



GF Gluten Free **CN** Contains Nuts **CS** Contains Seeds **G** Gluten **HS** High Sugar **CS** Contains Sugar
BF Banting Friendly **HC** High Cholesterol **SBF** Semi Banting Friendly **ALC** Alcohol

Antipasti Starters

Quinoa, Chickpea and Lentil Salad GF CS SBF R69

With Rocket Greens, Olives, diced Tomato, Cucumber and Onion in a Syrup Infused Vinaigrette Dressing
Or

Spicy Minted Pea, and Leek Soup CS SBF R5

A Combination of Olive Oil sautéed Leeks, Garden peas, Hint of Mint and a sniff of Chili
Or

Tofu Tower Napped in a Ketjap Manis Dressing CS SBF R79

Grilled Tofu, Grilled Eggplant, Roasted Bell Pepper, Carrots, Baby Marrows and Vegan Rice Cakes
Or

Caprese CN SBF R79

Tomato Tofu and Pesto without the Cheese

Piatto Principale Main Course

Mushroom ala Ken with Mixed Brown and Wild Rice GF BF R105

Sweated in Olive Oil with Onions, Bell Peppers Black Pepper and Garlic Then simmered in Coconut Milk
Or

Bean Fry - Served with Mixed Brown Wild Rice GF BF R95

Fried Onion, Garlic Tomato, Chili, Cumin, Coriander, Chickpeas, Mung, Black, Kidney and Butter Beans
Or

Thai Style Curried Sweet Potatoes served with Mixed Brown Wild Rice GF BF R85

Or

Penne Arabiata CN GF CS R135

Or

Falafel with Truffle infused Hummus G CS R85

Or

Chickpea and Lentil Curry in Coconut milk served with Mixed Brown and Wild Rice BF GF R95

Optional extras - Fried Baby potatoes or Chips R35 Rice Noodles R45

i Dolci Dessert

Or

Fresh Seasonal Fruit and Berries with Lemon Sorbet CS GF R65

Or

Crumpet Stack with Maple Syrup HC CS R65

Or

Chocolate Avocado Mousse - GF