari Rings on a bed of rice with tartar sauce	48-00
Prawn Kebabs served on a bed of rice	66-00
Curry Fish Pot (Medium) served with rice, coconut & fresh banana	45-00
"Kyenam" a Traditional fish served with a jacket potato and tartar sauce (if available)	54-00
"Marly" Sole served on a bed of greens with a jacket potato and tartar sauce	52-00
Kingklip served with jacket potato and tartar sauce	52-00



DESSERT

Crazy Elephant Rum and raisin ice cream with amarula and chocolate sauce	22-00
Red Zebra Layers of berries and ice cream	24-00
Tropical Porcupine Fresh fruit salad with cream or ice cream	26-00
African Bush Doctor Healthy, chewy, sweet and spicy ginger balls with vanilla ice cream	20-00
Elephant Foot Prints A crispy nutty waffle sweetened with ice cream and syrup or fresh cream and honey	20-00
Mama Africa's favorite one Pancakes with cinnamon and sugar	16-00

SIDE ORDERS

Rice	9-00
Chips	9-00
Jacket Potato	9-00
Parsley Potato	9-00
Maize Sadza	6-00
Homemade noodles	9-00
Mini Loaf	7-00
Roots Salad	11-00
Vegetable Kebab	7-00
Garlic Bread	11-00
Mielie Fritters	7-00
Pumpkin Fritters	7-00
Fried Mushrooms	12-00

SAUCES

Sour Cream	
Tomato-Onion	
Monkey Gland	
Pepper	
Garlic Cream	
Mushroom	
Garlic Butter	9-00
Peri-Peri	
Cheese	
Garlic Cocktail	
Lemon Herb Butter	

AFTER DINNER DELIGHT

DonPedros:	15-00
Namib Desert (Amarula)	
Congo Rainforest (Peppermint)	
Kilimandjaro (Whiskey)	
Great Ruins (Kahlua)	
Kalahari Sands (Xuxu)	
Irish Coffee	14-00
Hot Chocolate topped with cream	9-00
Filter Coffee	6-00
Espresso	6-00
Cappucino	9-00
Rooibos Tea	5-00
Black Tea	
Glass Milk	7-00

In Africa nothing is
wasted, there must
be
food for everyone.
African people sit to
enjoy a meal in a
group. This culture is
central to their
existence.

THE LEGEND OF THE FIG TREE

A man of Zimbabwe searched every day for food for his family. As well, he would work on other people's land to earn what money he could. As food was so scarce, he preferred to sleep under a tree during his midday break. Sleep generally brought him peace. but one day his hunger woke him up. In desperation he sang 'Somebody feed me: please feed me before I die'. And a miracle occurred! The fig tree under which he had been sleeping suddenly grew fruit which dropped around him. With joy he ate his fill but selfishly did not take home any of the fruit for his family. That evening he was too full to eat his meal.

He told no-one about the miracle tree but returned every day to sing to and gorge himself on fruit. And every day he returned home too full to eat with his family. At first they were concerned, but seeing he remain healthy, his children grew suspicious and secretly followed him. They saw what happened and decided to teach their father a lesson. The next day, before he arrived the children sang to the tree and gathered the fruit as it fell. Then they climbed the tree to wait.

When their father arrived he began to sing to the tree, but instead of the fruit he was pelted with stones. That night he ate his Sadza in silence

