



NEEMA CRAFTS CAFÉ

WELCOME

Please be aware that all the staff here in the Neema Crafts café are deaf! Therefore to make your order please write your menu choice on the yellow slips provided. Then give your form to the person at the counter and pay for it at the till before you sit down. If you would like to learn some sign-language please see the back page of the menu. Thank you.

KARIBUNI

Wafanyakazi wote hawasikii (vizuri). Wanaakili sana, na wanaweza, lakini wameshindwa kukusikia tu! Tafadhali, utumie 'Order Form' (ipo kushoto) kwa kutoa agizo lako, halafu umpe mfanyakazi. **Asante sana.**

Neema | CRAFTS



HOT DRINKS

- | | |
|---|--------|
| 1) Pot of Black Tea for one
Chai ya rangi | 500/= |
| 2) Pot of Tea for one, with milk
Chai ya maziwa | 800/= |
| 3) Pot of Earl Grey Tea for one, with milk
Chai, aina Earl Grey, na maziwa | 1000/= |
| 4) Organic Tea: Peppermint, Hibiscus, Chamomile, Ginger or Lemon | 1000/= |
| 5) Cappuccino
Kahawa Cappuccino | 2000/= |
| 6) Latte
Kahawa Latte | 2000/= |
| 7) Espresso
Kahawa Espresso | 1500/= |
| 8) Americano (Black or with milk)
Kahawa Americano ladha nzuri bila maziwa/ na maziwa | 1500/= |
| We can offer you an extra shot in your coffee for an additional 500 TSH | |
| 9) Cafétiere of freshly ground coffee for one, with milk
Kahawa kwa mtu mmoja, na maziwa | 2000/= |
| 10) Cafétiere of freshly ground coffee for two, with milk
Kahawa kwa watu wawili, na maziwa | 4000/= |
| 11) Luxury Hot Chocolate | 2000/= |



COLD DRINKS

- | | |
|--|--------|
| 12) Fresh Fruit Juice
Juis | 1500/= |
| 13) Drinking Water (0.5L)
Maji | 1000/= |
| 14) Glass of Cold Milk
Glassi ya maziwa baridi | 1000/= |
| 15) Soda (Coca cola, Pepsi, Fanta, Sprite) | 1000/= |
| 16) Milkshake (Chocolate or Strawberry) | 2000/= |



SMOOTHIES

- | | |
|---|--------|
| 17) Maemebe Mash
<i>Mango, Pineapple, passionfruit, banana and lime.</i>
Embe, nanasi, pesheni matunda, ndizi na limao | 3500/= |
| 18) Cheeky Parachichi
<i>Avocado, pineapple, mango, banana and lime.</i>
Parachichi, nanasi, embe, ndizi na limao | 3500/= |
| 19) Papai Pleasure
<i>Papaya, pineapple, banana and lime.</i>
Papai, nanasi, ndizi, na limao | 3500/= |
| 20) Ndizi Chai Delight
<i>Tanzanian Chai Tea, banana, milk and yoghurt.</i>
Tanzania Chai, ndizi, maziwa na mtindi | 3500/= |



SPLENDID SNACKS

21) Meat Samosa Sambusa nyama	500/=
22) Vegetarian Samosa Sumbusa mboga	500/=
23) Chapatti Chapatti	500/=
24) Boiled Egg Yai la kuchemsha	500/=
25) Fresh Soup of the Day (see board) V Supu ya nyanya	3000/=
26) Buttered Roll Mkate na Bluebandi	600/=
27) Cheese Roll Mkate na Jibini	2500/=
28) Cheese and Tomato Roll Mkate, Jibini & nyanya	3000/=
29) Tuna Mayonnaise Roll Mkate, na tuna & mayonnaise	3000/=
30) Plain Chips Chipsi Kavu	2000/=
31) Chip Omelette Chips Mayai	2500/=
32) Rolex- Chapati and Omlette (Speciality from Uganda)	3000/=
33) Small Salad Saladi Ndogo	2000/=



FABULOUS FILLERS

34) Bacon and Avocado Panini with salad garnish Mkate wa moto na nyama na parachichi & saladi	6500/=
35) Cheese and Vegetable Panini with salad garnish Mkate wa moto na jibini na mboga & saladi	6000/=
36) Margarita Pizza with salad garnish Pizza na jibini na saladi	7000/=
37) Spicy Chicken Pizza with a salad garnish Pizza na kuku na saladi	8500/=
38) Macaroni Cheese Pasta na jibini	4000/=
39) Large Salad <i>Sliced tomatoes, peppers, red onion, avocado and grated carrot</i> Saladi Kubwa	3500/=
40) Baked Potatoes with Butter Each additional topping is an extra 2000/= :- Kila ongezeko utaongeza 2000/= :-	1500/=
41) Cheese	
42) Tuna	
43) Quiche with salad V <i>Delicious light pastry with a seasonal vegetable filling</i> Quiche na jibini na mboga	5500/=

All of our delicious salads are washed with purified water



MARVELLOUS MAINS (SMALL & LARGE)

- 44) Beef Lasagna with Salad Garnish** 4000/= 6500/=
Layers of freshly made pasta & minced beef in a rich tomato sauce, topped with Bechamel sauce
Pasta & Nyama
- 45) Vegetable Lasagna, with Salad Garnish** 4000/= 6500/=
Layers of freshly made pasta & seasonal vegetables in a rich tomato sauce, topped with Bechamel sauce
Pasta & Mboga
- 46) Chicken Coconut Curry with Steamed Rice** 4000/= 6500/=
Fragrant local spices and coconut combine to make a mouthwatering massala curry bursting with flavour.
Kuku Curry
- 47) Spaghetti Bolognese** 4000/= 6500/=
Minced beef gently cooked in a fabulous rich tomato sauce served with Italian spaghetti
Pasta & Nyama
- 48) Rice with Beans and Vegetables** 1500/= 2000/=
Wali na Maharage & Mboga
- 49) Ugali and Chicken** 2500/= 4200/=
Ugali & Kuku
- 50) Ugali with Beans and Vegetables** 1500/= 1500/=
Ugali na Maharage & Mboga
- 51) Chicken and Chips** 3500/= 5000/=
Chipsi na kuku
- 52) Chicken and Rice** 3500/= 5000/=
Wali na kuku



SCRUMPTIOUS CAKES

- 53) Chocolate Cake** 1500/=
Keki ya chocholeti
- 54) Banana and Chocolate Slice** 1500/=
Keki ya ndizi na chocholeti
- 55) Victoria Sponge** 1500/=
Keki ya jam
- 56) Carrot Cake** 1500/=
Keki ya caroti
- 57) Chocolate Chip Cookie** 1000/=
Biskuti za chocholeti kubwa
- 58) Ginger biscuit** 1000/=
Biskuti za tangawizi
- 59) Chocolate Brownies** 2000/=

Cakes for birthdays and all special occasions can be made to order.
Medium: 30,000 TSH, Large: 60,000
Please ask at the counter for more details

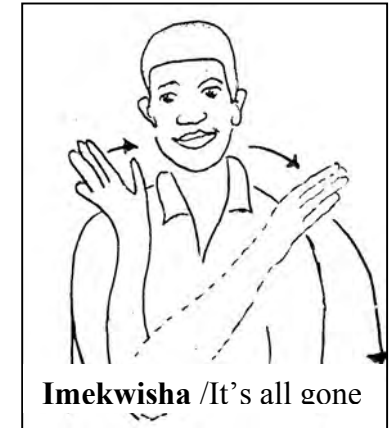
INCREDIBLE ICE CREAMS

60) Home made Banana Ice Cream 2500/=
Ndizi na Asali

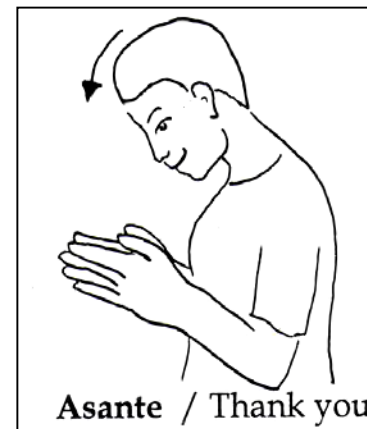
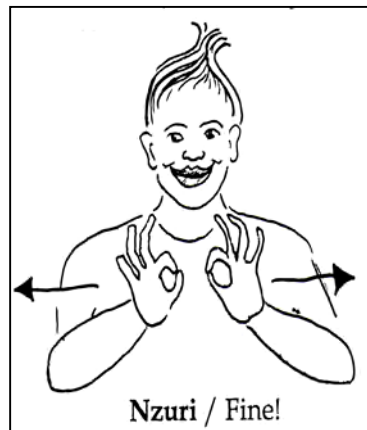
61) Home made Chocolate Ice Cream 2500/=
Chocoleti

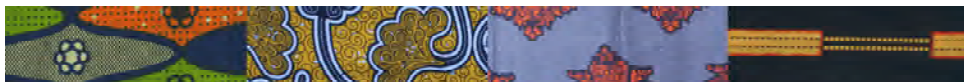
62) Warmed Chocolate Cake with Ice Cream 3500/=
Keki ya chocoleti, moto na ice cream

(Hand made on the premises using local cream and 100% natural ingredients)



Join us in learning some sign language!





ABOUT NEEMA CRAFTS

Neema Crafts is a 'not for profit' organisation. All our products are fairly traded, high quality, environmentally conscious and beautifully designed. It was started in 2003 by the local Anglican Church to provide handicrafts training and employment for young deaf and physically disabled people in the Iringa region

We began with the **Hand-made Paper Workshop**, where we make paper from elephant dung, maize leaves, recycled paper and other natural materials; these are made into finished products including cards, albums, lamps and notebooks. This was followed by a beaded **Jewellery Project** for physically disabled 'outworkers', who receive training at Neema Crafts and bring what they have made to the workshop weekly.

10 years on Neema Crafts now employs just under 100 people with disabilities with a variety of 8 different workshops, making a range of crafts from Weaving to Pottery. We also have a café, conference facility and 10 bedroom guesthouse. If you would like a tour of the centre please ask; we will be delighted to show you around (Ask for Titus in the shop!)

At Neema Crafts we believe **everybody** is 'made in the image of God'. We all have talents, skills and abilities; we are all valued by God and should give each other respect and dignity accordingly. We all have disabilities - some are physical and others are less obvious. We believe that no one lacks the ability to work and create something beautiful, but what is often lacking is the opportunity to do so, especially for people with disabilities in Iringa.

Neema Crafts aims to create those opportunities, for people who have been considered to be without potential or ability; and to change negative attitudes to disability. Thank you for visiting Neema Crafts. Your custom directly helps people with disabilities and their families!

Free guided Tours

**Explore the workshop and meet people who work here!
Please ask for Titus at the gift shop counter**



SUPPORTING LOCAL PRODUCERS

At **NEEMA CRAFTS** we do our best to ensure that all our ingredients are locally and organically produced. We aim to support the local market and environment while providing high quality food.

Tea: Produce of Mufindi Tea Estates in the Southern Highlands; just 2 hours South West of Iringa

Herbal Tea: Produce of Tanzania

Coffee: Our coffee is organically grown just 15km outside the town. The beans are freshly picked and hand roasted to our own unique blend.

Milk: Locally produced from high quality certified cows

Samosas: Freshly made every day from locally reared organic meat and organically grown vegetables

Soup: Made from the best locally produced organically grown vegetables and seasonings

Jacket Potatoes: Locally and organically grown, specially chosen and oven baked each day

Cakes and Biscuits: All our cakes and biscuits are freshly baked using locally produced ingredients

Ice-Cream: made from fresh Ayrshire cream from high quality certified cattle. We use the best fresh locally grown fruit with a little sugar.

Thank you for visiting Neema Crafts Café

Please come again soon



NEEMA CRAFTS GUESTHOUSE



Opened by the British High Commissioner in August 2011, the guesthouse has comfortable clean rooms. There are family, dorm, double and single rooms available with breakfast included. If you would like more information please ask at reception

NEEMA CRAFTS PHYSIOTHERAPY DEPARTMENT

The Physiotherapy Department at Neema Crafts was set in 2007 to provide **treatment for disabled children** to help them live fulfilled lives and not to be hidden away. It also provides an opportunity for the parents to see that there is **hope** for their child through meeting and seeing the active lives of the adults with disabilities who work at Neema Crafts, who support their families, and live as normal and fulfilled lives as anyone else.

We also provide a nutrition programme to help the most **malnourished** of children who come to us, as some are simply too weak to do the physiotherapy exercises they need to do to improve.

If you would like to help us support more children, please do get in touch, we would love to talk and share some more!