



# PARACHICHI PROMENADE

At Parachichi we offer you the best from the local home style cooking to the contemporary style Western and Indian cuisine which has define the Tanzanian cuisine over the ages.

The Blend of local spices with the farm fresh Ingredients like Barley, Butternut, Ugali and Avocado have influence the culinary Journey of Arusha for many years.

# START YOUR DAY

FOUR  
POINTS  
BY SHERATON

## Fresh-squeezed

Watermelon  
Pineapple  
Tropical Melange  
Mango (Seasonal)

Tsh 8000

## Healthy Heart

Carrot  
Beetroot  
Tomato  
Cucumber

Tsh 8000

## From Concentrate

Apple  
Mango  
Tropical

Tsh 4000

## Blended Drinks

Parachichi  
Kili Cold Coffee  
Banana Caramel  
Strawberry  
Mango

Tsh 10000

## Smoothie

Parachichi and Honey Tsh 10000  
Banana and Cinnamon Tsh 10000  
Mango (Seasonal) Tsh 10000  
Passion Fruit and Maple Tsh 11000  
Papaya Tsh 11000  
Sweet Rose Lassi Tsh 8000  
(Sweetened yoghurt cooler infused with rose)  
Butter Milk Tsh 8000  
(Salted yoghurt cooler flavoured with mint and cumin)

## Iced Drinks

Ngorongoro Ice Coffee  
Ice Coffee with Cream  
Amani Ice Tea  
Lemon Ice Tea  
Cammomile Ice Tea  
Passion Ice Tea  
Ice Latte  
Ice Cappuccino  
Ice Chocolate  
Vanilla Frappe

Tsh 6000

## Hot Drinks

Masala Tea Tsh 5000  
Tanzanian Tea Tsh 5000  
(Hibiscus / Early Grey / Cammomile /  
Peppermint / Green Tea)  
Hot Lemon, Honey & Ginger Tsh 6000  
Espresso Single Shot Tsh 3000  
Espresso Double Tsh 5000  
Espresso Macchiato Tsh 5000  
Cappuccino Tsh 6000  
Café Americano Tsh 6000  
French Press Tsh 6000  
Café Latte Tsh 6000  
Café Mocha Tsh 6000  
Hot Chocolate Tsh 6000  
Hangover Solution (A) Tsh 14000  
(Coffee with whisky & cream)

## (A) - Alcohol

All Prices are Inclusive of 18% VAT and 5% Service Charge.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

# SOUPS / SALADS SANDWICHES

FOUR  
POINTS  
BY SHERATON

## SOUPS

**Roasted Tomato Soup** Tsh 10000

Roasted roma tomato soup served with basil crostini

**Cream of Butternut and Ginger** Tsh 10000

Roasted butternut soup infused with ginger

**Cream of Wild Mushroom** Tsh 14000

Wild grown forest mushrooms blended with aromatic herbs

**Asian Style Chicken and Coconut Soup** Tsh 15000

Burmese noodle soup with brown onion, Fried Garlic, Chicken, Cilantro, Coconut Cream and Lemon

## SALADS

**The Parachichi Caesar Salad**

Lettuce, Shaved Parmesan, Classic Caesar Dressing, Garlic Crostini

**Choice of:** Tsh 15000

Roma Artichoke, Avocado and Grilled Mediterranean Vegetables

Spring Smoked Chicken Breast Tsh 18000

**Avocado and Broccoli Salad** Tsh 15000

**Raw Papaya Salad with Chicken** Tsh 18000

Peanut Palm Jaggery, Coriander  
With a choice of spring chicken breast

## SANDWICHES AND BURGERS

(Served with Fries & Salad)

**Grilled Herb Panini/Focaccia** Tsh 18000

Grilled Zucchini, Sweet Pimentoes, Parachichi, Fresh Mozzarella, Roma Tomato

**or**

Pesto, Grilled Chicken, Cheese, Roma Tomato Tsh 22000

**The Arusha Club (P)** Tsh 22000

Chicken, Crispy Bacon, Fried Egg, Tomato, Lettuce  
Your choice of White or Brown Bread

**The Arusha Burger**

Lettuce, Tomato, Cucumber, Cheese, Caramelised Onion, Gherkin in Sesame Bun

**Choice of:**

**Parachichi** Tsh 18000

(Vegetables, Green Peas, Avocado, Curried New Potato Patty)

**or**

**Chicken** Tsh 22000

(Crunchy Chicken, Sautéed Mushrooms, Caramelized Onions topped with Cheese)

**or**

**Beef** Tsh 25000

(Grilled Beef Tenderloin, Fried Egg, Crispy Bacon (P), Cheese)

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# INDIAN KEBABS & STARTERS

FOUR  
POINTS  
BY SHERATON

From the Tandoor (Available between 12 NOON - 3 PM & 7 PM - 10:30 PM)

<b>Bhatti Ka Murgh</b> 	Tsh 18000
Boneless Chicken Marinated with Yoghurt and Indian Spices cooked in clay oven	
<b>Kasoori Murgh Tikka</b>	Tsh 18000
Cheesy Boneless Chicken with Fenugreek and Indian Spices cooked in Clay oven	
<b>Lamb Galauti</b> 	Tsh 22000
Smoked Lamb Patty served with Mint Chutney	
<b>Tulsi Paneer Tikka (V)</b>	Tsh 18000
Cottage Cheese marinated with Basil and Mint cooked in Tandoor	
<b>Zaffrani Paneer Tikka (V)</b>	Tsh 18000
Spiced Saffron and Rose infused Cottage Cheese cooked in Clay oven	
<b>Malai Sarson Subz (V)</b>	Tsh 16000
Skewers of Broccoli, Baby corn, Cauliflower, Mushroom, Bell Peppers, Onions in Yoghurt and Spice marinade cooked in Tandoor	
<b>Surmai Fry (S) (2 pcs)</b>	Tsh 22000
Pan fried King Fish Darnes flavoured with Coastal Spices	
<b>Ajwaini Prawns (S)</b> 	Tsh 24000
Carom Seed flavored Prawns cooked in Clay oven	

 - Spicy

(S) - Seafood

(V) - Vegetarian

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# WESTERN AND AFRICAN MAINS

FOUR  
POINTS  
BY SHERATON

**Beef Tenderloin** Tsh 40000

Creamy Garlic Root Mash, Sauteed Greens, Mushroom and Pepper Jus

**Pork Chops (P)** Tsh 45000

Soy and Honey Glazed Pork Chop, Root Mash Stir Fried Asian Greens

**Grilled Spring Chicken (A)** Tsh 35000

Grilled Spring Chicken Breast, Creamy Barley, Butter tossed Vegetables, Red Wine Sauce

**Pan Seared Red Snapper/ Nile Perch (S) (A)** Tsh 35000

Creamy Barley, Butter tossed Vegetables, White Wine Sauce

**Tiger Prawns (S)(A)** Tsh 40000

Grilled Tiger Prawns, Creamy Barley, Butter tossed Vegetables, White Wine Pesto Sauce

**King Fish Steaks (S) (A)** Tsh 35000

Grilled King Fish, Creamy Mustard Barley, Butter tossed Vegetables, White wine Sauce

**Fish and Chips (S)** Tsh 35000

Batter fried Nile Perch served with Fresh fried Chips

**Wild Mushroom Ragout (A)** Tsh 30000

Wild Forest Mushrooms cooked in White Wine and Cream, Fresh Herbs, Garlic Crostini

**Pasta**

Penne, Fusilli, Spaghetti

**Your choice of Sauce**

Arrabbiata Tsh 18000

Cheese Tsh 18000

Pesto Tsh 18000

Chilly Pork Sausage, Tomato (P) Tsh 20000

Carbonara (P) Tsh 23000

Bolognaise (Beef) (A) Tsh 20000

Add Chicken Tsh 3000

Served with Parmesan Cheese and Garlic Crostini

**LOVE FOR AFRICA**

**Kuku Mehicha** Tsh 20000

Traditional Chicken dish cooked with local African Spinach and Coconut Rice

**Matoke** Tsh 20000

Raw Banana and Beef stew served with Rice

**Mixed Nyama Choma Platter** Tsh 35000

Charcoal Grilled Chicken, Lamb Chops, Beef Steak, Beef Sausage served with Ugali, Creamy Spinach and Chachandu sauce

**Sato Wa Kukangaa Na Ugali (S)** Tsh 30000

Whole Tilapia served with Soft African Polenta and Salad

(A) - Alcohol

(S) - Seafood








(P) - Pork

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# THE INDIAN WAY

FOUR  
POINTS  
BY SHERATON

<b>Murgh Makhanwala (N)</b> Chicken Tikka cooked in Clay oven, simmered in Butter rich spiced Tomato Gravy	Tsh 18000	<b>Mushroom Mutter</b> Button Mushroom, Green Peas cooked with Indian Spices	Tsh 15000
<b>Kadai Chicken (N)</b>  Chicken and Bell Peppers cooked with Homemade Kadai Spices	Tsh 18000	<b>Kadai Subzi</b> Broccoli, Cauliflower, Carrot, Baby corn, Bell Peppers, Onion tossed with Kadai Spices mix	Tsh 15000
<b>Dum Ka Murgh (N)</b> Chicken cooked in Creamy Cashew and Brown Onion Gravy	Tsh 18000	<b>Salan Subzi</b>  Tangy Seasonal Vegetables cooked in Gravy of Peanut, Sesame and Coconut	Tsh 15000
<b>Malvani Fish Curry (S)</b>  King Fish simmered in Homemade Malvan Spices and Fresh Coconut Milk	Tsh 22000	<b>Dal Makhani</b>  Slow braised Black Lentils finished with Cream, Tomato and Spices	Tsh 12000
<b>Dhungaar Maas (N)</b>  Smoked preparation of Lamb cooked with Red Chillies, Onions and Tomatoes	Tsh 25000	<b>Yellow Dal Tadka</b> Yellow Lentils cooked tempered with Indian Spices	Tsh 12000
<b>Salan Gosht (N)</b>  Lamb cooked in Peanut, Coconut, Sesame Gravy with a dash of Tamarind	Tsh 25000		
<b>Tawa Prawns (S)</b>  Stir Fried Prawns tossed with Homemade Indian spices and Peppers	Tsh 28000		
<b>Paneer Makhani</b> Cubes of Fresh Cottage Cheese simmered in Gravy of Tomato	Tsh 18000		
<b>Paneer Methi</b> Cubes of Cottage Cheese cooked in Indian Spiced Fenugreek, Tomato and Cashewnut Gravy	Tsh 18000		
<b>Paneer Palak</b> Cubes of Cottage Cheese cooked in Fresh Spinach Gravy	Tsh 18000		

 - Spicy

(S) - Seafood

(N) - Non-Vegetarian

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# STAPLES AND DESSERTS

FOUR  
POINTS  
BY SHERATON

## RICE

**Steamed Rice** Tsh 6000

**Palak and Soya Bean Pulao** Tsh 9000  
Slow cooked Rice with Farm Fresh Spinach and Soya Beans

**Mixed Vegetable Pulao** Tsh 9000  
Slow cooked Rice with Indian Herbs, Spices and Greens

**Dry Fruit Pulao** Tsh 12000

**Biryani**  
Classical Indian preparation of Rice cooked with Spices and Fresh Herbs Served with Raita and Salan

Vegetable Tsh 12000

Chicken Tsh 18000

Lamb Tsh 20000

Prawns (S) Tsh 22000

## BREADS

**Naan** Tsh 3000  
Refined Wheat Flour Flat Bread  
Choice of Garlic, Butter or Plain

**Roti** Tsh 2000  
Whole Wheat Flour Flat Bread  
Choice of Butter or Plain

**Pudina Paratha** Tsh 4000  
Whole Wheat Flour Flat Bread,  
Baked with layers of Butter and Mint

**Laccha Paratha** Tsh 4000  
Refined Wheat Flour Flat Bread,  
Baked with layers of Butter

## DESSERTS

**Mandarin Baked Yoghurt (EL)** Tsh 10000  
Topped with Fresh Fruits

**Dark Chocolate Mousse (E) (A)** Tsh 15000  
Orange and Rum infused Dark Chocolate Cream

**Chocolate Fudge Brownie (E)** Tsh 15000  
Chocolate and Walnut Cake with Butterscotch Sauce

**Beetroot Halwa (EL)** Tsh 15000  
Beets cooked with condensed Milk and Cardamom

**Ice Cream (EL) (2 scoops)** Tsh 10000  
Vanilla  
Chocolate  
Strawberry  
Mango

**Arusha Sundae (EL)** Tsh 15000  
Fresh Fruits, Ice Cream, choice of Sauces and Condiments

(S) - Seafood

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# NIGHT MENU

(From 11 PM to 7 AM)

FOUR  
POINTS  
BY SHERATON

## SOUPS

**Roasted Tomato Soup** Tsh 10000  
Roasted Roma Tomato Soup served with Basil Crostini

## SANDWICHES (Served with Fries & Salad)

**The Arusha Club (P)** Tsh 22000  
Chicken, Crispy Bacon, Fried Egg, Tomato, Lettuce  
Your choice of White or Brown Bread

## MAINS

**Beef Tenderloin** Tsh 40000  
Creamy Garlic Root Mash, Sauteed Greens, Mushroom and Pepper Jus

**Grilled Spring Chicken (A)** Tsh 35000  
Grilled Spring Chicken Breast, Creamy Barley, Butter tossed Vegetables, Red Wine Sauce

**Pan Seared Red Snapper/  
Nile Perch (S) (A)** Tsh 35000  
Creamy Barley, Butter tossed Vegetables, White Wine Sauce

## Pasta

Penne, Fusilli, Spaghetti

## Your choice of Sauce

Arrabbiata Tsh 18000  
Cheese Tsh 18000  
Pesto Tsh 18000  
Chilly Pork Sausage, Tomato (P) Tsh 20000  
Carbonara (P) Tsh 23000  
Bolognaise (Beef) Tsh 20000  
Add Chicken Tsh 3000

Served with Parmesan Cheese and Garlic Crostini

## DESSERTS

**Chocolate Fudge Brownie (E)** Tsh 15000  
Chocolate and Walnut Cake with Butterscotch Sauce

**Ice Cream (EL) (2 scoops)** Tsh 10000  
Vanilla  
Chocolate  
Strawberry  
Mango

(A) - Alcohol

(E) - Contains Egg

(EL) - Eggless

(P) - Pork

(S) - Seafood

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