

Set menu available at R550 per person for groups of 10 people or more. Please ask your waitress for details.

# Mama Africa

CAPE TOWN

Please note there is a R50 fee per person for the live band. We appreciate your support.











## STARTERS

We recommend ordering a variety of starters or sides to experience the diverse flavors of African cuisine.








- Mama Africa Pap Chips**   **R 65**  
African Ugali (pap) is cut into chip-sized pieces, seasoned with mixed spices, -golden fried and served with our secret sauce..
- Mama Africa Crocodile**  **R 155**  
Tender crocodile meat served with peanut satay sauce.
- Spicy Bilulu / Mopane Worm**  **R 115**  
Rich in protein, phosphorus, iron, and calcium. Our traditional mopane worms are boiled and then grilled with mixed peppers and eggplant.
- BBQ Chicken Wings**  **R 130**  
A mix of chicken wingettes and drumettes grilled in our homemade BBQ sauce.
- Mama Africa Garden Salad**  **R 85**  
Lettuce, cherry tomatoes, feta, olives, red onions, and cucumbers. It is served with a sweet mustard dressing.
- Crispy Mushrooms**  **R 120**  
Breaded mushrooms, golden-fried and served with homemade garlic aioli.
- Goat Kebab**  **R 145**  
Tenderized goat meat separated with mixed peppers and onions on a skewer, grilled to our chef's recommendation and served with extra African salsa for dipping.
- Springbok Carpaccio**  **R 185**  
100g of tender thinly sliced lean springbok meat, raw, brined and topped with fresh garden lettuce, parmesan shavings, roast tomato, and drizzled with chimichurri.
- Spicy Kikanda or Chikanda**   **R 165**  
The closest imitation of meat is made from peanuts and orchid tubes. Chikanda is fried and served with tomato salsa. Highly recommended for vegans.
- Cabo Delgado Lobster** **R 650**  
Lobster meat cooked with mushrooms, creamy peanut sauce, and melted parmesan cheese.

## MAMA AFRICA CHEF SPECIALTIES

(Please note that sides are not included. The chef recommends ordering multiple sides to share.)

- Umleqwa / Hardbody chicken**  **R 185**  
A bowl of slow-cooked runaway chicken pieces. Best enjoyed with a side of steamed bread, African fufu, Okra or savoury rice.
- MAMA AFRICA STEW**  
Your choice of:
  - Cow Tripe**  **R 155**  
Cow tripe cooked in the traditional South African way. Best enjoyed with a side of steamed bread, African Ugali, saka-saka (pondu) or savory rice.
  - Cattle Beef**  **R 170**  
Cooked the Pan-African way in a tomato gravy sauce. Highly recommended with Savory Rice, African Ugali (pap), Garlic Mash, Okra or Kwanga.
  - Oxtail**  **R 215**  
Tenderized and cooked in a red wine tomato gravy. Best served with Savory rice, African Ugali (pap), Garlic Mash, or Kwanga.
  - Mama Africa Vegan Stew**   **R 210**  
Roasted carrots, butternut, sweet potatoes, baby potatoes, and lentils cooked in a lightly sweetened and creamy coconut and tomato broth. Best enjoyed with a side of Savory rice, Kwanga, or steamed bread.
  - Matoke**    **R 195**  
A unique and popular dish from East Africa made from green bananas and peanut stew. Rich in flavor and best enjoyed with a side of Savory rice, Kwanga, or Garlic Mash..
  - Ostrich Bobotie**  **R245**  
Back by popular demand. Bobotie is a traditional South African dish consisting of minced meat, curry spices, dried raisins, and topped with an egg milk-based layer. Best served with Savory rice, Saka-saka (Pondu) or garlic mash.

## MAMA AFRICA CHEF SPECIALTIES (Cont.)

- Makayabu Stew**  **R 270**  
Makayabu is a traditional Congolese salted fish softened and cooked in a flavorful sauce mixed with peppers and onions. Highly recommended with Kwanga, African Ugali (pap), Saka-saka (Pondu) or Savory rice.
- Mama Africa Crocodile Steak**  **R 310**  
A unique Mama Africa experience. Juicy and tender meat from the crocodile's tail brushed with our homemade basting finish, served on a bed of palm oil sweet potato mash. Highly recommended with a side of mixed veg, hand-cut chips, pap chips, Spinach or a salad.
- Zimbabwean Dovi**  **R 135**  
Chicken, peanut, and spinach stew. Best enjoyed with a side of rice, Kwanga, garlic mash, or African Ugali.
- Jollof Rice**  **R 205**  
Most popular in Nigeria and Ghana, Jollof rice is a combination of different flavours from chicken. Beef, and grounded shrimps. Recommended with a side of mixed veg or salad.
- Egusi Soup**  **R 185**  
A popular Spicy West African soup loaded with cow tripe, trotters, dried fish, ground butternut seeds, ground crayfish, bitter leaves, and spinach. Highly recommended with Eba, African Ugali (pap), Kwanga, or Savory rice.
- Cape Malay Chicken Curry**  **R 185**  
Cape Malay cuisine has a deep history, beginning in the 1600s when the Dutch arrived in the Cape, bringing slaves from Indonesia, Malaysia, and East Africa. The slaves brought recipes and mixed colorful spices from their home countries. The Chicken Cape Malay is a sweet and slightly spicy dish best enjoyed with a side of Savory rice, steamed bread, or African Ugali.
- Seafood Okra**  **R 450**  
A Nigerian healthy spicy okra soup loaded with mussels, ground crayfish, prawns, crabsticks, calamari, and fish. Highly recommended with a side of African Ugali (Pap), Kwanga, or Savory rice.



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## MAMA COMBOS & PLATTERS

**Mama Africa Tasting Menu**  **R 750**  
Enjoy a diverse African cuisine with seven exciting finger foods: Chakalaka and garlic mash, Cape Malay Curry and Savory rice, Mama crocodile, Beef Stew, Matoke, Flame-Grilled Goat with Kwanga, Bilulu, and Spicy Kikanda with African Salsa.

**Shisa Nyama Platter**  **R 1500**  
Experience five exciting wild game meats: Flame-grilled Ostrich, Flame-grilled Kudu, Flame-grilled Springbok, Flame-grilled Zebra, Flame-grilled Eland. Grilled to perfection and served with your choice of two sides.

**Maputo Seafood Platter for Two**  **R 1950**  
800g Whole lobster, 350g Kingklip filet, 200g grilled calamari, 10 Butterfly medium tiger prawns, 10 half-shell mussels and 100g Crab sticks. Drizzled with spicy Maputo palm oil and served with your choice of two sides from our selection.

**Maputo Seafood Platter for Four**  **R3250**  
1600g Whole lobster, 700g Kingklip filet, 400g grilled calamari, 20 Butterfly medium tiger prawns, 20 Half-shells Mussels and 100g Crab sticks. Drizzled with spicy Maputo palm oil and served with your choice of four sides from our selection.

## EXTRA SIDES

R55 each


Please note that our sides are vegan friendly.

### STARCH


- Steamed bread (Dombolo)
- Savory rice
- African Ugali (pap)
- Hand-cut chips
- Pap chips
- Kwanga


- Plantain
- Mioko (Cassava root)
- Ebba (yellow or white)
- Sweet potato fries
- Garlic Smash

## FROM THE GRILL & SEAFOOD

**Kingklip Fillet**  **R 315**  
350g Kingklip, dusted in flour, grilled, and served with roasted tomato, thyme, and olive sauce. Best enjoyed with extra garlic mash, mixed veg, or a side salad.

**Spicy Whole Baby Kinglip (Headless)** **R 315**  
Dusted in flour, grilled in lemon butter, and brushed with our secret Mama Africa spicy basting. Best enjoyed with garlic mash, mixed veggies, Saka-Saka (Pondu) or Kwanga. Please ask your waiter for availability.

**Flame-Grilled Wild Game Meat (250g)**  **R 335**  
Your choice of Kudu, Eland, Zebra, Springbok, or Ostrich. The meat is grilled to your satisfaction. The chef's recommendation is medium done, served on a bed of Julienne vegetables. Best enjoyed with an extra side of garlic mash, Savory rice, Kwanga, or mixed salad.

**Sirloin Steak**  **R 305**  
300g A grade beef sirloin, grilled your way and served on a bed of palm oil sweet potatoes. We recommend an extra side of Hand-cut chips, Side salad, grilled veg, or spinach.

**Mama Africa Medium Tiger Prawn Platter** **R 280**  
12 Medium Tiger prawns, butterflied and grilled to perfection. Recommended with Savory rice, a side salad, or mixed veg.


**Samaki**    **R 295**  
350g-400g Whole fish, grilled in lemon butter sauce. Please ask your waiter about availability. It is recommended with extra Pondu, Kwanga, or Garlic mash.

### VEGGIES

Vegan Friendly:

- Grilled Vegetables
- Okra
- Pondu (Saka Saka)
- Spinach
- Chakalaka
- Side salad

## MAMA'S DESSERTS

**Koeksister**  **R 85**  
A traditional South African sticky doughnut. Deliciously sweet and flavorful. Drenched in syrup and laced with cinnamon, lemon, and ginger.

**Akwadu**  **R 80**  
Baked banana and coconut dessert from Equatorial Guinea. Highly recommended with an extra side of Tapi-Tapi ice cream.

**Chocolate Peanut Butter Brownies**  **R 75**  
Chocolate fudgy brownies with a thick layer of peanut butter.

**Mama Africa Ice Cream**  **R 85**  
Handmade African ice cream showcasing original African flavors. Ask your waiter for available flavors.

**Amarula Cheese Cake**  **R115**  
A delicious cheesecake made with a unique and tasty cream liqueur ingredient called amarula.