



## Light Lunch Menu

### **Poultry Dishes**

#### **Chicken Penne Pasta**

*Cooked in a tomato, parmesan cream sauce with fresh basil served with tossed penne pasta.  
Accompanied with a green salad and freshly baked rolls.*

#### **Sticky Pineapple and Ginger chicken**

*Cooked in a delicious Pineapple sauce, served with sticky rice and stir fry veggies.*

#### **Stuffed Grilled Chicken breast**

*Chicken breast stuffed with halloumi cheese, spinach and sun-dried tomatoes, drizzled with a Lemon sauce.  
Accompanied with roast potatoes and a green veggie plate.*

#### **Baked Lemon and Thyme chicken**

*Delicious chicken baked in garlic, yoghurt, lemon and thyme.  
Accompanied with steamed rice and chunky grilled veggies and a garden salad with dressing.*

#### **Chicken Lasagne**

*Baked in a Pomodoro sauce and topped with a layer of Spinach, Bacon (optional) & mushroom cream sauce.  
Accompanied with freshly baked flatbread, slices of tomatoes, baby tomatoes, avo (when in season),  
cucumber wedges topped with deep fried basil and drizzled with reduction.*

#### **Chicken, Mushroom & Feta Cheese Phyllo pastry pie**

*Accompanied with steamed rice, chunky grilled veggies and a garden salad with dressing.*

#### **Moroccan Chicken Skewers**

*With minted Goats cheese and yoghurt.  
Accompanied with crispy roast potato wedges, chopped salad and freshly baked pitabread with  
avocado hummus..*

#### **Paprika Chicken**

*Cooked in a white wine and butter thyme sauce.  
Accompanied with smash baby potatoes, steamed veggies and a garden salad served with dressing.*

#### **Roast Chicken**

*Brushed with Herb olive oil  
Accompanied with sweet potato spuds filled with mustard cream cheese, focaccia topped with slivers of  
pears, blue cheese and nuts and a mixed garden salad with dressing.*

#### **Pecorino crumbed chicken**

*With a lemon herb sauce and a creamy mash gratin.  
Accompanied with steamed greens beans, garlicky olives, butternut and onion marmalade.*



## Light Lunch Menu

### **Beef, Lamb and Pork Dishes**

#### **Italian Roast Beef with Red wine**

*Accompanied with a salad of baby spinach leaves, baby potato slices, peas, radishes and parmesan slivers.  
Loaded sweet potato slices with crispy fried bacon.*

#### **Craft Beet Beef Stew**

*Accompanied with thyme infused mash potatoes and creamy broccoli and bacon bake.*

#### **Beef Lasagna Bolognese**

*Layered in a creamy herb sauce, with black mushrooms and topped with butternut.  
Accompanied with a green salad and chunky breadstick twists.*

#### **French Onion Beef Stroganoff**

*Accompanied with buttered egg noodles, green beans and oven roasted baby carrots. A simple salad of greens, caramelised pear slices and parmesan sliver.*

#### **Stuffed Meatballs**

*With Mozzarella cheese and cooked in tomato parmesan cream sauce.  
Accompanied with tossed spaghetti noodles, fresh herb flatbread and a garden salad with dressing.*

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#### **Slow Cooked Lamb Hot Pot**

*With spiral potatoes, roasted pumpkin slices with onion marmalade and creamy spinach.  
Accompanied with a garden salad of blanched peas and green beans served with a creamy dressing.*

#### **Lamb Kofta Kebabs**

*With char grilled greens and halloumi salad.  
Accompanied with a chopped sambal salad, soft pitabread and delicious Tzaziki sauce.*

#### **Lamb and Potato Curry**

*In a coconut tomato sauce with steamed basmati rice.  
Accompanied with a selection of sambals, buttered naan and vegetable pakoras.*

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#### **Slow cooked Sage Roasted Pork Belly**

*With parmesan mash and stir-fry greens.  
Accompanied with a side salad of red cabbage, apple slivers and pears.*



## Light Lunch Menu

### **Seriously filling Salads**

*all salads are served with homemade mini health bread loaves*

#### **Chicken Caesar Salad**

*Fried chicken breast, avo (when in season), crispy fried bacon, baby tomato slices, parmesan slivers.  
Served with toasted bruschetta.*

#### **Salmon Salad**

*Smoked salmon pieces, olives, feta cheese, cucumber ribbons, caper berries and rocket.  
Served with a ranch dressing.*

#### **Beef Salad**

*Beef Strips, roasted corn, baby potatoes, grilled peppers, tomatoes and feta cheese.  
Served with a light ranch dressing.*

#### **Tuna Niçoise**

*with beans, baby potatoes, eggs, radishes, cucumbers and black olives with garlic lemon vinaigrette.*

#### **Greek Meatball salad**

*Salad greens, tomatoes, chunky cucumber, red onions, olives, and feta cheese.  
Served with Tzatziki dressing.*

#### **Roasted Aubergine Salad**

*Fillet of beef with mozzarella balls and caper berries with a balsamic reduction and rocket.*

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### **Vegetarian Choices**

#### **Wild Mushroom Risotto**

*With wilted spinach, parmesan slivers and deep fried herbs.  
Accompanied with a side salad and freshly baked olive bread.*

#### **Vegetable curry pot**

*Butternut, chickpea, spinach and feta cheese curry pot with Basmati rice, sambals and Poppadums.*

#### **Pasta de Conti**

*Tomato parmesan sauce topped with roasted aubergine slices, parmesan slivers and deep fried herbs.  
Accompanied with penne pasta, salad and bread.*

#### **Italian Parmesan crust pie**

*filled with roasted veggies and goats cheese, served with a side salad of greens with dressing.*

#### **Individual Pasta rolls**

*filled with a Mushrooms, Ricotta cheese and Spinach, napped with a Parmesan cheese sauce and topped  
with deep fried herbs, served with a side salad*



## Light Lunch Menu

### **Rolls, wraps and bites**

#### **Chicken and Beef Prego rolls**

*Accompanied with chunky potato wedges, a crispy coleslaw salad and a greek salad.*

#### **Homemade Burger**

*Build your own burger: beef patties or chicken breast with slices of cheese, tomato, pineapple and sauces.  
Accompanied with crispy potato wedges and a green salad.*

#### **Chicken or Beef Wraps**

*Beef strips with cheese and onion marmalade and salad greens.  
Chicken strips with crumbled feta cheese, cucumber, red onions and Tzaziki.*

#### **Chicken and Beef Tortillas**

*With bowls of shredded lettuce, chopped tomato and onion, spicy guacamole and sour cream.*

#### **Designer Boerewors rolls**

*With rocket and a spicy Shesebo tomato sauce.*

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### **Sweet Treats**

#### **Chocolate and Pear Frangipane Tart**

*Topped with toasted sugared nuts, served with whipped Mascarpone cream.*

#### **Summer fruit platter**

*Served with berry coulis and meringue fingers.*

#### **Sticky toffee puddings**

*Topped with caramel and crushed coffee beans.*

#### **Profiteroles**

*A selection of fillings including chocolate mousse and a thick creamy milk tart filling.*

#### **Passionfruit Panecotta**

*Topped with toasted coconut slivers and fruit skewers.*

#### **Magical Chocolate Brownie**

*With chocolate mousse and garnished with honeycomb chocolate shards served in a glass.*

#### **Chocolate Blondie**

*Served with a strawberry sauce*

#### **Hazelnut and Caramel slice**

*Chocolate base, with a toasted hazelnut and caramel centre, topped with chocolate ganache.*

#### **Mini Lemon Meringue Pie's**

*in little bowls*

#### **Individual Cheesecakes**

*topped with summer berries*