

DRINKS & FOOD

MENU.

Welcome to Bounce Arusha's Premier Indoor Sports & Social Hub!

Food Menu

Starters & Bites

Sticky Chicken Fingers Crispy chicken fingers tossed in a sweet, sticky glaze. Served with creamy dip.	18,000
Loaded Nachos Crunchy tortilla chips topped, melted cheese, jalapeños, and fresh salsa.	18,000
Loaded Nachos With Chicken Crunchy tortilla chips topped with juicy chicken, melted cheese, jalapeños, and fresh salsa.	23,000
Oven Baked Garlic Bread With Cheese Warm, oven-baked garlic bread topped with garlic butter and herbs	12,000
Halloumi Fried Sticks Crispy fried Halloumi sticks served with tangy dipping sauce.	20,000
Mozzarela Sticks Crispy on the outside, cheesy and gooey on the inside, served with marinara sauce.	20,000
Beetroot Hummus with Carrot Sticks & Pitta A healthy and colorful dip made with beetroot-infused hummus, served with fresh carrot sticks.	12,000
Chicky in the Blanket With Chicken Sausage Juicy chicken wrapped in a golden, flaky pastry, served with a side of sauce.	15,000
Eggplant in a Blanket Tender eggplant wrapped and baked in a crispy pastry blanket, served with a savory dip.	12,000
Falafel Kebabs with Hummus Crispy, spiced falafel served with creamy hummus for a delicious Middle Eastern bite.	18,000
Samosas Chicken (4 pieces) Crispy and flavorful samosas filled with spiced chicken, served with chutney.	10,000
Samosas Cheese (4 pieces) Crispy and flavorful samosas filled with cheese, served with chutney.	12,000



Smoked Salmon & Cream Cheese Bagel Sandwich A toasted bagel layered with smoked salmon, creamy cheese, and fresh herbs.	38,000
Chicken Tenders & Cheese Wrap Juicy chicken tenders wrapped in a soft tortilla with cheese, fresh veggies, and sauce.	28,000
Ultimate Veggie Bagel A hearty bagel filled with fresh avocado, tomatoes, cucumbers, and cream cheese.	25,000
Tuna Sweet Corn & Mayo Sub A fresh sub roll packed with tuna, sweet corn, and creamy mayonnaise.	25,000
Chicken Club Sandwich A triple-layered sandwich with grilled chicken, lettuce, tomato, cheese, and mayo.	28,000
Zinger Chicken Burger Juicy chicken patty deep fried with bread crumbs served in a soft bun.	28,000
Classic Chicken or Beef Burger A juicy grilled chicken or beef patty, served in a soft bun with fresh toppings and sauce.	22,000
Classic Chicken or Beef Burger With Cheese A juicy grilled chicken or beef patty, served in a soft bun with fresh toppings and sauce.	25,000
Chicken Fillet Mishkaki Tender, spiced chicken skewers grilled to perfection, served with a side dip.	25,000
Traditional Red Snapper Fish & Chips Golden crispy Red Snapper served with classic chips and tartar sauce.	32,000
Crispy Baked Chicken Wings A crispy chicken schnitzel served in a warm roll with lettuce and sauce.	25,000
Veggie Burger (Home Made) Homemade veggie patty packed with fresh veggies and herbs, served on a soft bun with crisp toppings.	20,000
Tagliatelle Carbonara with Mushrooms & Bell Peppers Creamy Tagliatelle Carbonara tossed with sautéed mushrooms and bell peppers, topped with parmesan.	25,000
Vegetable Fajita Wrap Grilled veggies seasoned to perfection, wrapped in a soft tortilla with tangy sauce.	22,000
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Spinach Enchiladas Soft tortillas filled with savory spinach, topped with rich sauce and melted cheese.	22,000

Desserts

Crepes

NUTELLA

A warm, fluffy treat generously coated in rich, velvety Nutella - a chocolate-hazelnut lover's dream.

NUTELLA BANANA

A delicious fusion of smooth Nutella and fresh banana slices, creating the perfect balance of creamy and fruity sweetness.

NUTELLA OREO BISCUIT

Crunchy Oreo crumbs layered over gooey Nutella - a decadent combo of chocolatey crunch and hazelnut bliss.

HONEY CINNAMON

Golden honey drizzled over a warm base, topped with a sprinkle of cinnamon for a cozy, comforting burst of flavour.

20,000

21,000

24,000

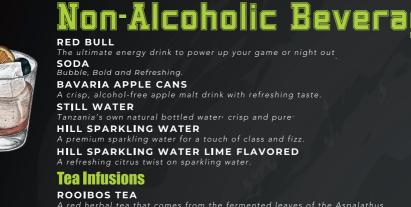
16,000

Healthy Smoothies

BERRY	12,000
(STRAWBERRY, RASPBERRY, BEETROOT, MINT, CHIA SEEDS, ALMOND MILK)	
A refreshing and antioxidant-rich mix of berries with energizing chia seeds and a hint of mint for that cool, revitalizing finish.	
GREEN	12,000
(BANANA, PINEAPPLE, SPINACH, CHIA SEEDS, COCONUT MILK, YOGHURT, HONEY)	.2,000
A tropical green blend that balances leafy greens with the sweetness of pineapple and the creaminess of coconut – light, lush, and full of nutrients.	
BANANA, BLUEBERRY & SOYA MILK (BANANA, BERRY, SOYAMILK, HONEY)	14,000
A plant-based smoothie that's creamy and rich, packed with blueberries and banana for a sweet yetwholesome treat.	
CARIBBEAN DREAM	12,000
(PINEAPPLE, BANANA, YOGHURT, ORANGE JUICE, COCONUT MILK)	12,000
A sunshine-in-a-glass smoothie with rich coconut milk and tropical fruits, creamy and indulgent with a beachy vibe.	
POWER HOUSE	14.000
(PUMPKIN, YOGHURT, AVOCADO, CINNAMON, MAPLE SYRUP)	14,000
A filling and nutritious blend full of fiber and healthy fats, powered by pumpkin, banana, avocado, and creamy Greek yoghurt.	
TUTTI FRUTTI	14,000
(STRAWBERRY, RASPBERRY, BLUEBERRY, BANANA, MANGO, COCONUT MILK)	
A rainbow mix of the freshest seasonal fruits, blended into a juicy and vibrant smoothie – ever-changing, always refreshing.	
PINEAPPLE PASSION	12,000
(VANILLA YOGHURT, PINEAPPLE, PASSION)	
A smooth and tangy tropical blend with pineapple and passion fruit softened with vanilla creamy yoghurt.	
GINGER GREEN (BANANA, PINEAPPLE, MANGO, GINGER, SPINACH, COCONUT MILK, LEMON JUICE)	14,000
A zesty green smoothie with a spicy ginger kick, tropical sweetness, and a hidden boost of leafy greens.	
ULTRA CREAMY	12,000
(AVOCADO, BANANA, MILK, SWEETENED MILK)	12,000
A luxuriously thick and silky smoothie made with ripe avocado, creamy milk, and a touch of sweet condensed milk.	
RED-BERRY BEETROOT	14,000
(BANANA, STRAWBERRY, BEETROOT, COCONUT MILK)	
A bold and bright smoothie blending earthy beetroot with sweet berries and banana, all softened with milk for a smooth finish.	









HIBISCUS TEA
An infusion made from the crimson or deep magenta-colored calyces (sepals) of the roselle flower

PEPPERMINT TEA
Made by infusing peppermint leaves in hot water

GREEN TEA
A refreshing and health-boosting tea, rich in antioxidants and gentle flavor.

ENGLISH BREAKFAST TEA
A strong, full-bodied black tea, ideal for a traditional morning boost.

CHAMOMILE TEA
Made from dried chamomile flowers

TEAS

7,000

2,000

5.000

2.000

4,000

4,000

5.000

8.000

8.000



A Tanzanian twist of chai tea with ginger, honey, and a kick of spice.

Coffee
ESPRESSO
5,000

A rich and intense shot of pure coffee flavor, perfect for a quick boost.

MACCHIATO

A bold espresso topped with a touch of frothy milk for a strong yet balanced sip.

AMERICANO

Espresso diluted with hot water for a smooth and full-bodied black coffee.

CAFELATTE

A mellow coffee made with steamed milk and a shot of espresso, creamy and comforting.

CAPPUCCINO
A frothy delight with equal parts espresso, steamed milk, and foamed milk on top.

MOCHA
8,000

A delicious fusion of espresso, steamed milk, and rich chocolate.

A warm blend of coffee, Irish whiskey, sugar, and a layer of cream.

A spicy and aromatic tea infused with cardamom, cinnamon, cloves,

Iced Drinks

linearis shrub.

MASALA TEA

and Indian spices.

ICED COFFEE - WITHOUT MILK
Chilled black coffee, smooth and energizing.
8,000

ICED COFFEE - FRESH MILK
A cool and creamy coffee with a splash of fresh milk.

ICED COFFEE - ALMOND, OATS & SOYA MILK

15,000

A dairy-free chilled coffee option with your choice of alternative milk.

IRISH COFFEE 15,000

LEMONADE
Chilled home made lemon, lemon, sugar cyrup and soda water.

ICED TEA 7,000

Chilled tea with any flavor.

Cigarettes

MARLBORO GOLD / RED A classic bold cigarette offering a smooth, full-flavored smoke.	12,000
CAMEL LIGHTS A lighter blend of tobacco for a smooth and mellow draw.	12,000
EMBASSY LIGHTS A milder cigarette designed for an easy and light smoking experience.	12,000
EMBASSY DOUBLE CLICK A cooling menthol cigarette with a sweet and refreshing finish.	12,000
CAMEL BLACK CIGARETTE A rich and robust Camel blend with a deeper, stronger flavor.	12,000

Cocktails

Happy Hour Buy 1 get 1 FREE *on select cocktails during happy hours

15,000

CLASSIC MOJITO A Cuban favorite with mint, lime, rum, sugar, and soda – fresh and zesty.	14,000
MOSCOW MULE Vodka, lime, and ginger beer served in a copper mug – crisp and spicy.	15,000
ESPRESSO MARTINI Vodka and espresso with a hint of coffee liqueur – smooth and energizing.	15,000
MANHATTAN A bold classic with whiskey, sweet vermouth, and bitters – rich and refined.	15,000
BLACK RUSSIAN A dark, simple mix of vodka and coffee liqueur – short and strong.	15,000
MARGARITA Tequila, lime, and triple sec shaken with ice – a tangy and refreshing staple.	16,000
COSMOPOLITAN Vodka, cranberry, triple sec, and lime – a fruity and vibrant pink cocktail.	17,000
PIÑA COLADA Creamy coconut, pineapple, and rum blended into tropical bliss.	17,000
NEGRONI Gin, Campari, and vermouth – bitter, bold, and stylish.	18,000
LONG ISLAND ICED TEA A powerful mix of spirits with lemon and cola – smooth but strong.	20,000



Bounce Signature Cocktails

	BOUNCE SPICE DAWA A fiery twist on the classic dawa with ginger, lime, honey, and a spicy finish.	15,000
2	BOUNCE BANANA DAIQUIRI A tropical banana cocktail blended with rum and lime – smooth and creamy.	15,000
	STRAWBERRY MOJITO A fruity twist on the classic with strawberries, mint, lime, and soda.	15,000

WHITE RUSSIAN

Vodka, coffee liqueur, and cream - rich, smooth, and dessert-like.

Shooters

BOUNCE BOCK A mysterious house shot with a bold flavor punch.	10,000
BABY GUINESS Coffee liqueur topped with Irish cream – looks like a mini Guinness, tastes like dessert.	10,000
LAMBORGHINI A flaming layered shot with sambuca, Kahlua, blue curaçao, and Baileys – dramatic and strong.	10,000
BUGATTI A high-speed mix of vodka, Red Bull, and citrus – energizing and fun.	10,000
BOB MARLEY A colorful layered shot with grenadine, banana liqueur, and mint liqueur – vibrant and sweet.	12,000

Mocktail

PING PONG A bouncy, playful mix of energy drink - perfect pre-game fuel.	10,000
PLAY BOY	10,000
A flirtatious shot with fruity liqueurs – smooth with a twist. SUPER MAN	10,000
A heroic burst of layered flavors with a bold finish. HARRY POTTER	10,000
A magical shot with creamy and spiced notes – like butterbeer with a kick.	12,000
SIDE CHICK A cheeky mix of sweet and sour – unexpectedly addictive.	

Beers



Local Beers

KILIMANJARO LAGER A smooth and refreshing Tanzanian beer with a crisp, clean finish.	5,000
KILIMANIARO LITE A lighter version of the classic, with fewer calories but the same great taste.	5,000
SERENGETI LAGER A full-bodied lager with a balanced malt and hop flavor.	5,000
SERENGETI LEMON A crisp, light-bodied beer, perfect for easy drinking.	5,000
SERENGETI LITE A crisp, light-bodied beer, perfect for easy drinking.	5,000
SAFARI LAGER A strong and rich lager with a bold malt character.	5,000
CASTLE LITE A refreshing low-calorie beer with a smooth, mild flavor.	5,000

Imported Beers

HEINEKEN A world-famous Dutch lager with a slightly bitter and crisp finish.	8,000
WINDHOEK LAGER A premium Namibian Lager, smooth and well-balanced.	8,000
DESPERADOS A unique beer infused with tequila flavors for a bold and refreshing taste.	8,000
SAVANNA CIDER A refreshing South African cider with a crisp, dry taste.	8,000
SMIRNOFF BLACK ICE 330 ml A crisp and refreshing ready-to-drink vodka mix with a citrus flavor.	8,000
GUINNESS A dark Irish stout with deep roasted malt flavors and a creamy finish.	6,000
FLYING FISH A premium flavoured beer that is a perfect hint of refreshing pressed lemon	6,000

Spirits



Whisky

JOHNNIE WALKER RED LABEL A classic, smoky blended whisky.	4,000
JOHNNIE WALKER BLACK LABEL A well-aged, smoky blend.	7,000
BALLANTINES SCOTCH WHISKY A balanced Scotch whisky with notes of chocolate and red apple.	5,000
JAMESON IRISH WHISKEY A smooth and versatile Irish whiskey.	5,000
JACK DANIELS WHISKEY A Tennessee whiskey with sweet, oaky flavour and smooth finish.	6,000
BLACK & WHITE WHISKY A smooth blended Scotch whisky with a light, smoky character.	4,000
GRANT'S WHISKY A blended Scotch whisky with a rich, complex flavor.	4,000





Single Malt Whisky

A smooth and well-balanced Scotch whisky with notes of pear, oak, and subtle spice.	2,222
GLENFIDDICH 15YRS WHISKY A rich and complex whisky with layers of warm spice, honey, and fruit.	12,000
GLENFIDDICH 18YRS WHISKY A rich and complex whisky with deep oak, dried fruit, and caramel notes.	18,000
GLENFIDDICH FIRE & CANE SINGLE MALT WHISKY A unique whisky with smoky and sweet notes.	9,000
THE GLENLIVET 12YRS DOUBLE OAK A smooth and fruity single malt with notes of pear, vanilla, and honey, aged in both European	10,000

9.000



and American oak for a rich, creamy finish.	
Vodka	
SMIRNOFF VODKA A world-renowned vodka, smooth and perfect for mixing in cocktails.	5,000
ABSOLUT VODKA A premium Swedish vodka, known for its smooth and clean taste.	5,000
CLASS 21 VODKA A smooth and versatile vodka, ideal for mixing.	4,000
SKYY CITRUS VODKA A crisp vodka infused with bright citrus flavors.	4,000
BELVEDERE VODKA	8,000

Liqueur

LIQUEUR

Liquoui
DEMANDIS PEPPERMINT A refreshing liqueur bursting with cool peppermint flavor.
DEMANDIS TRIPLE SEC A citrusy liqueur with bright orange zest notes.
DEMANDIS BLUE CURAÇAO A vibrant blue liqueur with sweet orange flavor.
AMARULA CREAM LIQUEUR A velvety African cream liqueur with hints of fruit, caramel, and vanilla.
BAGHEERA COCORUM LIQUEUR A rich coconut-flavored rum liqueur, smooth and tropical.
JÄGERMEISTER A German herbal liqueur with bold, complex notes of spice, citrus, and licorice.
BAILEYS IRISH CREAM LIQUEUR A luscious blend of Irish whiskey, cream, and cocoa.
KAHLÚA COFFEE LIQUEUR A rich coffee liqueur with sweet vanilla undertones.
Apperative
MADTINI RIANCO

3,000 3,000 3,000

4,000 4,000 4,000 5,000

MARTINI BIANCO A semi-sweet Italian vermouth with floral and vanilla notes.	4,000
MARTINI ROSSO A classic Italian vermouth.	5,000

MARTINI DRY
A dry Italian vermouth.

CAMPARI BITTER

5,000

Rum

A bold, bitter Italian aperitif with rich orange and herbal tones.

A golden rum with smooth vanilla and caramel notes, perfect for mixing.

HAVANA CLUB 3YRS RUM

A Cuban classic with a light body and hints of vanilla and spice.

5,000

BUMBU RUM
A luxury rum with bold tropical fruit, banana, and spice flavors.

Tequila

SAN LUIS TEQUILA SILVER A smooth, clean tequila with a peppery finish.	4,000
SIERRA TEQUILA SILVER	4,000

OLMECA DARK CHOCOLATE	6,000
A awart and hald fusion of taxwile and dark changlets	

DON JULIO BLANCO TEQUILA	14,000
DON JULIO BEANCO TEQUIER	11,000

A premium tequila with citrus, agave, and peppery notes – smooth and refined.

A crisp tequila with herbal and spicy notes.











Cognac

HENNESSY V.S. COGNAC A bold and flavorful cognac with hints of spice and oak.	9,000
HENNESSY V.S.O.P COGNAC A balanced cognac with complex flavors of vanilla, spice, and oak.	13,000
COURVOISIER V.S.O.P A smooth, well-rounded cognac with notes of vanilla and caramel.	9,000
GODET COGNAC V.S.O.P ORIGINAL A refined cognac with a harmonious blend of fruit and oak flavors	11,000



Gin

BEEFEATER PINK GIN A fun and fruity twist on the classic, infused with sweet strawberries.	5,000
BEEFEATER DRY GIN A bold London dry gin with intense juniper and zesty citrus.	5,000
BOMBAY SAPPHIRE DRY GIN A smooth and aromatic gin with delicate floral and spice hints.	6,000
TANQUERAY LONDON DRY GIN A premium gin, crisp and balanced with strong notes of juniper and spice.	6,000
JOHARI TANZANIAN GIN A local craft gin packed with rich African botanicals and herbal complexity.	7,000
HENDRICKS GIN A unique gin infused with cucumber and rose, delivering an elegant, floral finish.	8,000
	4,000





Brandy

NOBLEMAN RESERVE BRANDY

ST. REMY NAPOLEON AUTHENTIC VSOP A rich and smooth brandy with notes of dried fruit and vanilla.	5,000
KWV BRANDY 3YRS A South African brandy with a well-balanced, smooth finish.	4,000
A refined, aromatic brandy with hints of caramel and oak.	

5,000

4,000

Wines & Champagne



B & G DEPUIS ROSÉ

White Wine

A crisp and elegant rosé with subtle red fruit and a dry finish.

A classic French white with crisp acidity and citrus character.

Red Wine	Bottle	Glass
FOUR COUSINS SWEET RED A smooth, easy-drinking red with a sweet finish.	35,000	8,000
TALL HORSE CABERNET SAUVIGNON A rich red with blackberry notes and a hint of oak.	40,000	10,000
TALL HORSE MERLOT A smooth and mellow red with soft tannins and ripe plum flavors.	40,000	10,000
TALL HORSE PINOTAGE A distinctly South African red with bold, smoky fruit notes.	40,000	10,000
TALL HORSE SHIRAZ A spicy, full-bodied red with dark berry flavors.	40,000	10,000
PATRIARCHE CABERBET SAUVIGNON A French classic with bold tannins and black currant flavors.	70,000	
KWV MERLOT A velvety South African red with ripe red berries and a soft finish.	75,000	
KWV CABERNET SAUVIGNON A bold red with rich structure and cassis notes.	75,000	
KWV SHIRAZ A spicy and bold wine with peppery notes and dark fruit.	80,000	
Rose Wine		
B & G CUVÉE SPÉCIALE ROSÉ A light, fresh rosé with floral and strawberry notes.		55,000



	Dottie	Ulass
KUMALA CHENIN BLANC A lively white with bright acidity and tropical fruit notes.	35,000	8,000
FOUR COUSINS SWEET WHITE A light and sweet white wine, easy to enjoy.	35,000	8,000
TALL HORSE SAUVIGNON BLANC A zesty white wine with crisp citrus and green apple notes.	40,000	10,000
GEYSER PEAK CHARDONNAY A smooth Californian Chardonnay with rich tropicalfruit and a creamy finish.	50,000	
BOSCHENDAL CHENIN BLANC A rich and smooth South African white with layers of pineapple and melon.	50,000	
KWV CHARDONNAY A well-balanced white with hints of citrus, vanilla, and toasted oak.	75,000	
CALVET CHARDONNAY A French Chardonnay with elegant freshness and fruity charm.	80,000	
B&G BORDEAUX BLANC	80,000	

110,000



Sparkling Alcohol

PROVETTO BRUT SPARKLING ROSE	65,00
A festive pink sparkling wine with fine bubbles and berry notes.	

PROVETTO BRUT SPARKLING WHITE A crisp and dry sparkling wine. 65,000



Champagne

	MOËT & CHANDON BRUT A world-class champagne with fine bubbles and a dry finish.	320,000
N	MOËT & CHANDON NECTAR IMPERIAL	350 000

A rich and exotic champagne with a slightly sweet profile.	
MOËT & CHANDON ROSE IMPERIAL	380,000



Thank You for Bouncing with Us!

At Bounce Food & Drinks, we're all about flavor, fun, and fantastic vibes. Each dish and drink you savor here is crafted with love, fresh ingredients, and a dash of joy to elevate your dining experience.

> Have feedback or a special request? We'd love to hear from you!

Follow our sports activities and exciting updates at: Instagram: @bouncewarehouse

We appreciate your visit and can't wait to welcome you back again!

Bounce Team