




BOUNCE WAREHOUSE



DRINKS & FOOD

MENU



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

Food Menu



Starters

Loaded Nachos

Crispy tortilla chips smothered in melted cheese, jalapeños, pico de gallo, sour cream, and guacamole. A perfect plate to share or devour solo.

18,000

Loaded Nachos With Chicken

The same delicious nachos, topped with tender grilled chicken for that extra hit of protein and flavor.

23,000

Mozzarella Sticks

Golden-fried and crispy on the outside, gooey and cheesy on the inside. Served with a tangy marinara dip.

20,000

Falafel with Hummus & Pitta Bread


Crispy falafel balls served with creamy hummus and warm pitta bread. A Middle Eastern classic done right.

20,000

Chicken or Veg Samosas (4 pcs)

Crispy pastry pockets filled with spiced chicken or vegetables. Served with a side of chutney for a flavorful punch.

12,000



Chicken Wings in Soy Honey Sauce

Juicy chicken wings glazed in a sticky soy honey sauce – sweet, savory, and addictive.

18,000

Main

(All comes with potato wedges)

Chicken Tenders Cheese Wrap

Crispy chicken tenders, shredded lettuce, cheese, and sauce all wrapped in a warm tortilla. Simple, satisfying, and filling.

28,000

Chicken Club Sandwich

Grilled chicken, bacon, lettuce, tomato, egg, and mayo stacked between toasted bread. A hearty triple-decker favorite.

30,000

Vegetable Club Sandwich

A fresh and crunchy mix of vegetables layered with cheese and mayo in toasted bread – light, tasty, and vegetarian-friendly.

25,000

Chicken Zinger Burger

Spicy crispy chicken fillet with lettuce and creamy mayo in a soft burger bun. A real zinger of a bite.

30,000

Classic Beef Burger

Juicy beef patty grilled to perfection, served with lettuce, tomato, and house sauce on a toasted bun.

20,000

Classic Chicken Burger

Crispy or grilled chicken patty, lettuce, and sauce, all tucked into a fluffy burger bun.

20,000

Classic Vegetable Burger

A wholesome veggie patty with crisp lettuce and a rich sauce – a plant-based delight.

20,000

Add Cheese

Melted goodness to top off your burger or wrap.

5,000

Pizza (8" Thin Crust)

Margarita

Simple and satisfying. A cheesy classic with tomato sauce and melted mozzarella – no basil, just pure comfort.

18,000

Veggie

A colourful combination of bell peppers, mushrooms, onions, and olives on a tomato and cheese base.

20,000

Chicken Cajun

Packed with flavor! Cajun-spiced chicken on a cheesy tomato base. No extras – just bold, spicy chicken goodness.

24,000

Desserts

Crepes

NUTELLA

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

20,000

NUTELLA BANANA

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

21,000

NUTELLA OREO BISCUIT

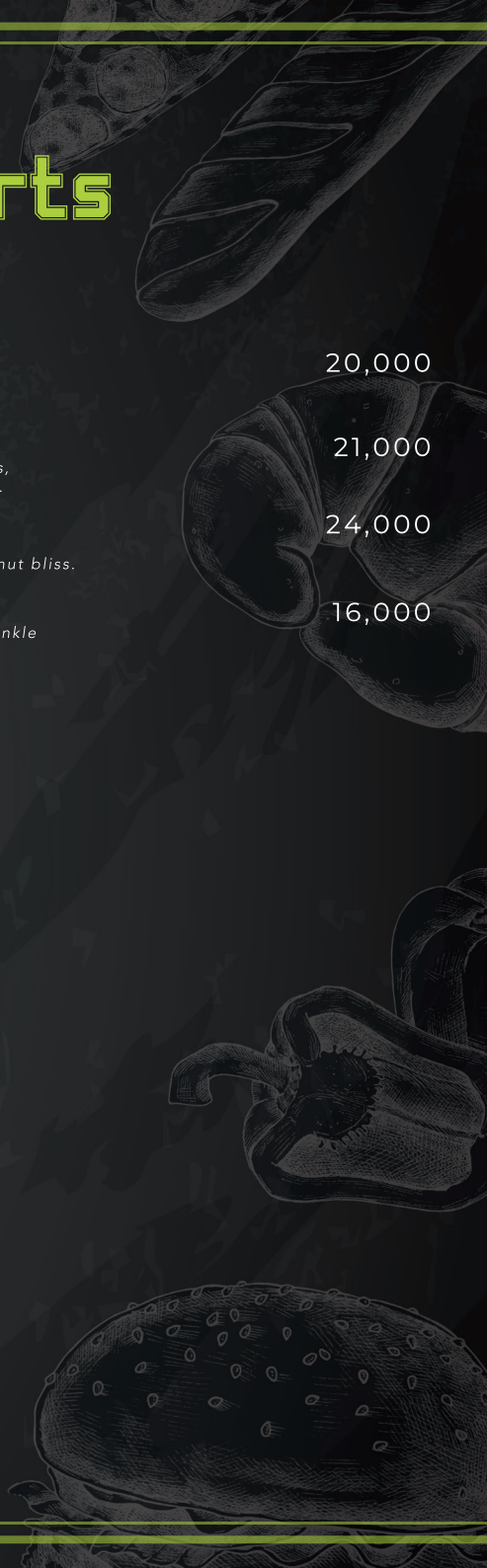
Crunchy Oreo crumbs layered over gooey Nutella - a decadent combo of chocolatey crunch and hazelnut bliss.

24,000

HONEY CINNAMON

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

16,000



Healthy Smoothies

(Freshly blended and served as is)

BERRY

(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.

12,000

GREEN

(BANANA, PINEAPPLE, SPINACH, CHIA SEEDS, COCONUT MILK, YOGHURT, HONEY)

A tropical green blend that balances leafy greens with the sweetness of pineapple and the creaminess of coconut – light, lush, and full of nutrients.

12,000

BANANA, BLUEBERRY & SOYA MILK

(BANANA, BERRY, SOYAMILK, HONEY)

A plant-based smoothie that's creamy and rich, packed with blueberries and banana for a sweet yet wholesome treat.

14,000

CARIBBEAN DREAM

(PINEAPPLE, BANANA, YOGHURT, ORANGE JUICE, COCONUT MILK)

A sunshine-in-a-glass smoothie with rich coconut milk and tropical fruits, creamy and indulgent with a beachy vibe.

12,000

POWER HOUSE

(PUMPKIN, YOGHURT, AVOCADO, CINNAMON, MAPLE SYRUP)

A filling and nutritious blend full of fiber and healthy fats, powered by pumpkin, banana, avocado, and creamy Greek yoghurt.

14,000

TUTTI FRUTTI

(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.

14,000

PINEAPPLE PASSION

(VANILLA YOGHURT, PINEAPPLE, PASSION)

A smooth and tangy tropical blend with pineapple and passion fruit softened with vanilla creamy yoghurt.

12,000

GINGER GREEN

(BANANA, PINEAPPLE, MANGO, GINGER, SPINACH, COCONUT MILK, LEMON JUICE)

A zesty green smoothie with a spicy ginger kick, tropical sweetness, and a hidden boost of leafy greens.

14,000

ULTRA CREAMY

(AVOCADO, BANANA, MILK, SWEETENED MILK)

A luxuriously thick and silky smoothie made with ripe avocado, creamy milk, and a touch of sweet condensed milk.

12,000

RED-BERRY BEETROOT

(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.

14,000

PEANUT BUTTER DELIGHT

A rich and creamy blend of banana, peanut butter, and milk – the ultimate energy booster.

14,000

CHOCALIC

Indulgent chocolate smoothie with hints of cocoa and banana. A dessert in a glass.

14,000



Non-Alcoholic Beverages



RED BULL

The ultimate energy drink to power up your game or night out.

SODA

Bubble, Bold and Refreshing.

BAVARIA APPLE CANS

A crisp, alcohol-free apple malt drink with refreshing taste.

STILL WATER

Tanzania's own natural bottled water: crisp and pure.

HILL SPARKLING WATER

A premium sparkling water for a touch of class and fizz.

HILL SPARKLING WATER LIME FLAVORED

A refreshing citrus twist on sparkling water.

Tea Infusions

ROOIBOS TEA

A red herbal tea that comes from the fermented leaves of the *Aspalathus linearis* shrub.

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

MASALA TEA

A spicy and aromatic tea infused with cardamom, cinnamon, cloves, and Indian spices.

CHAI DAWA

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

Coffee

ESPRESSO

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

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

Iced Drinks

ICED COFFEE - WITHOUT MILK

Chilled black coffee, smooth and energizing.

ICED COFFEE - FRESH MILK

A cool and creamy coffee with a splash of fresh milk.

ICED COFFEE - ALMOND, OATS & SOYA MILK

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

IRISH COFFEE

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

LEMONADE

Chilled home made lemon, lemon, sugar syrup and soda water.

ICED TEA

Chilled tea with any flavor.



7,000

2,000

5,000

2,000

4,000

4,000

5,000

5,000

5,000

5,000

5,000

5,000

8,000

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5,000

6,000

8,000

8,000

8,000

10,000

15,000

15,000

7,000

7,000

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*

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

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.

15,000

Shooters

BOUNCE BOCK

A mysterious house shot with a bold flavor punch.

10,000

BABY GUINNESS

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

A flirtatious shot with fruity liqueurs – smooth with a twist.

10,000

SUPER MAN

A heroic burst of layered flavors with a bold finish.

10,000

HARRY POTTER

A magical shot with creamy and spiced notes – like butterbeer with a kick.

10,000

SIDE CHICK

A cheeky mix of sweet and sour – unexpectedly addictive.

12,000

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

BEER TOWER

60,000

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 for your drinking pleasure.

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

GLENFIDDICH 12YRS WHISKY

A smooth and well-balanced Scotch whisky with notes of pear, oak, and subtle spice.

9,000

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 and American oak for a rich, creamy finish.

10,000

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

A luxury Polish vodka with a velvety smooth texture.

8,000



Liqueur

DEMANDIS PEPPERMINT

A refreshing liqueur bursting with cool peppermint flavor.

3,000

DEMANDIS TRIPLE SEC

A citrusy liqueur with bright orange zest notes.

3,000

DEMANDIS BLUE CURAÇÃO

A vibrant blue liqueur with sweet orange flavor.

3,000

AMARULA CREAM LIQUEUR

A velvety African cream liqueur with hints of fruit, caramel, and vanilla.

4,000

BAGHEERA COCORUM LIQUEUR

A rich coconut-flavored rum liqueur, smooth and tropical.

4,000

JÄGERMEISTER

A German herbal liqueur with bold, complex notes of spice, citrus, and licorice.

4,000

BAILEYS IRISH CREAM LIQUEUR

A luscious blend of Irish whiskey, cream, and cocoa.

5,000

KAHLÚA COFFEE LIQUEUR

A rich coffee liqueur with sweet vanilla undertones.

5,000

Apperative

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.

5,000

CAMPARI BITTER

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

5,000



Rum

BLACK HEAD RHUM BLANC

A clean white rum with a strong, traditional sugarcane flavor.

3,000

BACARDI ORO

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

4,000

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.

10,000

Tequila

SAN LUIS TEQUILA SILVER

A smooth, clean tequila with a peppery finish.

4,000

SIERRA TEQUILA SILVER

A crisp tequila with herbal and spicy notes.

4,000

OLMECA DARK CHOCOLATE

A sweet and bold fusion of tequila and dark chocolate.

6,000

DON JULIO BLANCO TEQUILA

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

14,000





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

K VANT GIN

A smooth and versatile gin with refreshing citrus and botanical notes.

4,000

5,000

Brandy



NOBLEMAN RESERVE BRANDY

A refined, aromatic brandy with hints of caramel and oak.

4,000

KWV BRANDY 3YRS

A South African brandy with a well-balanced, smooth finish.

4,000

ST. REMY NAPOLEON AUTHENTIC VSOP

A rich and smooth brandy with notes of dried fruit and vanilla.

5,000

Wines & Champagne

Red Wine



FOUR COUSINS SWEET RED

A smooth, easy-drinking red with a sweet finish.

Bottle **Glass**

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

B & G DEPUIS ROSÉ

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

110,000

White Wine

KUMALA CHENIN BLANC

A lively white with bright acidity and tropical fruit notes.

Bottle **Glass**

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 tropical fruit 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

A classic French white with crisp acidity and citrus character.

80,000





Sparkling Alcohol

PROVETTO BRUT SPARKLING ROSÉ

A festive pink sparkling wine with fine bubbles and berry notes.

65,000

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

MOËT & CHANDON NECTAR IMPERIAL

A rich and exotic champagne with a slightly sweet profile.

350,000

MOËT & CHANDON ROSE IMPERIAL

A vibrant rosé champagne with notes of red berries and citrus.

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



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