

LUNCH MEN

11AM - 5:30PM

THE SANDWICH SPREAD

Cheese & Mortadella Panini	D550
Chicken Tikka Panini	D550
Beef Bolognaise Panini	D550
Cheese Tomato Lettuce Cucumber Sandwich	D450

The Club Sandwich	D600
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Chicken, Egg, Vegetables and Cheese

Chicken	Hawaii Sandwich	D550
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With Pineapple

Tuna Niçoise Sandwich D500

Tuna, Boiled Egg, Olives, Tomato, Lettuces

D550 Tangy Prawn Sandwich

Grilled garlic lemon prawns with Spring onions, Bell peppers & Tobaccos

Grilled Beef Sandwich D550

Steak in garlic, Onion & Sweet pepper

A Burger Burger!! **D600**

Beef/ Chicken

Vegetable **D500**

With melted Cheese, Pickles, Tomato, Lettuce, Bell pepper, fried Onion & Egg



TAPAS

Crispy Paprika Chips	D200
Vegetables Samosa	D250
Fluffy Fried King Prawns	D650
Breaded Calamri	D450
Grilled Meat Balls	D500
Chicken Satay	D400
Drums Of Heaven	D400

SALADS

Tossed Mixed Salad	D300
Vegetables Noodles Salad	D300
Classic Ceaser Salad With Chicken	D400
Warm Seafood Salad	D600
Egg Salad	D400

SOUP

Fresh Tomato Soup	D300
Vegetables Clear Soup	D300
With Chicken	D350







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Main Course Selection

Roast Chicken D600

Half Chicken served with brown gravy, whole roast potato, carrot & green peas

Fried Chicken Escalope D600

Served with Salad, french fries & tartar sauce

English Fish & Chips D600

Served with apple cider vinegar

Crispy Grilled Barracuda D650

Served with ratatouille vegetables & noodles

Prime Beef Filet D600

Served with mash potato & peas

Beef Stroganoff D600

Served in a ring of rice

Sauté Prawns In Oregano D700

Served with tangy lemon sauce & garlic bread

Sizzling Mixed Grill

GAMBIA BEST

Beef or Chicken Domoda

Chicken or Fish Yassa

Brochette of chicken, fish, beef & prawns with tossed salad & rice

FLAVORS FROM THE

EAST

Hakka Noodles D650

Vegetables or Chicken or Beef or **Prawns or mixed**

Vegetables Spring Roll D550 With Garlic Rice

D550

Sweet and Sour Vegetables with Rice

ITALIAN CORNER

Penne Arabiatta	D550
Tagliatelle O'lieo	D550
Fresh Seafood Fusilli	D650
Spaghetti Bolognaise	D650
Beef Lasagna	D650
Carrot & Mushroom	D550
Lasagna	

SEAFOOD BUCKET

Shrimp, Gambas, Lobster Tail, **Tender Squid, Crispy Fish, & Juicy** Crab

Served with a side of rice: Gambian spice sauce, Indian spice, Cilantro sauce or Continental spice



2 People **D4500**

4 People D7500

DESSERT

Pick From The Trolly Choice Of Ice Cream

D300



Seafood Benachin

Lamb Afra

www.tamalaresort.com +220 732 7777



D800

D600

D600

D700

D750

