



[www.essenceznz.com](http://www.essenceznz.com)

# STARTERS

## CHICKEN WINGS

\$ 6.99

4 Piece portion. Served with creamy blue cheese sauce and carrot sticks

### CHOICES

**BUFFALO**  
Hot & Spicy

**BARBEQUE**  
Mild & Smokey

**HONEY GARLIC**  
Sweet & Sour

## MEXICAN PRAWNS

\$ 9.99

5 prawns sauteed in spices

## VEGETABLE SAMOSAS

\$ 3.99

Potatoes and green peas stuffed in a savoury filling and fried.  
Served with our organic tamarind sauce.

## BEEF SAMOSAS

\$ 4.99

Minced beef and onion stuffed in a savoury filling and fried.  
Served with our organic tamarind sauce.

## TUNA FISH CAKES

\$ 5.99

A South Indian version of fish cakes. Delicious tuna mixed with Indian spices, potatoes, green chillies, curry leaves, mustard seeds, and onions.  
Coated in breadcrumbs and deep fried. 3 pieces per order.

## BUTTER GARLIC PRAWNS

\$ 9.99

Prawns (5) sauted with bell peppers, onion, garlic and spices.  
Served with garlic bread

# SALADS

## CHICKEN CAESAR SALAD

\$ 8.99

Delicious pieces of grilled chicken, iceberg lettuce, mayonnaise, parmesan, cheese, black olives and parsley. Served with garlic bread.

## GREEK SALAD

\$ 6.99

Tomatoes, green peppers, cucumber, onion, feta cheese dressed with Greek salad dressing. Served with garlic bread.

## FATTOUSH SALAD

\$ 6.99

A classic Middle-Eastern salad made with iceberg lettuce, tomatoes, cucumber, mint leaves and our home made sauce. Topped up with fried crispy bread.

### NOTE

Menu items may contain or come into contact with Eggs, Peanuts, Dairy Products & Gluten.  
For more information, please speak with management

A 10% service charge will be added to your total bill. An additional 3% charge will be added to your total bill for payments made by Visa or MasterCard.  
Our menu is priced in USD

# PIZZA

## MARGHERITA

Tomato sauce, imported mozzarella cheese and basil.

**\$ 7.99**

## BEEF OR CHICKEN FAJITA PIZZA

Tomato sauce base topped with delicious slices of beef or chicken sauteed with onions, green peppers, mushrooms, tomatoes and imported mozzarella cheese.

**\$ 12.99**

## CHICKEN & MUSHROOM PIZZA

White cream sauce topped with imported gorgonzola cheese, pieces of grilled chicken, mushrooms, roasted garlic, rosemary, thyme and arugula.

**\$ 12.99**

## HAM & BACON PIZZA

Tomato sauce base topped with imported mozzarella cheese, ham, and bacon crumble.

**\$ 11.99**

## EXTRA PIZZA TOPPINGS

CHEESE, HAM, BACON,  
OLIVES, CHICKEN,  
VEGETABLES

**\$2.50 each**

**NOTE**

A 10% service charge will be added to your total bill.  
An additional 3% charge will be added to your total bill  
for payments made by Visa or MasterCard.  
Our menu is priced in USD

# PASTA

## LOBSTER LINGUINE

\$17.99

Home made linguine tossed in our home made bechamel and pesto sauce.  
Served with garlic bread

## SPAGHETTI BOLOGNESE

\$10.99

Home made spaghetti tossed in beef tomato sauce and flavoured  
with leeks, celery, garlic, onion and carrots. Served with garlic bread

## CHICKEN TAGLIATELLE ALFREDO

\$12.99

Home made tagliatelle tossed in bechamel sauce, fresh cream,  
parmesan, parsley, chicken and mushrooms. Served with garlic bread.

## CREAMY LOBSTER FETTUCCINE

\$23.99

Homemade fettuccine pasta tossed in a creamy white sauce, chunks of  
lobster, onions, garlic, herbs, parsley & nutmeg. Served with garlic bread.

## PESTO CHICKEN RISSOTTO

\$15.99

Freshly made pesto sauce with sundried tomato cooked well with  
rissoto rice and chicken and flavoured with parmesan cheese and parsley.  
Served with garlic bread.

## CREAMY MUSHROOM RISSOTTO

\$11.99

Our homemade creamy mushroom sauce cooked with risotto rice  
and flavoured with garlic, onions parsley and cheese.  
Served with garlic bread

# BURGERS

## ZAR's SPICY CHICKEN BURGER

\$9.99

Fried chicken breast, lettuce, pickled  
cucumber, cheddar cheese and jalapeno  
sauce. Served with fries

## B&B CLASSIC

\$9.99

A classic burger with beef patty, bacon, lettuce,  
tomato, cucumber, imported cheddar cheese  
and mayonnaise. Served with fries

## ESSENCE CLUB SANDWICH

\$10.99

Grilled chicken, bacon, fried egg, iceberg  
lettuce, tomatoes, cucumber, cheddar cheese  
and mayonnaise.

# MEAT & CHICKEN

## GRILLED CHICKEN BREAST

Grilled chicken breast, served with sauteed vegetables & fries with a delicious creamy mushroom sauce **\$ 14.99**

## GRILLED BEEF

Grilled beef fillet, served with sauteed vegetables & fries with a delicious pepper sauce. **\$ 14.99**

## BEFF STROGANOFF

Grilled Sliced Beef sauted with mushroom, bellpeppers, onion, garlic, parsley and our special sauce seasoned with herbs and spices. Served with garlic flavoured parsley rice. **\$ 16.99**

.....  
*Our cuts are well trimmed, aged to perfection and grilled over high heat with our own seasoning, resulting in a juicy and flavourful steak.*

## A S I A N F U S I O N

### CHILLI CHICKEN

Chicken sauteed with green peppers, onions and green chillies. Served with vegetarian fried rice. **\$ 11.99**

### CHILLI BEEF

Beef sauteed with green peppers, onions and green chillies. Served with vegetarian fried rice. **\$ 11.99**

### CHICKEN CHOW MEIN

Stir-fried home made noodles with chicken, green peppers, cabbage, onions, carrots and green chillies. **\$ 10.99**

### PRAWN CHOWMEIN

Home made noodles stir fried with prawns, green peppers, cabbage, onions, carrots and green chillies. **\$ 15.99**

### PAD THAI NOODLES

A classic Thai dish with flat noodles stir fried with chicken and vegetables. This dish contains peanuts. **\$ 14.99**

# SEAFOOD

## DORADO CONTINENTAL

Grilled dorado fillet marinated in lemon butter sauce, served with grilled vegetables and a delicious cous cous ratatouille.

\$ 14.99

## CALAMARI & PRAWNS

Fried calamari & grilled prawns served on a bed of saffron rice.

\$ 19.99

## TEMPURA PRAWNS

Fresh prawns fried in our special beer tempura batter. Served with saffron rice and a sweet chilli sauce.

\$ 17.99

## LOBSTER & ROCK LOBSTER

Lobster and rock lobster served with grilled vegetables and roasted potatoes.

\$ 27.99

## LOBSTER ONLY

A succulent lobster served with grilled vegetables and roasted potatoes.

\$ 24.99

## SEAFOOD PLATTER

Rock lobster, 2 grilled prawns, calamari, octopus and fish of the day. Served with grilled vegetables, roasted potatoes and homemade sauce.

\$ 41.99

## ZANZIBAR SEAFOOD COCONUT CURRY

Original Zanzibari seafood curry served with saffron rice in a coconut shell.

Option of mild or spicy

\$ 14.99

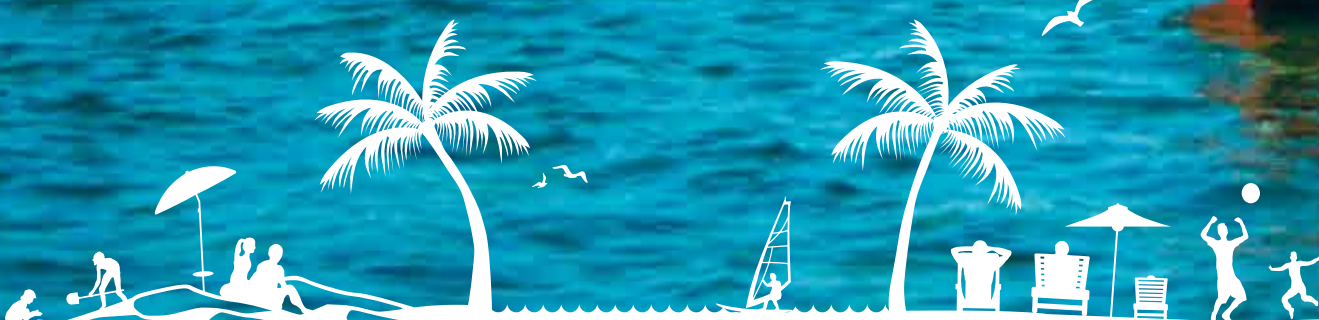
## ENGLISH STYLE FISH & CHIPS

Halibut fish fried in pub style batter. Served with french fries and tartar sauce.

\$ 19.99

### NOTE

A 10% service charge will be added to your total bill.  
An additional 3% charge will be added to your total bill for payments made by Visa or MasterCard.  
Our menu is priced in USD



# THE BBQ PIT

*Kebabs are a variation of street food cooked in a tandoor oven in India.  
The meats are marinated to bring out the best flavours.*

## TANDOORI CHICKEN

Half chicken marinated overnight in yogurt and spices cooked in a tandoor oven.

\$ 11.99

## TANDOORI CHANGU

Fresh snapper marinated overnight in yogurt and spices cooked in a tandoor oven.

\$ 11.99

## CHICKEN TIKKA

Tender pieces of chicken marinated in traditional Indian spices cooked in a tandoor oven.

\$ 11.99

## PANEER TIKKA

Homemade cottage cheese marinated with special spices cooked in a tandoor oven.

\$14.99

## SHASHLIK KEBAB - CHOICE OF BEEF OR CHICKEN

Succulent chicken or beef on a skewer with grilled vegetables. Served with french fries, garlic mayonnaise and mint chutney.

\$14.99

*All above entrees served with chips.*

# EAST MEETS AFRICA!

## BUTTER CHICKEN

World famous! A delicious preparation of tender pieces of chicken breast marinated and cooked in a rich tomato sauce that contains butter, yogurt and spices. This dish contains cashew nuts.

\$11.99

## KADAI CHICKEN

Pieces of chicken tossed with fresh green peppers, onions and tomatoes. Served in a traditional Indian kadai dish.

\$11.99

## KADAI LAMB

Boneless pieces of lamb tossed with fresh herbs and spices. Served in a traditional Indian kadai dish.

\$16.99

## MUTTON ROGAN JOSH

A Kashmiri special! Lean chunks of lamb cooked in a rich almond sauce with a blend of fragrant spices.

\$16.99

## CHICKEN XACUTI

Chicken Xacuti is a classic dish from Goa, region of western india. The delicious curry is made with coconut and Freshly roasted spices and served along with steamed rice.

\$18.99

### NOTE

A 10% service charge will be added to your total bill.

An additional 3% charge will be added to your total bill for payments made by Visa or MasterCard. Our menu is priced in USD

# VEGETARIAN

## DAL TADKA

\$8.99

Lentils cooked with finely chopped onions, tomatoes and spices topped off with butter.

## TAWA VEGETABLE

\$10.99

Peas, cauliflower, green beans, carrots and potatoes tossed in a blend of spices.

## KADAI PANEER

\$11.99

Home made Indian cheese cooked in a creamy butter sauce.



## SHIRAZI BIRYANI

\$14.99

*Authentic Persian biryani cooked in Indian spices and caramelized onions topped with cashew nuts.  
Comes with raita and a pineapple chutney.  
Choice of Vegetable (or) Chicken (or) Mutton.*

### NOTE

A 10% service charge will be added to your total bill.  
An additional 3% charge will be added to your total bill for payments made by Visa or MasterCard. Our menu is priced in USD



# RICE

## Basmati Rice

\$1.50

## Essence Rice

Biryani rice with fried onions

\$1.99

## Saffron Rice

Rice flavoured with saffron

\$1.99

## Bowl of Fries

\$3.00

# BREAD

Traditional Indian breads made with yogurt

## PLAIN NAAN

\$1.99

Flat bread cooked in a tandoor oven.

## BUTTER NAAN

\$1.99

Flat bread cooked in a tandoor oven and flavoured with butter.

## CHILLI CHEESE NAAN

\$2.50

Flat bread cooked in a tandoor oven and flavoured with chillies and melted cheese

## GARLIC NAAN

\$1.99

Flat bread cooked in a tandoor oven and flavoured with garlic

# DINE UNDER THE STARS

**\$80 Per  
Person**

**Tuna carpaccio + seafood platter per guest  
Homemade ice-cream + 1 bottled water per guest  
1 bottle of house wine per table**

10% service charge is included in your total bill.  
Our menu is priced in USD

[www.essenceznz.com](http://www.essenceznz.com)

Essence Restaurant, Kendwa, Zanzibar, Tel: +255 779 941555  
Mail: [essenceznz@gmail.com](mailto:essenceznz@gmail.com)

**PRIOR RESERVATIONS  
REQUIRED**

Experience the magic of dining under the stars.

Enjoy our four course meal.

Tuna Carpaccio, followed by our Seafood Platter with  
Fresh Lobster, Rock Lobster, Calamari, Prawns, Octopus,  
Fillet of Fish, Potatoes and Fresh Vegetables.

End the perfect evening with our homemade ice cream  
Includes 1 bottle of house wine

