

## BISTRO LUNCH BUFFET

<b>Bistro lunch buffet</b>	<b>420</b>
salad, cold, hot and dessert buffet	
<b>Sunday lunch buffet</b>	<b>475</b>
with carvery and a live jazz performance	
<b>Salad and cold buffet</b>	<b>325</b>
<b>Hot buffet</b>	<b>325</b>
<b>Dessert buffet</b>	<b>180</b>

## ALL DAY BREAKFAST

<b>Eggs Benedict</b>	<b>195</b>
toasted English muffin topped with cooked ham, poached eggs and hollandaise sauce	
<b>Croque Madame</b>	<b>165</b>
toasted brioche, emmentaler, gruyere, ham, topped with fried egg	
<b>Rib-eye Steak 150g</b>	<b>240</b>
fried egg, grilled tomato, mushroom sauce and fries	

## LIGHT MEALS AND SALADS

<b>Rice paper wrap</b>	<b>130</b>
sprouts, avocado, lettuce, spinach, radish, cucumber, spring onion and carrot seasoned with lemon, mint and coriander; served with a spiced peanut sauce	
add prawns	<b>250</b>
<b>Caesar Salad</b>	<b>165</b>
baby gem lettuce, garlic croutons, shaved parmesan and Caesar dressing	
<b>Greek Salad</b>	<b>165</b>
tomato, feta, lettuce, onion, cucumber, olives, and peppers with a light herb dressing	
<b>Roasted butternut quinoa salad</b>  	<b>130</b>
millet, sunflower seeds, sesame, cashew nuts, goji berries, dried cranberries, apple, feta, parsley, spring onions, sprouts, pea shoots	
<b>Tomato and buffalo mozzarella salad</b>	<b>175</b>
with basil and rocket	
<b>DIY salad</b>	<b>175</b>
<u>lettuce</u> - select <b>one</b>	
ice berg, rocket, baby gem, mixed leaves	
<u>vegetables or fruit</u> – select <b>four</b>	
cucumber, carrot, apple, celery, cocktail tomatoes, tomato wedges, green pepper, red pepper, red onion, quinoa, avocado, baby marrow, roasted peppers, roasted butternut, broccoli, new potatoes, corn, green beans, beetroot, asparagus, roasted onion, grilled brinjal	
<u>nuts, grains and pulses</u> - select <b>two</b>	
dried cranberries, raisons, walnuts, almonds, sesame, sunflower, pumpkin seeds, quinoa, millet, barley, chick peas, lentils	
<u>other</u> - select <b>one</b>	
calamata olives, green olives, capers, artichokes, pickled onion, pickled cucumber	
<u>cheese</u> - select <b>one</b>	
feta, blue cheese, haloumi, parmesan, gouda or mozzarella	
<u>protein</u> - select <b>one</b>	
tinned tuna, chicken breast, anchovies, seared beef or crispy bacon	
<u>dressing</u> – select <b>one</b>	
lemon vinaigrette, balsamic, mustard and honey, chili and lime, peanut or yoghurt and herb	
<b>Smoked salmon</b>	<b>180</b>
served with a fennel and pickled onion salad	

<b>Ceviche</b>	<b>155</b>
corn, jalapenos, red onion, radish, avocado, coriander	
<b>Steak tartare</b>	<b>175/245</b>
served with charred baguette, fries and aioli	
starter or main	
<b>Lamb Curry</b>	<b>160</b>
Served with sambals, rice and rooti	
<b>Spinach and ricotta gnudi</b>	<b>145</b>
in a tomato sauce with a rocket salad	
<b>Fresh Saldanha Bay oysters</b>	<b>185   305</b>
with traditional accompaniments	
½ dozen or dozen	
<b>Gazpacho soup</b>	<b>115</b>
<b>Soup of the day</b>	<b>115</b>
served with home-made bread	
<b>Bruschetta</b>	<b>130</b>
with marinated tomato and basil or marinated mushroom (4)	

## GRILL / JOSPER MENU

<b>Baby chicken</b>	<b>185</b>	<b>Chicken breast</b>	<b>145</b>
<b>Lamb rump</b>	<b>235</b>	<b>Line fish</b>	<b>195</b>
<b>Rib eye steak (300g)</b>	<b>330</b>	<b>Trout</b>	<b>230</b>
<b>Queen prawns (peri peri 6 or 9)</b>	<b>365</b>		<b>525</b>
all dishes served a choice of fries, potato wedges, crushed potatoes, steamed rice or side salad			
<b>Sauces</b>			<b>62</b>
mushroom, pepper, jus', cheese, peri peri or lemon butter			
<b>Vegetable sides</b>			<b>SQ</b>
roast butternut, stir-fried vegetables, corn on the cob, sweet potato wedges, mixed vegetables, mixed crisp salad greens with a lemon vinaigrette			


## PIZZA AND PASTA

<b>Pizza</b>	
Margherita, tomato, mozzarella and basil	<b>125</b>
add up to 3 toppings:	<b>95</b>
chorizo, bacon, ham, salami, chicken, garlic, mushrooms, peppers, chilli, pineapple, anchovies, avocado, feta or sweet piquant peppers	
<b>Pasta</b>	<b>150</b>
spaghetti or penne	
with bolognaise, napolitana or pesto	

## BURGERS AND SANDWICHES

all served with a choice of fries, potato wedges or side salad	
<b>MNH beef burger</b>	<b>185</b>
100% pure beef burger, toasted sesame bun, mature cheddar, pickled cucumbers, tomato, lettuce, brinjal and tomato chutney and red onions	
<b>Prego roll</b>	<b>170</b>
with beef or chicken in a peri peri sauce with tomato, lettuce, sautéed onions	
<b>Club sandwich</b>	<b>175</b>
chicken breast, bacon, avocado, tomato, cheddar, mayonnaise, lettuce on white or whole wheat bread	
<b>Chicken wrap</b>	<b>160</b>
breast, shredded ice berg lettuce, coleslaw, pineapple, avocado, hummus and mayonnaise	
<b>Vegetable mezze</b> 	<b>155</b>
grilled pita with roast vegetables, hummus, olive tapenade and falafel	

## DESSERT

<b>Fresh cut seasonal fruit selection</b>	<b>105</b>	<b>Sorbet coupe</b>	<b>95</b>
with home-made berry sorbet		<b>Waffles</b>	<b>105</b>
<b>Baked cheese cake</b>	<b>80</b>	with a mixed berry salad and choice of vanilla ice-cream or fresh whipped cream	
served with chantilly cream and granadilla coulis		<b>Selection of cheeses</b> 	<b>180</b>
<b>Ice cream coupe</b>	<b>95</b>	preserves, bread and biscuits	
chocolate chip, salted caramel, vanilla or mixed berry			