



T A M A L A



OPENING
HOURS

18:00 PM
23:30 PM

MENU

A L A - C A R T E

IN THE VERY BEGINNING

- **CHEDDAR CHEESE STICK D500**
(Cheese, cherry tomato, pineapple, olives and capsicum on toothpicks)
- **CHEESY FRENCH FRIES D250**
(Melted cheese, paprika and spring onions on hot fries)
- **INDIAN TAPAS D400**
(Vegetable samosa, vegetable momo and hara bara kabab)



- **ITALIAN FRITTO MISTO D500**
(Crispy fried prawns, fish, calamari, onion rings, carrot and cauliflower served with smokey garlic sauce)
- **CHICKEN NUGGETS D600**
(Crumbed boneless chicken with a burst of cheese served with sweet chilly sauce)
- **TAMALA MUNCH D600**
(Chicken kabab, beef kofta, grilled vegetable served with garlic tampered baked beans)





T A M A L A

MENU

OPENING
HOURS18:00 PM
23:30 PM

A L A - C A R T E

THEN CAME THE SOUP

- **FRESH TOMATO BASIL SOUP D300**
(A well flavoured soup served with garlic croutons)
- **ASIAN VEGETABLE SOUP D300**
(CHICKEN OPTIONAL) D350
(Noodles, juliene vegetable, spring onion and lemon grass to flavor)
- **GAMBIAN BEEF SOUP D350**
(Beef broth with vegetable, potato and a hint of rice)



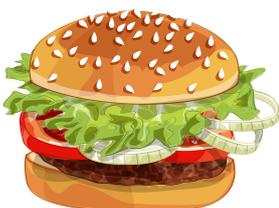
WALK THROUGH THE GARDEN SALADS

- **GARDEN GREEN SALAD D300**
(Assorted of vegetable tossed in a live dressing)
- **WARM SEAFOOD SALAD D600**
(Tempered prawns, calamari and tuna dropped over dressed salad)
- **STIR FRIED SALAD D400**
(Beef, noodle and vegetable in thousand Island dressing)
- **ARABIAN FLAVOUR D400**
(Hommus, fattoush and crispy bread)



GALLOPE WITH BURGER

- **JUMBO BEEF BURGER D750**
(Topped with caramelized onion, cheese, fried egg, coleslaw, lettuce, tomato, pickles and crispy herbed fries)
- **GLAMOUR OF THE SEA D750**
(Well flavored sea food burger with cheese, spring onion, tomato, capsicum, mint and coleslaw topped with hot fries)



- **LESS CALORIES BURGER D600**
(A pure vegetable burger with coleslaw and fries)





MENU

ALA-CARTE



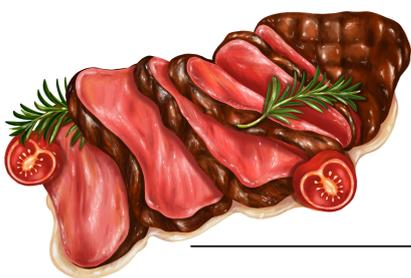
OPENING
HOURS

18:00 PM

23:30 PM

NOW WE LAND INTO MAIN-LAND

- **JAMAICAN JERK CHICKEN (SPICY) D750**
(Grilled chicken marinated in jamaican mix spice, served with vegetable sauce and finishing by pepper corn sauce, croquette and chips)
- **CHICKEN TIKKA MASALA D750**
(Well marinated boneless chicken served with saffron rice)
- **CHICKEN CASSEROLE D600**
(A stew of chicken, carrot, potatoes, peas served with garlic rice)
- **TAMALA KABAB PLATTER D750**
(Skewered chicken, skewered minced beef, skewered fish with grilled vegetable, jacket potato and grilled egg)
- **BEEF FILET WITH MUSHROOM D750**
(Grilled to your choice, tender beef, drizzled with our flavored marinated served with grilled vegetable and mashed potato)
- **RIB-EYE STEAK WITH PEPPER SAUCE D1100**
(A soft tender rib-eye with bursting flavours of our cuisines, special touch. served on bed of rice and chargrilled aubergines)
- **ROYAL BEEF FILET D850**
(Grilled filet of beef to your liking on a bed of mashi peas with creamy mushroom garlic & herbs sauce served with boil potato & onion rings.)
- **BEEF AND POTATO CAKES D750**
(Pan fried beef patties topped with brown gravy sauce served with noodle)
- **LAMB CASSEROLE D999**
(Stewed lamb, carrot, potatoes, lemon grass served with saffron rice)
- **LAMB RAGO D1100**
(Slow cooked lamb in tomato, concasse, served on a bed of tagliatelle)





TAMALA

MENU

ALA - CARTE



OPENING
HOURS

18:00 PM
23:30 PM

THROUGH THE FRESH CATCH OF THE SEA

- **EXCITING FISH AND CHIP D700**
(Deep fried fish filet served on hot dressed chip with coleslaw and tarter sauce dip)

- **PAN SEARED FISH D700**
Fish filet with lemon butter garlic sauce and served with sauté carrot, potatoes and herb rice)

- **BUTTER FISH ROULADE D700**
(Poached butterfish rolled with shrimps served with creamy parsley sauce potato croquette & vegetables mousse)

- **CRISPY BARRACUDA “5” HERBS D800**
(Baked barracuda steak marinated in five herb crown, served with butter lemon sauce and topped with sweet corn fritters)



- **PRAWNS TIKKA MASALA D900**
(King prawn cooked with tikka masala sauce, served with saffron rice and vegetables)

- **SEA FOOD BURST D900**
(Grilled prawns, crispy calamari, grilled fish served with garlic bread and spicy sauce)

- **SEA FOOD BUCKET**
(Shrimps, gambas, lobster tail, tender squid, crisp fish, and juicy crab)
(Choice of sauce, gambian spice sauce or indian cilantro sauce or continental spice)

2 People **D4500**

4 People **D7500**





MENU

ALA - CARTE



OPENING
HOURS

18:00 PM
23:30 PM

MAMA MIA PASTA GALORE

- FUSELI BAKED WITH SAUSAGES **D650**
(Pasta, chicken sausage cooked in tomato concasse and topped with cheese finished in the oven)
- SPAGHETTI CHICKEN CARBONARA **D650**
(Creamy spaghetti with diced chicken and italian herb flavouring)
- TAMALA SHRIMPS ALFREDO **D650**
(Shrimps cooked in creamy tomato base, blended with tagliatelle)
- PENNE PRIMAVERA **D550**
(Flavored and cooked along with fresh vegetable)
- SPAGHETTI ORZO **D550**
(Cooked with local beans, sweet potato and a harissa garlic tomato sauce)
- AUBERGINE PENNE ARABIATA **D550**
(Grilled aubergine cooked with herbs and light tomato garlic sauce)
- BEEF OR VEGETABLE LASAGNA **D500 D650**
(Layered pasta baked with Italian flavors and topped with cheese)



GAMBIA AT ITS BEST

- SEA FOOD BENACHIN **D700**
(Made with long grain rice, tomatoes, onions, spices, vegetable and sea food in a single pot)
- CHICKEN OR FISH YASSA **D600**
(Delicious tender chicken or fish and lots of caramelized onion in sweet spice lemony sauce served with rice)
- BEEF OR CHICKEN DOMODA **D600**
(Delicious hearted peanut stew, featuring beef or chicken served with rice)
- LAMB AFRA **D800**
(Boneless lamb served with onion, garlic, mustard & chili.)





MENU

ALA - CARTE



OPENING
HOURS

18:00 PM
23:30 PM

THE PUNCH FOR VEGETARIANS

- **GRILLED EGGPLANT WITH PARMESAN D550**
(Cubed eggplant tempered in garlic, fresh tomato, herbs and parmesan cheese with toasted garlic bread)
- **VEGETABLE PAELLA D550**
(From the spanish style paella we concotted a vegetarian side of the paella)
- **MUSHROOM STROGANOFF D550**
(Mushrooms cooked in creamy brown gravy sauce with gherkins and served in a ring of rice)
- **CHICKPEAS PUREE SEASONAL D550**
(Served with lime and garlic, seasoning with coriander potato, seasonal vegetables and yoghurt tomato sauce)



DESSERTS

- **ICE CREAM OF YOUR CHOICE D300**
- **VIEW YOUR PASTRY TROLLEY**



TAMALA
BEACH RESORT

Our Grill Night



LOBSTER TAIL

D2,000

TIGER PRAWNS

D1,700

RIB-EYE STEAK

D1,050

BARRACUDA FISH

D800

7PM

AFRICAN BBQ NIGHT



LOCATION: TAMALA BEACH RESORT

EVERY WEDNESDAY FROM 7PM

D1.500PP

ADULTS ONLY 16+



*Discover the Joy of African Food,
Location:*



TAMALA BEACH RESORT

Every Friday from 7pm D1.500pp or €10 for All Inclusive Guests

DRINKS ARE NOT INCLUDED, ADULTS ONLY 16+

HUGE SELECTION OF FRESH FISH AND SEAFOOD

Live Entertainment



+220 732 7777

tamalaresort.com



Sunday Brunch

ADULTS: D1,500 WITH UNLIMITED SOFT DRINKS
D1,700 WITH COCKTAILS & SPIRITS

POOL ACCESS

+220 732 7777

www.tamalaresort.com

1:00 PM TO 4:30 PM

