



# OASIS

## LUNCH MENU

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## LUNCH MENU

- Menu served from 12.30 pm - 15.00 pm -

- Lunch Buffet  
- A La Carte  
- Dessert

- Price -

### OASIS LUNCH BUFFET

*Please enjoy our Oasis lunch buffet selection.*

Salad and cold buffet

Salad, cold and dessert buffet

Salad, cold and dessert buffet with your selection of a main course

Dessert buffet

Sunday lunch buffet with a full carvery and a live jazz performance

Children aged between 4 - 11

- 250 -  
- 350 -  
- 450 -  
- 185 -  
- 510 -  
- 235 -

### SALADS

*A selection of fresh salads and DIY salad.*

#### CAESAR SALAD (D)(E)(F)(G)

Baby gem lettuce, garlic croutons, shaved parmesan and Caesar dressing.

- 175 -

#### GREEK SALAD (D)

Tomato, feta, lettuce, onion, cucumber, olives, and peppers with a light herb dressing.  
(Olives contain pips).

- 175 -

#### ROASTED BUTTERNUT QUINOA SALAD (N)(D)

Millet, sunflower seeds, sesame, cashew nuts, goji berries, dried cranberries, apple, feta, parsley, spring onions, sprouts, pea shoots.

- 140 -

#### TOMATO AND BUFFALO MOZZARELLA SALAD (D)

With basil and rocket.

- 185 -

### SMALL PLATES AND SNACKS

FETA WITH PEACH AND HONEY (D)(V)

- 50 -

PICKLED FISH (F)(G)

- 50 -

MARINATED OLIVES (V)(VG)

- 50 -

SPICED NUTS (N)(V)(VG)

- 60 -

CORN WITH PARMESAN AND BILTONG DUST (3) (D)

- 60 -

GARLIC AND LEMON MARINATED OCTOPUS (S)

- 95 -

VEGETABLE CRUDITÉS WITH FALAFEL (V)(VG)

- 65 -

BEEF KITFO (D)

- 105 -

PERI-PERI CHICKEN WINGS (3) (G)

- 65 -

SMOKED TROUT WITH SHAVED FENNEL AND HORSERADISH CREAM (F)(D)

- 160 -

LINE FISH CRUDO (F)

- 160 -

BABY BEETROOT WITH HOMEMADE RED WINE VINEGAR (D)(V)

- 65 -

SPANAKOPITA (2) (D)(G)(E)(V)

- 60 -

POTATO SAMOSAS (3) (D)(G)(V)

- 65 -

BOBOTIE BITES AND CHUTNEY (3) (D)(E)

- 60 -

VETKOEK WITH BILTONG OR APRICOT JAM AND CHEESE (2) (D)

- 65 -

BUTTERNUT FRITTERS WITH CINNAMON SUGAR (3) (D)(V)(E)

- 50 -

SPICE ROASTED CAULIFLOWER WITH CHICKPEAS AND BUFFALO YOGHURT (D)(V)

- 55 -

SEARED OSTRICH WITH CORIANDER AND PEPPER

- 120 -

OYSTERS 6/12 WITH CONDIMENTS (S)

- 195/325 -

(D) Dairy (V) Vegetarian (VG) Vegan (G) Gluten (GF) Gluten Free (N) Nuts (P) Peanuts (F) Fish (S) Shellfish (E) Egg





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### SOUPS

*A selection of delicious soups.*

GAZPACHO (G)(V)

- 125 -

ROASTED TOMATO SOUP (D)(V)

- 125 -

BUTTERNUT AND CURRY LEAF SOUP (V)(VG)

- 125 -

### MAINS

BEEF ESPETADA (300g)

- 295 -

Beef rump skewer seasoned with coarse salt, bay leaf and garlic served with fried maize and side green salad.

ROAST HALF CHICKEN (D)

- 260 -

*Peri-peri or lemon and herb*

Served new potatoes, green salad and a chive yoghurt.

CHERMOULA ROASTED KINGKLIP (F)(N)

- 260 -

Nut and seed tabbouleh salad.

FISH OF THE DAY (F)(D)

- 260 -

Served with lemon butter sauce, tender stem broccoli and green beans.

PEPPERED GRILLED BEEF SIRLOIN (300g) (D)

- 295 -

Parsley butter, mustard seed roasted baby carrots and thick cut fries.

MONKEY GLAND BASTED PORK RIBS (D)(F)

- 295 -

Served with corn and cabbage and parmesan salad.

MIXED VEGETABLE PLATE (V)(VG)

- 180 -

Roasted and grilled with hummus and a sesame dressing.

DUKKAH SPICED LAMB RUMP (N)(D)

- 280 -

Cauliflower puree and toasted chickpea and mint salad.

MUSSEL AND PRAWN PENNE (S)(D)(G)

- 240 -

with tomato, olives, capers and basil.

SPINACH AND RICOTTA RAVIOLI (D)(G)(V)

- 220 -

In a light tomato basil sauce.

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Mains continued..

## ONION POTATO TORTILLA (E)(D)

With artichoke and sundried tomato rocket salad.

- 210 -

## CURRY OF THE DAY

Basmati rice, sambals, roti and poppadum's.

- 220 -

## SIDES

MIXED YOUNG SALAD LEAVES

ROASTED BUTTERNUT

ROASTED BABY CARROTS

CAULIFLOWER

BROCCOLI

GREEN SALAD

FRIES, WEDGES, NEW POTATOES OR MASH

MIXED STEAMED VEGETABLES

CORN

RICE

- 60 / 70 -

- 50 / 70 -

- 50 / 70 -

- 50 / 50 -

- 50 / 50 -

## PIZZA

Margherita with tomato, mozzarella and basil.

Add up to three toppings.

chorizo, bacon, ham, salami, chicken, garlic, mushrooms, peppers, chilli, pineapple, anchovies, avocado, feta or sweet piquant peppers.

- 125 -

- 95 -

## BURGERS AND SANDWICHES

All served with a choice of fries, potato wedges or side salad.

### MNH BEEF BURGER (D)(G)(E)

Everything bun, 100% pure beef burger, mature cheddar, pickled cucumber, tomato, lettuce, brinjal and tomato chutney and red onion.

- 195 -

### VEGETABLE BURGER (G)(V)(VG)

Home-made vegetable burger with mushroom and toasted sunflower charcoal bun, pickled cucumber, tomato, rocket, brinjal, tomato chutney and vegan cheese (black beans, sweet potato, chickpeas).

- 180 -

### CHICKEN WRAP (D)(G)

Breast, shredded ice berg lettuce, coleslaw, pineapple, cucumber, avocado, hummus, mayonnaise and cheddar cheese.

- 170 -

### VEGETABLE PITA (D)(G)(V)

Grilled pita filled with roast vegetables, tzatziki and falafel.

- 160 -

### PREGO ROLL (G)

With beef or chicken in a peri-peri sauce with tomato, lettuce, sautéed onions.

- 180 -

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### DESSERTS

#### FRESH CUT SEASONAL FRUIT SELECTION

With home-made berry sorbet.

- 115 -

#### CAKE OF THE DAY (D)(E)(G)

- 80 -

#### BAKED CHEESE CAKE (D)(E)(G)

With chantilly cream and granadilla coulis.

- 90 -

#### ICE CREAM COUPE (D)(E)

Chocolate chip, vanilla or mixed berry.

- 105 -

#### SORBET COUPE

Berry, lemon and mixed fruit.

- 105 -

#### BAKED CHOCOLATE TART (D)(N)(E)(G)

With caramelised pear, hazelnut praline ice cream.

- 80 -

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