



COOL RESTAURANT

FULL MENU

Free delivery in Upanga, Kariakoo and Town | Other areas by Bolt (you pay the Bolt fee on receiving) | Open 7:30 AM - 11:00 PM, closed Thursday
Order on WhatsApp 0790 079 982 | coolrestaurantupanga.co.tz

BBQ Combos

Save with a combo



Combo 1

Chicken Sakela, Chicken Lemon, 4 Mishkaki sticks, 3 Nundu sticks, plain naan, 2 Ndizi, masala chips, plain chips

40,000

~~45,000~~



Combo 2

Chicken Gajjar, 5 Mishkaki sticks, 3 Nundu sticks, beef sheek kabab, plain chips, butter naan

35,000

~~40,000~~



Combo 3

BBQ fish, BBQ prawns, Chicken Lemon, 2 Nundu sticks, 2 Mishkaki, masala chips, plain chips

50,000

~~55,000~~



Combo 4

Chicken biryani, beef sheek kabab, chicken changezi, 2 plain naan, 1 soda

35,000

~~40,000~~

BBQ & Grill

Fire-grilled chicken, kebabs, fish & prawns



Chicken Sakela

With chips

9,000

Mishkaki (per stick)

1,000

Chicken Gajjar

With chips

9,000

Fish Changu

15,000

Chicken Lemon

With chips

9,000

Fish Fillet

20,000

Chicken Malai Boti

15,000

BBQ Platter

Prawns, fish, tikka, seekh kebab and chicken tikka with salad

35,000

Chicken Wings

15,000

BBQ Jumbo Prawns

Garlic butter sauce, salad and fries

25,000

Fried Chicken

15,000

BBQ Prawns

Special marinade, grilled, with salad

20,000

Chicken Sheek Kebab

10,000

BBQ Fish Boti

Marinated fish fillet skewer with salad

15,000

Beef Sheekh Kabab	8,000
Mutton Sheekh Kabab	8,000
Bihari Kabab	10,000
Nundu (per stick)	3,000

BBQ Fish (Tilapia) with Chips Grilled tilapia, fries, salad and tartar sauce	20,000
Masala Chips	5,000
Plain Chips	3,000

Steaks

Grilled to order



Pepper Steak Beef fillet in pepper sauce, sautéed vegetables and fries	20,000
Fish Steak Marinated grilled fish fillet, sautéed vegetables and fries	20,000
Portuguese Steak Beef fillet with special Portuguese sauce, rice or fries	20,000
Chicken Steak Boneless chicken breast, sautéed vegetables and fries	15,000

Hot N Spicy Steak Beef fillet in hot spicy sauce, mashed potatoes or rice	15,000
Garlic Steak Creamy garlic butter sauce, sautéed vegetables and fries	15,000
American Steak Beef fillet with American sauce and mozzarella, fries	20,000

Chinese

Fried rice and stir-fries



Chicken Fried Rice with Salad	15,000
Egg Fried Rice with Salad	12,000
Vegetable Fried Rice with Salad	10,000
Plain Rice with Chicken Gravy and Salad	15,000
Paneer Chilly Dry Rice with Salad	15,000
Prawn Chilly Rice with Salad	20,000
Prawn Manchurian Rice with Salad	20,000

Chicken Manchurian Rice with Salad	15,000
Prawn Hot Garlic Rice with Salad	20,000
Chinese Beef Stir-Fry	15,000
Chinese Beef Onion Stir-Fry	15,000
Chinese Chicken Stir-Fry	15,000
Chinese Chicken Onion Stir-Fry	15,000
Crispy Chinese Chilli Chicken	15,000

Chicken Specials

Spicy, saucy and crispy



Chicken 65 with Chips, Rice and Salad **15,000**
Spicy chicken 65

Chicken Chilly with Rice and Salad **15,000**
Spicy chilli sauce

Chicken Lollipop Rice with Salad **15,000**

Chicken Schezwan Rice with Salad **15,000**
Spicy Schezwan sauce

Sweet and Sour Chicken Rice with Salad **15,000**

Chicken Chow Mein with Salad **12,000**
Stir-fried noodles

Chicken Hot Garlic with Salad **15,000**
Hot garlic sauce

Tandoori Chicken with Chips **12,000**
Traditional Indian spices

Chicken Roll (Bolia) **7,000**
Soft roll with seasoned chicken

Indian & Curry

Curries and Indian classics



Beef Paya **15,000**

Beef Nihari **15,000**

Beef Korma **15,000**

Beef Keema **15,000**

Beef Dal Gost **14,000**

Mutton Korma **15,000**

Mutton Chaap **15,000**

Chicken Korma **15,000**

Jeera Chicken **15,000**

Chicken Karai **15,000**

Chicken Achari **15,000**

Chicken Changezi **15,000**

Chicken Kali Mirch **15,000**

Chicken Tikka Gravy **15,000**

Chicken Fry Indian Style **15,000**

Afghan Chicken Tikka **15,000**

Fish Changu Curry **15,000**

Fish Fillet Curry **20,000**

Prawns Curry **20,000**

Daal Makhani **12,000**

Shahi Paneer **15,000**

Biryani & Rice

Fragrant basmati rice



Beef Biryani **12,000**

Chicken Biryani **12,000**

Mutton Biryani **14,000**

Pilau **12,000**

Jeera Rice **7,000**

Pizza

Small · Medium · Large



Chicken Tikka Pizza	S 14,000 M 20,000 L 26,000
Beef Tikka Pizza	S 14,000 M 20,000 L 26,000
BBQ Chicken Pizza	S 14,000 M 20,000 L 26,000
Garlic Pizza	S 15,000 M 18,000 L 21,000
Buffalo Chicken Pizza	S 14,000 M 20,000 L 25,000
Beef Steak Pizza	S 14,000 M 20,000 L 26,000
Mexican and Vegetable Pizza	S 14,000 M 20,000 L 26,000

Burgers

Served hot and juicy



Chicken Cheese Burger	15,000	Beef Cheese Burger	15,000
Chicken Burger (Cool Special)	15,000	Mexican Spicy Burger	20,000
Beef King Burger	20,000	Chicken King Burger	20,000

Lunch Specials

Swahili-style lunch and lunch combos



Wali Nyama ya Ng'ombe	6,000	Ugaali Nyama ya Kuku	7,000
Wali Nyama ya Kuku	7,000	Ugaali Nyama ya Mbuzi	7,000
Wali Samaki	14,000	Ugaali Mboga Mboga	5,000
Chicken Shawarma	6,000	Ugaali Samaki	12,000
Pilau na Nyama ya Kuku	8,000	Combo Sakela Chips With plain naan and soda	10,000
Pilau na Nyama ya Ng'ombe	8,000	Combo Gajjar Chips With plain naan and soda	10,000
Pilau na Nyama ya Mbuzi	8,000	Combo Lemon Chips With plain naan and soda	10,000
Makange Nyama na Chips	5,000	Combo Chicken Biryani With soda	12,000
Ugaali Nyama ya Ng'ombe	7,000	Combo Mutton Biryani With soda	12,000

Breakfast & Snacks

Fresh every morning



Meat Samosa	1,500	Aloo Paratha	3,000
Vegetable Samosa	1,000	Paneer Paratha	5,000
Paneer Samosa	1,500	Pancake	1,000

Kebab	1,500	Egg Chop	3,000
Kachori (1 plate)	5,000	Sandwich	4,000
Bhajia (1 plate)	6,000	Mtori	4,000
Cutlets (1 plate)	6,000	Mayai Omelet	4,000
Chicken Roll	5,000	Sausage	1,000
Vegetable Roll	2,000		

Soups

Hot and fresh



Chicken Soup	7,000	Fish Soup	7,000
Mutton Soup	7,000	Vegetable Soup	5,000
Beef Soup	6,000		

Naan & Bread

Fresh from the oven



Plain Naan	2,000	Cheese Naan	3,000
Butter Naan	2,500	Chilli Naan	3,000
Garlic Naan	3,000	Chapati	1,000

Drinks

Fresh juices, tea and sodas



Mango Juice	4,000	Masala Chai	3,000
Passion Juice	4,000	Black Tea	2,000
Pineapple Juice	4,000	Fresh Milk	2,500
Watermelon Juice	4,000	Pepsi	1,000
Orange Juice	4,000	Pepsi Take Away	1,500
Mixed Juice	4,000	Soda	1,000
Karak Chai	3,000	Water	1,000

Weekly Specials

Available only on the day shown.

Monday Special BBQ

Mondays only · served with chips



Chicken Gajjar

With chips

9,000



Chicken Sakela

With masala chips

9,000



Chicken Lemon

With chips

9,000



Chicken Tandoori

With masala chips

12,000



Bihari Kabab

With chips

10,000



Nundu 2 sticks + Mishkaki 2 sticks

With plain chips

9,000



Sheek Kabab

4 pieces with 1 plain naan

9,000



Prawns

With masala chips

15,000



Changu Fish

With masala chips

15,000

Sunday Special Lunch

Sundays only · lunch



Haleem

10,000



Beef Biryani

12,000



Chicken Biryani

12,000



Mutton Biryani

12,000



Prawns Biryani

15,000



Fish Biryani

15,000



Beef Paya

With 1 plain naan

15,000



Nihari

With 1 plain naan

15,000



Chicken Changezi

With 1 plain naan

15,000

Sunday Special Breakfast

Sundays only · breakfast



Paya + 1 Naan

15,000



Nihari + 1 Naan

15,000



Mandazi

500



Chapati

1,000



Samosa

1,000



Kababu

1,000



Pancake

1,000



Kachori

500



Bajia

500