

FOOD&HOME
ENTERTAINING

THE ANNUAL

recipe index

RECIPES FROM JULY 2018 – JUNE 2019

2019



A

ALMONDS

almond, coconut & macadamia bliss balls	101	Jul 2018
blueberry-and-sultana Easter loaf	99	Apr 2019
Boursin, feta, leek & almond filo pies	70	May 2019
chocolate & coffee-bean nougat	78	Oct 2018
Christmas-cake rusks	92	Dec 2018
citrus, ginger & coconut smoothies	102	Jul 2018
couscous with almonds, apricots & fresh mint	69	Jun 2019
dripping white chocolate "candle" cakes with eggnog sponge & nutmeg-rum buttercream icing	12	Dec 2018
green salad with samp & beans	100	Sep 2018
herb-crusted aubergine steaks with chunky romesco salsa	42	Mar 2019
hummus & pear frangipane tart	51	May 2019
kale, almond & feta-stuffed fillet with Parmesan-and-parsley cream	82	Dec 2018
no-bake goat's cheese thumbprint cookies with sun-dried tomato pesto	95	Dec 2018
no-bake nut, date & tahini millionaire's "shortbread" squares	103	Dec 2018
pepper & lentil mahshi	102	Jun 2019
prune, almond & oat muesli snack bars	100	Aug 2018
raspberry fridge cheesecake bars	102	Feb 2019
roasted aubergines filled with Moroccan vegetable tagine	69	Jun 2019
rose-water "marzipan" balls	98	Jun 2019
Turkish semolina-and-tahini cake with clementine syrup	46	Nov 2018
vegan hemp & raspberry muffins	33	Jun 2019
vegan no-bake gingerbread men with "royal icing"	97	Dec 2018
whipped ricotta & vegetable tart with seed crust	5	Jan 2019

ANCHOVIES

Caprese salad with anchovies & truffle butter	64	Feb 2019
crispy fried aubergines with anchovy mayo	44	Mar 2019
olive tapenade	87	Mar 2019
rice-paper spring rolls with moringa green goddess dressing	105	Nov 2018
smoked snoek & anchovy niçoise with mustard purée & pan-fried hake	94	May 2019

APPLES

apple-crumble cheesecake	95	Aug 2018
apple lattice pie	13	Aug 2018
carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019
chicken-and-apple casserole	68	May 2019
Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019
filo pastry mince pies	45	Dec 2018
pork, apple & sage sausage rolls	58	Oct 2018
pork chops with cabbage-and-apple stir fry	40	Feb 2019
Rooibos sangria	66	Dec 2018
turmeric cashew cream with apple, fennel & pepitas	76	Feb 2019
vegan hemp & raspberry muffins	33	Jun 2019
whisky, sage & maple pork belly with buttery caramelised apples	42	Jun 2019

APRICOTS

aromatic aubergine, apricot & chickpea tagine with millet	38	May 2019
chargrilled stone fruit with honey-and-lime syrup & tahini labneh	43	Nov 2018
chicken kebabs & tricolore salad	49	Sep 2018
couscous with almonds, apricots & fresh mint	69	Jun 2019
deconstructed duck tagine	72	Oct 2018
fermented plums & apricots	76	Mar 2019
lamb knuckle & apricot stew	63	Aug 2018
slow-roasted lamb shanks with aubergine-and-tomato stew	102	Jan 2019

aubergine-and-tomato stew	102	Jan 2019
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ARTICHOKES, polenta tart	96	Sep 2018
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ASPARAGUS

asparagus-and-pea tart with poached eggs	56	Jan 2019
chargrilled winter salad with hollandaise sauce	57	Jul 2018
chicken kebabs & tricolore salad	49	Sep 2018
green salad with samp & beans	100	Sep 2018
pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018
pickled asparagus	74	Mar 2019
tahini-and-asparagus velouté with pickled asparagus & sesame seed brittle	44	Nov 2018

AUBERGINES

aromatic aubergine, apricot & chickpea tagine with millet	38	May 2019
aubergine-and-rosemary mash with lamb chops	43	Mar 2019
aubergine dhal & naan bread	41	Mar 2019
aubergine halves with Asian glaze	45	Mar 2019
butterflied leg of lamb with roasted aubergine & mint pesto	51	Sep 2018
cheesy mince-stuffed aubergines	50	Nov 2018
crispy fried aubergines with anchovy mayo	44	Mar 2019
deconstructed duck tagine	72	Oct 2018
herb-crusted aubergine steaks with chunky romesco salsa	42	Mar 2019
polenta tart	96	Sep 2018
roasted aubergines filled with Moroccan vegetable tagine	69	Jun 2019
roasted vegetable & feta quiche with caramelised red onion	70	Jun 2019
slow-roasted lamb shanks with aubergine-and-tomato stew	102	Jan 2019
vegetable lasagne	43	Jan 2019

AVOCADOS

avocado, prawn & smoked trout "burgers" with yoghurt-mayo dressing	52	Feb 2019
pumpkin rostis with crispy bacon & chunky avo-and-feta salad	71	May 2019
tuna two ways	87	Mar 2019
unicorn spring rolls	56	Sep 2018
vegan nachos with bean-and-avocado salsa	54	Oct 2018

B

BABY MARROWS

dukkah-sprinkled poached eggs with zucchini fritters & crispy prosciutto	44	Oct 2018
fragrant zucchini & corn soup	85	Mar 2019
marinated marrows with labneh, lemon & mint	95	Sep 2018
millet with roasted veggies	60	Mar 2019
minestrone soup	60	May 2019
pork belly salad	44	Jan 2019
roasted vegetable & feta quiche with caramelised red onion	70	Jun 2019
vegetable quiche	45	Jul 2018
vegetarian lasagne	65	Dec 2018
whipped ricotta & vegetable tart with seed crust	5	Jan 2019

BACON

beef bourguignon	94	Jul 2018
caramelised onion, Brussels sprout & bacon hash with fried eggs	41	Jun 2019
creamy mac 'n cheese with crispy bacon	60	Apr 2019
creamy topped mushrooms	31	Aug 2018
deep-fried mac, cheese 'n bacon balls	62	Jun 2019
French-roast turkey with sage, pear & bulgur-wheat stuffing	79	Dec 2018
minestrone soup	60	May 2019
pork, apple & sage sausage rolls	58	Oct 2018
pumpkin rostis with crispy bacon & chunky avo-and-feta salad	71	May 2019
pumpkin soup with sage & bacon	67	May 2019
savoury hot cross buns with mature Cheddar, thyme & sticky maple bacon	30	Apr 2019
warm cabbage, bacon & nut salad with orange dressing	58	Dec 2018

BALSAMIC VINEGAR

Bloody Mary	55	Nov 2018
Caprese salad	81	Nov 2018
roasted pumpkin & balsamic tomatoes with butterbean mash	52	Apr 2019

BANANAS

banana bread with hemp-seed "butter"	36	Jun 2019
blueberry-and-sultana Easter loaf	99	Apr 2019
carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019
carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019
citrus smoothies	76	Jun 2019
tahini, banana & mixed-nut ice cream with salted honey caramel	82	Mar 2019
toasted marshmallow, baked banana & Amarula milkshake	42	Sep 2018
vanilla nice-cream cups with cinnamon-and-date "caramel" sauce	100	Oct 2018

BASIL

blushing salad with sour cream & fennel-seed dressing	98	May 2019
Caprese salad	81	Nov 2018
chakalaka soup with chorizo, spinach & paprika-spiced croutons	38	May 2019
charred lamb-rump skewers with salsa verde	46	Apr 2019
cheesy mince-stuffed aubergines	50	Nov 2018
cheesy stuffed peppers	56	Jun 2019
chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019
filo spinach, cranberry & haloumi wreath	91	Dec 2018
guava, biltong, basil & goat's cheese salad	56	Jan 2019
herb-crusting aubergine steaks with chunky romesco salsa	42	Mar 2019
mushroom "burgers" with haloumi & hemp pesto	35	Jun 2019
Oh, Basil cocktail	86	Jan 2019
rice-paper spring rolls with moringa green goddess dressing	105	Nov 2018
roasted tomato-and-onion soup with home-made croutons	68	May 2019

BAY LEAVES

hasselback butternuts with bay leaves, cinnamon & sage ..	85	Dec 2018
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BEANSsee also **GREEN BEANS**

blushing salad with sour cream & fennel-seed dressing	98	May 2019
crispy tofu salad	43	Jan 2019
crispy tofu with spring onions, mung beans & Bambara groundnuts tossed in peri-peri sauce	37	May 2019
green salad with samp & beans	100	Sep 2018
Italian cannellini-bean-and-lamb-knuckle soup	45	Apr 2019
light & colourful winter harvest salad	99	Aug 2018
pasta & bean soup	63	May 2019
rack of lamb with braised white beans & olives	72	May 2019
rib-eye steak with tomato salsa	50	Aug 2018
roasted pumpkin & balsamic tomatoes with butterbean mash	52	Apr 2019
samp-and-lentil "meatballs" with spinach mayo	101	Mar 2019
sugar-bean soup with pap	64	May 2019
vegan bowl with cruciferous rice, smashed black beans & baby tomatoes	98	Jan 2019
vegan nachos with bean-and-avocado salsa	54	Oct 2018
vegetable lasagne	43	Jan 2019

BEAN SPROUTS, rice-paper spring rolls with moringa

green goddess dressing	105	Nov 2018
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BEEF**BRISKET**, slow-roasted chipotle beef stew with

sweetcorn dumplings	105	Jul 2018
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CHUCK , beef bourguignon	94	Jul 2018
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FILLET

kale, almond & feta-stuffed fillet with Parmesan-and-parsley cream	82	Dec 2018
nut, cranberry, rosemary & red cabbage-stuffed beef fillet with roasted red cabbage wedges	40	Feb 2019
rosemary-stuffed beef fillet with blue cheese sauce & onion rings	46	Jul 2018

MINCE

bototie meatballs with buttermilk-and-lemon sauce	91	Sep 2018
cheesy mince-stuffed aubergines	50	Nov 2018
curried mince with crispy rotis	48	Sep 2018
Egyptian-style sweet potato, mince & carrot bake	101	Jun 2019
home-made meatballs in Napoletana sauce	60	Aug 2018
pasta & bean soup	63	May 2019

PIECES

aromatic aubergine, apricot & chickpea tagine with millet	38	May 2019
beef & cabbage soup with dombolo (steamed bread)	61	May 2019
RIB-EYE , steak with tomato salsa	50	Aug 2018

RUMP

colourful beef kebabs with creamy polenta	42	Jan 2019
pan-fried steak with carrot leaf-and-pesto butter & carrot crisps	76	Aug 2018
Portuguese-style steak with egg & chips	56	Apr 2019
SHIN , ossobuco with creamy polenta & gremolata	60	Aug 2018

SHORT RIBS

chipotle & cherry beer short ribs with jalapeño, plum & cherry pickle	46	Feb 2019
ginger & orange beef short rib	79	Jun 2019

SIRLOIN

dry-aged sirloin tartare with oyster sauce & beef drippings	80	Jul 2018
pan-fried sirloin steaks with romaine lettuce & pistachio-and-herb salad	101	Feb 2019
ragù Napoletano	65	Feb 2019

T-BONE, sweet & sticky T-bone steak with

blooming onions	52	Nov 2018
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BEER

carrot, parsnip, beer & ginger soup with spicy prawns	82	Apr 2019
chipotle & cherry beer short ribs with jalapeño, plum & cherry pickle	46	Feb 2019
"fish" & chips	63	Nov 2018

BEETROOT

beetroot & cream-cheese terrine with sunflower-soya praline & herb oil	26	Jan 2019
beetroot-and-dill-cured gravlax platter	102	Dec 2018
beetroot bread rose wreath	38	Aug 2018
beetroot, fennel, grapefruit & smoked chicken salad	20	Oct 2018
beetroot, goat's cheese & caramelised onion tartlets	56	Jul 2018
beetroot, grapefruit, tomato & goat's cheese salad with warm honey dressing	7	Nov 2018
beetroot hummus	49	May 2019
beetroot tart with cream cheese & wild rocket	81	Feb 2019
blueberry & beetroot salad with crispy tofu & mixed seeds ..	38	Aug 2019
blushing salad with sour cream & fennel-seed dressing	98	May 2019
carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019
coconut & lemongrass Asian bowls with slow-cooked pork belly & flash-fried greens	77	Aug 2018
deconstructed duck tagine	72	Oct 2018
honey-glazed duck breast & confit duck crépinette with baby vegetables & cardamom jus	65	Jul 2018
kataifi-wrapped goat's cheese with baby beetroot & honey vinaigrette	64	Jul 2018
"pulled pork" shawarmas with vegan tzatziki	61	Nov 2018
roasted beetroot & grapefruit salad with goat's cheese crème	76	Jun 2019
turnip, onion & beetroot jam with cheese & crisp bread	75	Aug 2018
whipped ricotta & vegetable tart with seed crust	5	Jan 2019

BERRIESsee also **BLACKCURRANT; BLUEBERRIES; CRANBERRIES; GOOSEBERRIES; RASPBERRIES; STRAWBERRIES**

almond scones with smashed berries	102	Oct 2018
chocolate pancake with cold berries & hot choc sauce	58	Feb 2019
chocolate pancake with frozen berries & white chocolate sauce	11	Apr 2019
coconut-and-yoghurt panna cotta with berries	103	May 2019
three-tiered Pavlova	70	Jun 2019

BILTONG

"braai-broodjies" with white Cheddar, biltong, tomato & onion	102	Sep 2018
caramelised onion, biltong & coriander frittata with mature Cheddar sauce	71	May 2019
guava, biltong, basil & goat's cheese salad	56	Jan 2019

BISCUITS

Christmas-cake rusks	92	Dec 2018
French-fry cookies	56	Aug 2018
ginger biscuits	76	Sep 2018
lemon & poppy-seed madeleines	77	Feb 2019
lemon tartlets with poppy-seed crumble, meringue, honey & black lava salt tuile, & vanilla ice cream	95	May 2019
no-bake fairy light "soetkoekies"	93	Dec 2018
no-bake goat's cheese thumbprint cookies with sun-dried tomato pesto	95	Dec 2018
no-bake nut, date & tahini millionaire's "shortbread" squares	103	Dec 2018
prune, almond & oat muesli snack bars	100	Aug 2018
salted liquorice panna cotta with grilled pineapple & black tuile	105	Oct 2018
vegan no-bake gingerbread men with "royal icing"	97	Dec 2018
white chocolate, cinnamon & pecan blondies	45	Jun 2019
BLACKCURRANT sake cocktail	63	Oct 2018

BLUEBERRIES

blueberry & beetroot salad with crispy tofu & mixed seeds	44	Feb 2019
blueberry-and-sultana Easter loaf	99	Apr 2019

BOK CHOI, teriyaki rib-eye pork steaks with

stir-fried vegetables	60	Aug 2018
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BREADSsee also **BREADS, SWEET; BUNS; PIZZAS; SANDWICHES**

aubergine dhal & naan bread	41	Mar 2019
barbecue chicken with cheesy pull-apart garlic bread	42	Jan 2019
beef & cabbage soup with dombolo (steamed bread)	61	May 2019
beetroot bread rose wreath	38	Aug 2018
chakalaka soup with chorizo, spinach & paprika-spiced croutons	38	May 2019

chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019	
chickpea flour flatbread topped with garlicky yoghurt, fried eggs, vine tomatoes & olives	46	Oct 2018	
fennel-and-Parmesan flatbreads	53	Apr 2019	
mushroom bread-and-butter pudding	88	Dec 2018	
roasted tomato-and-onion soup with home-made croutons	68	May 2019	
rustic victory bread	98	Nov 2018	
snowflake lavosh	94	Dec 2018	
sourdough ciabatta	52	Jun 2019	
spelt bread with mustard, sage, Gruyère & spring onion filling	99	Dec 2018	
BREADS, SWEET			
banana bread with hemp-seed "butter"	36	Jun 2019	
blueberry-and-sultana Easter loaf	99	Apr 2019	
chocolate, tahini & halva babka with cardamom syrup	82	May 2019	
French toast with cultured cream cheese & strawberry & rhubarb jam	100	Nov 2018	
French toast stack with caramelised onions, Emmenthal cheese and maple syrup	13	Jul 2018	
spiced pear & molasses loaf cake with oat crumble	105	Aug 2018	
BRINJALS see AUBERGINES			
BROCCOLI			
broccoli-and-lemon pappardelle	60	Mar 2019	
flaked trout with lentils & broccoli	103	Aug 2018	
orecchiette with broccoli sauce	63	Dec 2018	
pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018	
pan-fried trout on coconut, pea & broccoli mash	41	Jun 2019	
vegan bowl with cruciferous rice, smashed black beans & baby tomatoes	98	Jan 2019	
BROCCOLINI			
egg salad with sun-dried tomato-and-cashew nut pesto & broccolini	45	Oct 2018	
green chickpea pancakes with fried eggs, charred broccolini & vine tomatoes	98	Jul 2018	
roasted hummus & peanut-crust chicken with cherry tomatoes & broccolini	48	May 2019	
soya-and-ginger-glazed lamb chops with broccolini	49	Apr 2019	
BRUSSELS SPROUTS			
caramelised onion, Brussels sprout & bacon hash with fried eggs	41	Jun 2019	
glazed pork belly with buttered Brussels sprouts	41	Dec 2018	
BULGUR WHEAT			
bulgur wheat & green pea salad	46	Sep 2018	
French-roast turkey with sage, pear & bulgur-wheat stuffing	79	Dec 2018	
tomato soup Buddha bowl	49	Aug 2018	
BUNS			
see also BREADS; BREADS, SWEET; BURGERS; MUFFINS; SANDWICHES			
activated charcoal croissants filled with raspberry & cranberry pot de crème	32	Oct 2018	
butternut cinnamon rolls with chocolate swirl	57	Feb 2019	
Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019	
savoury hot cross buns with mature Cheddar, thyme & sticky maple bacon	30	Apr 2019	
sushi "burger buns" with smoked "salmon" & wasabi "mayonnaise"	63	Nov 2018	
BURGERS			
see also SANDWICHES			
avocado, prawn & smoked trout "burgers" with yoghurt-mayo dressing	52	Feb 2019	
mushroom "burgers" with haloumi & hemp pesto	35	Jun 2019	
sushi "burger buns" with smoked "salmon" & wasabi "mayonnaise"	63	Nov 2018	
vegan chickpea, corn & hummus burger	47	May 2019	
BUTTERMILK			
bobotie meatballs with buttermilk-and-lemon sauce	91	Sep 2018	
carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019	
Christmas-cake rusks	92	Dec 2018	
lettuce wedges with tempered buttermilk dressing	95	Sep 2018	
mini carrot cakes with buttermilk drizzle	78	Aug 2018	
BUTTERNUT			
butternut-and-coconut soup with toasted seeds	60	Mar 2019	
butternut cinnamon rolls with chocolate swirl	57	Feb 2019	
creamy topped mushrooms	31	Aug 2018	
gnocchi with creamy butternut sauce & roasted seeds	75	Jan 2019	
hasselback butternuts with bay leaves, cinnamon & sage	85	Dec 2018	
lacto-fermented squash	73	Mar 2019	
light & colourful winter harvest salad	99	Aug 2018	
roasted butternut & clementine soup with lemony saffron oil	77	Jun 2019	
teriyaki rib-eye pork steaks with stir-fried vegetables	60	Aug 2018	
Vietnamese chicken, sweet potato & butternut "cari"	9	Jun 2019	
BUTTERS			
banana bread with hemp-seed "butter"	36	Jun 2019	
Caprese salad with anchovies & truffle butter	64	Feb 2019	
pan-fried steak with carrot leaf-and-pesto butter & carrot crisps	76	Aug 2018	
C			
CABBAGE			
baked red cabbage steaks with dukkah	39	Feb 2019	
beef & cabbage soup with dombolo (steamed bread)	61	May 2019	
charcoal-smoked cabbage with maple-mustard vinaigrette	89	Dec 2018	
crispy chicken schnitzel sandwiches with tangy coleslaw	51	Nov 2018	
fish tacos with radish "kimchi"	50	Jan 2019	
kimchi	80	Jul 2018	
lamb chops with minty coleslaw	54	Oct 2018	
nut, cranberry, rosemary & red cabbage-stuffed beef fillet with roasted red cabbage wedges	40	Feb 2019	
old fashioned pulled-pork sliders	82	Jan 2019	
pork chops with cabbage-and-apple stir fry	40	Feb 2019	
red cabbage & grapefruit salad	38	Feb 2019	
red cabbage & prawn spring rolls with spicy dipping sauce	37	Feb 2019	
red cabbage steaks with creamy cheese sauce, crispy onion, sesame seeds & walnuts	36	May 2019	
rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019	
unicorn spring rolls	56	Sep 2018	
warm cabbage, bacon & nut salad with orange dressing	58	Dec 2018	
CAKES			
see also CHEESECAKES; PASTRIES; PIES, SWEET; TARTS, SWEET CARROT			
carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019	
carrot-cake slices with cream-cheese drizzle	100	Apr 2019	
mini carrot cakes with buttermilk drizzle	78	Aug 2018	
CHOCOLATE			
chocolate, tahini & halva babka with cardamom syrup	82	May 2019	
dripping white chocolate "candle" cakes with eggnog sponge & nutmeg-rum buttercream icing	12	Dec 2018	
flourless chocolate LBD cake	60	Feb 2019	
torte au chocolat	73	Jul 2018	
white forest cake	58	Feb 2019	
clementine, Turkish semolina-and-tahini cake with clementine syrup	46	Nov 2018	
COFFEE			
cinnamon & espresso mousse cake	76	Jul 2018	
moerkoffie cake	81	Oct 2018	
FIG , upside-down fig cake with sticky toffee sauce	44	Dec 2018	
granadilla, lemon & thyme loaf cake	74	May 2019	
HONEY , Russian honey layer cake	68	Apr 2019	
LEMON , granadilla, lemon & thyme loaf cake	74	May 2019	
PEAR , spiced pear & molasses loaf cake with oat crumble	105	Aug 2018	
QUINCE			
syrupy upside-down quince-and-honey cake	38	Jan 2019	
rum baba bundt cake	73	Jul 2018	
SWISS ROLL			
twisted marshmallow Swiss roll	44	Sep 2018	
white forest cake	58	Feb 2019	
watermelon cake	7	Jan 2019	
CAPERBERRIES			
"fish" & chips	63	Nov 2018	
pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018	
CAPERS			
olive tapenade	87	Mar 2019	
pesce all'acqua pazza (fish in the mad water)	65	Feb 2019	
tuna two ways	87	Mar 2019	
CARAMEL			
see also TOFFEE			
braaied s'more doughnuts	43	Sep 2018	
caramelised white chocolate & cardamom cheesecake	7	Feb 2019	

carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019
coconut & rice-flour flapjacks with tahini "caramel" sauce	98	Mar 2019
halva & caramel sugar	52	May 2019
quince tartes Tatin with Rooibos-chai custard	37	Jan 2019
tahini, banana & mixed-nut ice cream with salted honey caramel	82	Mar 2019
vanilla nice-cream cups with cinnamon-and-date "caramel" sauce	100	Oct 2018
vegan pumpkin fritters with chilli-miso caramel dipping sauce	49	Jan 2019
vegan tin-roof ice cream	64	Nov 2018
whisky, sage & maple pork belly with buttery caramelised apples	42	Jun 2019
white chocolate & salted caramel tart	57	Apr 2019
CARDAMOM		
caramelised white chocolate & cardamom cheesecake	7	Feb 2019
chocolate, tahini & halva babka with cardamom syrup	82	May 2019
cowpea pilaf with herb & garlic yoghurt	34	May 2019
Greek rice pudding	72	Sep 2018
honey-glazed duck breast & confit duck crépinette with baby vegetables & cardamom jus	65	Jul 2018
lime & cardamom sugar	53	May 2019
spiced quince lollies	37	Jan 2019
Stone Town sunrise	71	Oct 2018
CARROTS		
beef & cabbage soup with dombolo (steamed bread)	61	May 2019
beef bourguignon	94	Jul 2018
blushing salad with sour cream & fennel-seed dressing	98	May 2019
carrot & ginger soup	61	Aug 2018
carrot-and-harissa falafels with tahini-and-lime yoghurt	43	Nov 2018
carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019
carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019
carrot-cake slices with cream-cheese drizzle	100	Apr 2019
carrot hummus with fried tofu & crunchy veggies	81	Apr 2019
carrot, parsnip, beer & ginger soup with spicy prawns	82	Apr 2019
Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019
comforting veggie & noodle broth	40	Jun 2019
cowpea pilaf with herb & garlic yoghurt	34	May 2019
crispy chicken schnitzel sandwiches with tangy coleslaw	51	Nov 2018
deconstructed duck tagine	72	Oct 2018
Egyptian-style sweet potato, mince & carrot bake	101	Jun 2019
honey-glazed duck breast & confit duck crépinette with baby vegetables & cardamom jus	65	Jul 2018
Italian cannellini-bean-and-lamb-knuckle soup	45	Apr 2019
lamb chops with minty coleslaw	54	Oct 2018
lamb curry with warm rotis & sambal	64	Mar 2019
lamb steaks with roasted carrots, parsnips & red onion	58	Dec 2018
minestrone soup	60	May 2019
mini carrot cakes with buttermilk drizzle	78	Aug 2018
old fashioned pulled-pork sliders	82	Jan 2019
pan-fried steak with carrot leaf-and-pesto butter & carrot crisps	76	Aug 2018
pasta & bean soup	63	May 2019
pork chops with cabbage-and-apple stir fry	40	Feb 2019
rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
roasted butternut & clementine soup with lemony saffron oil	77	Jun 2019
roasted kingklip with crispy kale & baby carrots	52	Sep 2018
rosemary, honey & lemon roasted chicken	45	Jul 2018
samp-and-lentil "meatballs" with spinach mayo	101	Mar 2019
split pea & ham soup	66	May 2019
spring chicken salad	11	Sep 2018
tipsy carrot, orange & tequila cocktails	81	Apr 2019
tomato soup Buddha bowl	49	Aug 2018
unicorn spring rolls	56	Sep 2018
CASHEW NUTS		
coconut-and-cashew chicken strips with curry mayo	101	Jan 2019
egg salad with sun-dried tomato-and-cashew nut pesto & broccolini	45	Oct 2018
green chutney	84	Aug 2018
no-bake nut, date & tahini millionaire's "shortbread" squares	103	Dec 2018
"pulled pork" shawarmas with vegan tzatziki	61	Nov 2018
raspberry fridge cheesecake bars	102	Feb 2019
rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
turmeric cashew cream with apple, fennel & pepitas	76	Feb 2019
CAULIFLOWER		
cauliflower & chickpea bake	31	Aug 2018
cauliflower soup	57	Jul 2018
duck à l'orange with cauliflower-and-fennel mash	62	Mar 2019
spice-rubbed ostrich with cauliflower-and-sweet-potato mash & crispy sage	102	Mar 2019
spicy roasted cauliflower head with millet-and-chickpea salad	50	Nov 2018
vegan bowl with cruciferous rice, smashed black beans & baby tomatoes	98	Jan 2019
CELERY		
beef & cabbage soup with dombolo (steamed bread)	61	May 2019
Bloody Mary pasta	82	Jan 2019
carrot hummus with fried tofu & crunchy veggies	81	Apr 2019
Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019
comforting veggie & noodle broth	40	Jun 2019
minestrone soup	60	May 2019
pasta & bean soup	63	May 2019
roasted butternut & clementine soup with lemony saffron oil	77	Jun 2019
whisky, sage & maple pork belly with buttery caramelised apples	42	Jun 2019
CHEESECAKES		
apple-crumble cheesecake	95	Aug 2018
caramelised white chocolate & cardamom cheesecake	7	Feb 2019
pink bubblegum baked cheesecake	75	Jul 2018
raspberry fridge cheesecake bars	102	Feb 2019
smoked fish cheesecake with hanepoot jelly	50	Jun 2019
CHEESE DISHES		
see also CRÈME FRAÎCHE; YOGHURT		
BLUE CHEESE		
rosemary-stuffed beef fillet with blue cheese sauce & onion rings	46	Jul 2018
upside-down tomato & blue-cheese tart	52	Aug 2018
BOURSIN , feta, leek & almond filo pies		
BRIE , turnip, onion & beetroot jam with cheese & crisp bread	75	Aug 2018
CAMEMBERT		
filo-encased Camembert	27	Mar 2019
turnip, onion & beetroot jam with cheese & crisp bread	75	Aug 2018
CHEDDAR		
baked jacket potato with Bolognese & crème fraîche	29	Jul 2018
"braai broodjies" with white Cheddar, biltong, tomato & onion	102	Sep 2018
caramelised onion, biltong & coriander frittata with mature Cheddar sauce	71	May 2019
cheesy French onion soup	62	May 2019
creamy mac 'n cheese with crispy bacon	60	Apr 2019
deep-fried mac, cheese 'n bacon balls	62	Jun 2019
mini quiches	54	Oct 2018
pork, apple & sage sausage rolls	58	Oct 2018
red cabbage steaks with creamy cheese sauce, crispy onion, sesame seeds & walnuts	36	May 2019
savoury hot cross buns with mature Cheddar, thyme & sticky maple bacon	30	Apr 2019
savoury muffins	58	Mar 2019
snoek pie	78	Sep 2018
tomato soup with cheesy toasted sandwich dippers	43	Jun 2019
turnip, onion & beetroot jam with cheese & crisp bread	75	Aug 2018
vegetable lasagne	43	Jan 2019
COTTAGE CHEESE , horseradish cream		
CREAM CHEESE		
beetroot & cream-cheese terrine with sunflower-soya praline & herb oil	26	Jan 2019
beetroot tart with cream cheese & wild rocket	81	Feb 2019
carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019
carrot-cake slices with cream-cheese drizzle	100	Apr 2019
French toast with cultured cream cheese & strawberry & rhubarb jam	100	Nov 2018
multicoloured dip	56	Sep 2018
rice cakes with prosciutto & cream cheese	25	Nov 2018
EMMENTHAL		
cheesy chicken breasts wrapped in Parma ham with fresh sage	53	Apr 2019
French toast stack with caramelised onions, Emmenthal cheese and maple syrup	13	Jul 2018
FETA		
Boursin, feta, leek & almond filo pies	70	May 2019
herby crêpes with ricotta, feta & hot-smoked trout	73	May 2019

kale, almond & feta-stuffed fillet with Parmesan-and-parsley cream	82	Dec 2018	cheesy chicken breasts wrapped in Parma ham with fresh sage	53	Apr 2019
pumpkin rostis with crispy bacon & chunky avo-and-feta salad	71	May 2019	chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019
roasted aubergines filled with Moroccan vegetable tagine	69	Jun 2019	coconut-and-cashew chicken strips with curry mayo	101	Jan 2019
roasted vegetable & feta quiche with caramelised red onion	70	Jun 2019	crispy chicken schnitzel sandwiches with tangy coleslaw	51	Nov 2018
sweet potato "toast" with feta, pine nuts & rosemary dressing	51	Nov 2018	crispy tofu with spring onions, mung beans & Bambara groundnuts tossed in peri-peri sauce	37	May 2019
FIOR DI LATTE			grilled chicken, spinach & strawberry salad	46	Sep 2018
cheesy mince-stuffed aubergines	50	Nov 2018	minestrone soup	60	May 2019
cheesy stuffed peppers	56	Jun 2019	ragù Napoletano	65	Feb 2019
rustic tomato-chilli jam with fior di latte	53	Aug 2018	roast chicken with creamy mushrooms	56	Jul 2018
GOAT'S CHEESE			thyme & Parmesan chicken nuggets with sweet potato skin chips	100	Nov 2018
beetroot, goat's cheese & caramelised onion tartlets	56	Jul 2018	Vietnamese chicken, sweet potato & butternut "cari"	9	Jun 2019
beetroot, grapefruit, tomato & goat's cheese salad with warm honey dressing	7	Nov 2018	DRUMSTICKS , sticky chicken drumsticks with roasted potato wedges	21	Feb 2019
gnocchi with creamy butternut sauce & roasted seeds	75	Jan 2019	DRUMSTICKS/THIGHS		
goat's cheese "cigars" with honey & thyme	49	Jan 2019	Asian-inspired cherry-and-ginger chicken	45	Feb 2019
guava, biltong, basil & goat's cheese salad	56	Jan 2019	barbecue chicken with cheesy pull-apart garlic bread	42	Jan 2019
kataifi-wrapped goat's cheese with baby beetroot & honey vinaigrette	64	Jul 2018	chicken with pomegranate juice	95	Oct 2018
no-bake goat's cheese thumbprint cookies with sun-dried tomato pesto	95	Dec 2018	roasted hummus & peanut-crust chicken with cherry tomatoes & broccolini	48	May 2019
roasted beetroot & grapefruit salad with goat's cheese crème	76	Jun 2019	tandoori coconut chicken with fennel & chickpeas	62	Dec 2018
GORGONZOLA , olive & caramelised onion tart with Gorgonzola	86	Mar 2019	THIGHS		
GRUYÈRE			chicken-and-apple casserole	68	May 2019
deep-fried mac, cheese 'n bacon balls	62	Jun 2019	chicken kebabs & tricolore salad	49	Sep 2018
spelt bread with mustard, sage, Gruyère & spring-onion filling	99	Dec 2018	Spanish chicken	82	Aug 2018
HALOUMI			WHOLE		
chargrilled winter salad with hollandaise sauce	57	Jul 2018	chicken & mushroom pot pies	62	Aug 2018
filo spinach, cranberry & haloumi wreath	91	Dec 2018	rosemary, honey & lemon roasted chicken	45	Jul 2018
mushroom "burgers" with haloumi & hemp pesto	35	Jun 2019	spring chicken salad	11	Sep 2018
LABNEH			sticky date Moroccan roast chicken	105	Feb 2019
chargrilled stone fruit with honey-and-lime syrup & tahini labneh	43	Nov 2018	tray-baked spatchcock chicken with sweet-potato medallions & green yoghurt dressing	70	May 2019
marinated marrows with labneh, lemon & mint	95	Sep 2018	CHICKPEAS		
MOZZARELLA			aromatic aubergine, apricot & chickpea tagine with millet	38	May 2019
barbecue chicken with cheesy pull-apart garlic bread	42	Jan 2019	beetroot hummus	49	May 2019
bianco pizza	82	Nov 2018	carrot-and-harissa falafels with tahini-and-lime yoghurt	43	Nov 2018
Caprese salad	81	Nov 2018	carrot hummus with fried tofu & crunchy veggies	81	Apr 2019
Caprese salad with anchovies & truffle butter	64	Feb 2019	cauliflower & chickpea bake	31	Aug 2018
cheat's pizzas	60	Apr 2019	chickpea flour flatbread topped with garlicky yoghurt, fried eggs, vine tomatoes & olives	46	Oct 2018
cheesy mince-stuffed aubergines	50	Nov 2018	chickpea fudge	58	Nov 2018
deep-fried mac, cheese 'n bacon balls	62	Jun 2019	chocolate-chip hummus	50	May 2019
nectarine & bocconcini summer salad	25	Nov 2018	crushed baby potatoes with vegan aioli & black salt	97	Sep 2018
polenta tart	96	Sep 2018	green chickpea pancakes with fried eggs, charred broccolini & vine tomatoes	98	Jul 2018
pork, apple & sage sausage rolls	58	Oct 2018	hummus & pear frangipane tart	51	May 2019
PARMESAN			lamb tagine with chickpeas & cherries	48	Feb 2019
cheesy mince-stuffed aubergines	50	Nov 2018	pea falafels with charred sugar snap peas & hummus	86	Dec 2018
fennel-and-Parmesan flatbreads	53	Apr 2019	"pulled pork" shawarmas with vegan tzatziki	61	Nov 2018
kale, almond & feta-stuffed fillet with Parmesan-and-parsley cream	82	Dec 2018	roasted aubergines filled with Moroccan vegetable tagine	69	Jun 2019
polenta tart	96	Sep 2018	roasted hummus & peanut-crust chicken with cherry tomatoes & broccolini	48	May 2019
quick & easy pesto	102	Nov 2018	roasted quail with chickpea & pomegranate salsa	43	Dec 2018
roasted kingklip with crispy kale & baby carrots	52	Sep 2018	spicy roasted cauliflower head with millet-and-chickpea salad	50	Nov 2018
thyme & Parmesan chicken nuggets with sweet potato skin chips	100	Nov 2018	spring chicken salad	11	Sep 2018
PECORINO , penne with roasted tomatoes, pecorino & garlic hemp-seed oil	34	Jun 2019	tandoori coconut chicken with fennel & chickpeas	62	Dec 2018
RICOTTA			vegan chickpea, corn & hummus burger	47	May 2019
herby crêpes with ricotta, feta & hot-smoked trout	73	May 2019	vegan no-bake gingerbread men with "royal icing"	97	Dec 2018
vegetarian lasagne	65	Dec 2018	CHILLIES		
whipped ricotta & vegetable tart with seed crust	5	Jan 2019	Asian-inspired cherry-and-ginger chicken	45	Feb 2019
white chocolate & fig no-bake tart	8	May 2019	aubergine dhal & naan bread	41	Mar 2019
CHERRIES			chipotle & cherry beer short ribs with jalapeño, plum & cherry pickle	46	Feb 2019
Asian-inspired cherry-and-ginger chicken	45	Feb 2019	coconut seafood curry with plum sambal	47	Feb 2019
chipotle & cherry beer short ribs with jalapeño, plum & cherry pickle	46	Feb 2019	grilled pineapple wedges with chilli chocolate sauce	54	Nov 2018
Christmas-cake rusks	92	Dec 2018	rack of lamb with salsa verde baby potatoes & minty yoghurt	46	Jan 2019
lamb tagine with chickpeas & cherries	48	Feb 2019	rustic tomato-chilli jam with fior di latte	53	Aug 2018
white forest cake	58	Feb 2019	shakshuka with crispy chorizo	62	Dec 2018
CHICKEN			slow-roasted chipotle beef stew with sweetcorn dumplings	105	Jul 2018
BREASTS			spicy ostrich dan-dan noodles	44	Feb 2019
Asian-style chicken & exotic mushrooms with rice	58	Mar 2019	sweet potato chips with spicy lime-and-coriander dip	97	Sep 2018
beetroot, fennel, grapefruit & smoked chicken salad	20	Oct 2018	vegan pumpkin fritters with chilli-miso caramel dipping sauce	49	Jan 2019
butter chicken	40	Jun 2019	CHIPS		
butter chicken with chargrilled naan bread	57	Oct 2018	battered hake with peas & sweet potato chips	55	Oct 2018
			"fish" & chips	63	Nov 2018

Portuguese-style steak with egg & chips	56	Apr 2019	blackcurrant sake cocktail	63	Oct 2018
sweet potato chips with spicy lime-and-coriander dip	97	Sep 2018	blazing chococcino	29	Jun 2019
thyme & Parmesan chicken nuggets with sweet potato skin chips	100	Nov 2018	Bloody Mary	55	Nov 2018
CHIVES			Champagne-and-watermelon cocktail	45	Jan 2019
herby crêpes with ricotta, feta & hot-smoked trout	73	May 2019	festive watermelon, ginger, lime & vodka sparkling cocktails	101	Dec 2018
rice-paper spring rolls with moringa green goddess dressing	105	Nov 2018	gin & tonic cocktail	50	Sep 2018
samp-and-lentil "meatballs" with spinach mayo	101	Mar 2019	green tea destiny	61	Oct 2018
CHOCOLATE			lime, pomegranate & raspberry whisky sours	55	Apr 2019
BISCUITS			minty gin, orange & lime cocktail	75	May 2019
chocolate peppermint squares	107	Sep 2018	Mootee's Peanut Butter & Jam	89	Jan 2019
white chocolate, cinnamon & pecan blondies	45	Jun 2019	Oh, Basil cocktail	86	Jan 2019
BUNS , butternut cinnamon rolls with chocolate swirl	57	Feb 2019	pineapple sake cocktail	62	Oct 2018
CAKES			Rooibos sangria	66	Dec 2018
chocolate, tahini & halva babka with cardamom syrup	82	May 2019	rum & long pepper cocktail	105	Jan 2019
cinnamon & espresso mousse cake	76	Jul 2018	rum cannonball	95	Aug 2018
dripping white chocolate "candle" cakes with eggnog sponge & nutmeg-rum buttercream icing	12	Dec 2018	sparkling rum, grape & thyme cocktail	63	Mar 2019
flourless chocolate LBD cake	60	Feb 2019	strawberry sangria	49	Feb 2019
profiterole cake stack	75	Jul 2018	The Flamingo Martini	88	Jan 2019
Russian honey layer cake	68	Apr 2019	The Rooftop Hawaiian	87	Jan 2019
torte au chocolat	73	Jul 2018	tipsy carrot, orange & tequila cocktails	81	Apr 2019
white forest cake	58	Feb 2019	white Russian cocktail	56	Oct 2018
DESSERTS			COCONUT		
braai'd s'more doughnuts	43	Sep 2018	almond, coconut & macadamia bliss balls	101	Jul 2018
caramelised white chocolate & cardamom cheesecake	7	Feb 2019	baked lime & coconut puds	88	Mar 2019
chocolate-chip hummus	50	May 2019	butternut-and-coconut soup with toasted seeds	60	Mar 2019
chocolate pancake with cold berries & hot chocoy sauce	58	Feb 2019	chilled cucumber & mint soup	49	Sep 2018
chocolate pancake with frozen berries & white chocolate sauce	11	Apr 2019	citrus, ginger & coconut smoothies	102	Jul 2018
chocolate peanut butter marshmallow mousse pie	41	Sep 2018	coconut & lemongrass Asian bowls with slow-cooked pork belly & flash-fried greens	77	Aug 2018
dark chocolate orange brûlée custard slices	55	Feb 2019	coconut & rice-flour flapjacks with tahini "caramel" sauce	98	Mar 2019
giant rosemary cookie with coconut cream	49	Jul 2018	coconut-and-cashew chicken strips with curry mayo	101	Jan 2019
Limoncello lemon curd & white chocolate mousse roulade	79	Jun 2019	coconut-and-yoghurt panna cotta with berries	103	May 2019
mini hazelnut-and-chocolate tarts	102	Apr 2019	coconut seafood curry with plum sambal	47	Feb 2019
white chocolate & fig no-bake tart	8	May 2019	dairy-free flapjacks	52	Jul 2018
white chocolate & salted caramel tart	57	Apr 2019	egg clouds with coconut creamed kale & gluten-free mustard toast	44	Oct 2018
DRINKS			giant rosemary cookie with coconut cream	49	Jul 2018
blazing chococcino	29	Jun 2019	mini hazelnut-and-chocolate tarts	102	Apr 2019
stout hot chocolate	44	Jun 2019	pan-fried trout on coconut, pea & broccoli mash	41	Jun 2019
ICE CREAM			tandoori coconut chicken with fennel & chickpeas	62	Dec 2018
ice cream Christmas trees	55	Dec 2018	Thai coconut noodle soup	10	Oct 2018
saffron-parfait lollies with rose-water meringue	105	Apr 2019	vegan coconut-and-granadilla lollies	65	Nov 2018
vegan tin-roof ice cream	64	Nov 2018	vegan piña colada Pavlova	84	Jan 2019
velvety chocolate ice cream	81	Aug 2018	vegan tin-roof ice cream	64	Nov 2018
SAUCES			white coffee & coconut ice cream	81	Oct 2018
grilled pineapple wedges with chilli chocolate sauce	54	Nov 2018	COFFEE		
vanilla white chocolate sauce	60	Feb 2019	affogato with candied macadamias	89	Mar 2019
white chocolate sauce	11	Apr 2019	black-and-white martini	78	Oct 2018
SWEETS , chocolate & coffee bean nougat	78	Oct 2018	blazing chococcino	29	Jun 2019
CHUTNEY			chocolate & coffee bean nougat	78	Oct 2018
see also FERMENTED DISHES; PICKLES; RELISH			cinnamon & espresso mousse cake	76	Jul 2018
green chutney	84	Aug 2018	moerkoffie cake	81	Oct 2018
CINNAMON			stout hot chocolate	44	Jun 2019
butternut cinnamon rolls with chocolate swirl	57	Feb 2019	vegan coffee-flavoured jam doughnuts	79	Oct 2018
chai hot toddy	64	Aug 2018	velvety chocolate ice cream	81	Aug 2018
Christmas-cake rusks	92	Dec 2018	white coffee & coconut ice cream	81	Oct 2018
cinnamon & espresso mousse cake	76	Jul 2018	CORIANDER		
crème brûlée tart	65	Mar 2019	Asian-style chicken & exotic mushrooms with rice	58	Mar 2019
deconstructed duck tagine	72	Oct 2018	aubergine dhal & naan bread	41	Mar 2019
hasselback butternuts with bay leaves, cinnamon & sage	85	Dec 2018	butter chicken with chargrilled naan bread	57	Oct 2018
honey-glazed duck with rosemary-roasted grapes & prosciutto-wrapped potato wedges	81	Dec 2018	caramelised onion, biltong & coriander frittata with mature Cheddar sauce	71	May 2019
mulled wine	58	Jul 2018	carrot-and-harissa falafels with tahini-and-lime yoghurt	43	Nov 2018
naartjie & ginger beer-glazed gammon	81	Dec 2018	Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019
rosemary koeksisters with cinnamon, lemon & rosemary syrup	48	Jul 2018	coconut seafood curry with plum sambal	47	Feb 2019
rose petal & cinnamon sugar	53	May 2019	cowpea pilaf with herb & garlic yoghurt	34	May 2019
spiced quince lollies	37	Jan 2019	deconstructed duck tagine	72	Oct 2018
Stone Town sunrise	71	Oct 2018	dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019
Swedish rosette waffles with cinnamon sugar	96	Dec 2018	green chutney	84	Aug 2018
vanilla nice-cream cups with cinnamon-and-date "caramel" sauce	100	Oct 2018	herb oil	26	Jan 2019
white chocolate, cinnamon & pecan blondies	45	Jun 2019	lamb curry with warm rotis & sambal	64	Mar 2019
CLEMENTINES			leeks with walnut paste	94	Oct 2018
see also ORANGES			lettuce wedges with tempered buttermilk dressing	95	Sep 2018
roasted butternut & clementine soup with lemony saffron oil	77	Jun 2019	pumpkin salad with yoghurt-and-tahini spread	42	Dec 2018
Turkish semolina-and-tahini cake with clementine syrup	46	Nov 2018	red cabbage & grapefruit salad	38	Feb 2019
CLOVES , spiced pork belly with roasted pumpkin	59	Jul 2018	rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
COCKTAILS			rice-paper spring rolls with moringa green goddess dressing	105	Nov 2018
black-and-white martini	78	Oct 2018			

spicy lentil stew with warm garlic bread	35	May 2019	quince tarts Tatin with Rooibos-chai custard	37	Jan 2019
sweet potato chips with spicy lime-and-coriander dip	97	Sep 2018	salted liquorice panna cotta with		
tray-baked spatchcock chicken with sweet-potato medallions & green yoghurt dressing	70	May 2019	grilled pineapple & black tuile	105	Oct 2018
unicorn spring rolls	56	Sep 2018	vanilla panna cotta with strawberries & meringue	67	Jul 2018
vegan nachos with bean-and-avocado salsa	54	Oct 2018			
CORN					
see also POLENTA					
fragrant zucchini & corn soup	85	Mar 2019			
green salad with samp & beans	100	Sep 2018			
isijingi (pumpkin dish)	77	Sep 2018			
rib-eye steak with tomato salsa	50	Aug 2018			
samp-and-lentil "meatballs" with spinach mayo	101	Mar 2019			
slow-roasted chipotle beef stew with					
sweetcorn dumplings	105	Jul 2018			
sugar-bean soup with pap	64	May 2019			
vegan chickpea, corn & hummus burger	47	May 2019			
vegan nachos with bean-and-avocado salsa	54	Oct 2018			
vegetable lasagne	43	Jan 2019			
vegetable quiche	45	Jul 2018			
COURGETTES see BABY MARROWS					
COUSCOUS					
couscous with almonds, apricots & fresh mint	69	Jun 2019			
deconstructed duck tagine	72	Oct 2018			
COWPEA pilaf with herb & garlic yoghurt	34	May 2019			
CRANBERRIES					
activated charcoal croissants filled with raspberry & cranberry pot de crème	32	Oct 2018			
Christmas-cake rusks	92	Dec 2018			
filo, spinach, cranberry & haloumi wreath	91	Dec 2018			
nut, cranberry, rosemary & red cabbage-stuffed beef fillet with roasted red cabbage wedges	40	Feb 2019			
salmon with a cranberry-and-thyme crust	79	Dec 2018			
The Flamingo Martini	88	Jan 2019			
CRÈME FRAÎCHE					
apple-crumble cheesecake	95	Aug 2018			
baked jacket potato with Bolognese & crème fraîche	29	Jul 2018			
caramelised white chocolate & cardamom cheesecake	7	Feb 2019			
CRÊPES					
see also FLAPJACKS; PANCAKES					
herby crêpes with ricotta, feta & hot-smoked trout	73	May 2019			
turmeric egg crêpes with crispy spring onion & curry mayonnaise	43	Oct 2018			
CRUMPETS , Stone Town sunrise	71	Oct 2018			
CUCUMBER					
beetroot-and-dill-cured gravlax platter	102	Dec 2018			
chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019			
chilled cucumber & mint soup	49	Sep 2018			
minted yoghurt & cucumber raita	70	Jun 2019			
pea, kohlrabi & smashed cucumber salad with orange dressing	76	Aug 2018			
"pulled pork" shawarmas with vegan tzatziki	61	Nov 2018			
rice-paper spring rolls with moringa					
green goddess dressing	105	Nov 2018			
CURDS					
Limoncello lemon curd & white chocolate					
mousse roulade	79	Jun 2019			
mini Pavlova with lemon curd	83	Feb 2019			
CURRIES					
bobotie meatballs with buttermilk-and-lemon sauce	91	Sep 2018			
butter chicken	40	Jun 2019			
butter chicken with chargrilled naan bread	57	Oct 2018			
coconut-and-cashew chicken strips with curry mayo	101	Jan 2019			
coconut seafood curry with plum sambal	47	Feb 2019			
cowpea pilaf with herb & garlic yoghurt	34	May 2019			
curried mince with crispy rotis	48	Sep 2018			
lamb curry with warm rotis & sambal	64	Mar 2019			
mushroom-and-lentil curry with sweet potato mash	20	Oct 2018			
tomato, kingklip & sweet potato curry	51	Aug 2018			
Vietnamese chicken, sweet potato & butternut "cari"	9	Jun 2019			
CUSTARDS					
canelés de Bordeaux	82	Jul 2018			
classic crème brûlée	95	Jul 2018			
coconut-and-yoghurt panna cotta with berries	103	May 2019			
crème brûlée tart	65	Mar 2019			
dark chocolate orange brûlée custard slices	55	Feb 2019			
dumplings with custard & rhubarb-and-strawberry sauce	92	Sep 2018			
granadilla, lemon & thyme loaf cake	74	May 2019			
Limoncello lemon curd & white chocolate					
mousse roulade	79	Jun 2019			
mini Pavlova with lemon curd	83	Feb 2019			
D					
DATES					
blueberry-and-sultana Easter loaf	99	Apr 2019			
chickpea fudge	58	Nov 2018			
coconut & rice-flour flapjacks with tahini "caramel" sauce	98	Mar 2019			
date & walnut self-saucing pudding	65	Aug 2018			
dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019			
no-bake nut, date & tahini millionaire's					
"shortbread" squares	103	Dec 2018			
raspberry fridge cheesecake bars	102	Feb 2019			
sticky date Moroccan roast chicken	105	Feb 2019			
Stone Town sunrise	71	Oct 2018			
turmeric cashew cream with apple, fennel & pepitas	76	Feb 2019			
vanilla nice-cream cups with cinnamon-and-date					
"caramel" sauce	100	Oct 2018			
vegan tin-roof ice cream	64	Nov 2018			
DESSERTS see CAKES; CHEESECAKES; CHOCOLATE; CUSTARDS; ICE CREAM; MERINGUE; PASTRIES; PIES, SWEET; PUDDINGS; SORBET; SPECIFIC TYPES OF FRUIT; TARTS, SWEET					
DILL					
beetroot-and-dill-cured gravlax platter	102	Dec 2018			
blushing salad with sour cream & fennel-seed dressing	98	May 2019			
herby crêpes with ricotta, feta & hot-smoked trout	73	May 2019			
pan-fried sirloin steaks with romaine lettuce & pistachio-and-herb salad	101	Feb 2019			
DIPS					
French-fry cookies	56	Aug 2018			
sweet potato chips with spicy lime-and-coriander dip	97	Sep 2018			
unicorn spring rolls	56	Sep 2018			
DOUGHNUTS					
see also FRITTERS					
braaied s'more doughnuts	43	Sep 2018			
rosemary koeksisters with cinnamon, lemon & rosemary syrup	48	Jul 2018			
vegan coffee-flavoured jam doughnuts	79	Oct 2018			
DRINKS, COLD					
see also COCKTAILS					
citrus, ginger & coconut smoothies	102	Jul 2018			
home-made ginger beer	71	Sep 2018			
Rooibos sangria	66	Dec 2018			
spiced golden hemp milk	37	Jun 2019			
toasted marshmallow, baked banana & Amarula milkshake	42	Sep 2018			
vegan eggnog	37	Dec 2018			
DRINKS, HOT					
affogato with candied macadamias	89	Mar 2019			
blazing chococcino	29	Jun 2019			
chai hot toddy	64	Aug 2018			
mulled wine	58	Jul 2018			
stout hot chocolate	44	Jun 2019			
DUCK					
deconstructed duck tagine	72	Oct 2018			
duck à l'orange with cauliflower-and-fennel mash	62	Mar 2019			
duck breasts with quince glaze & pickled radishes	35	Jan 2019			
duck legs in plum sauce with egg-fried rice	64	Dec 2018			
honey-glazed duck breast & confit duck crépinette with baby vegetables & cardamom jus	65	Jul 2018			
honey-glazed duck with rosemary-roasted grapes & prosciutto-wrapped potato wedges	81	Dec 2018			
DUKKAH					
baked red cabbage steaks with dukkah	39	Feb 2019			
dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019			
dukkah-sprinkled poached eggs with zucchini fritters & crispy prosciutto	44	Oct 2018			
pumpkin salad with yoghurt-and-tahini spread	42	Dec 2018			
DUMPLINGS					
dumplings with custard & rhubarb-and-strawberry sauce	92	Sep 2018			
the master khinkali recipe	96	Oct 2018			
slow-roasted chipotle beef stew with					
sweetcorn dumplings	105	Jul 2018			
small potato khinkali dumplings	97	Oct 2018			

E

EGG DISHES

see also **FRITTATA; QUICHE**

asparagus-and-pea tart with poached eggs	56	Jan 2019
caramelised onion, Brussels sprout & bacon hash with fried eggs	41	Jun 2019
chickpea flour flatbread topped with garlicky yoghurt, fried eggs, vine tomatoes & olives	46	Oct 2018
devilled eggs	50	Oct 2018
dukkah-sprinkled poached eggs with zucchini fritters & crispy prosciutto	44	Oct 2018
egg clouds with coconut creamed kale & gluten-free mustard toast	44	Oct 2018
egg salad with sun-dried tomato-and-cashew nut pesto & broccolini	45	Oct 2018
French toast with cultured cream cheese & strawberry & rhubarb jam	100	Nov 2018
green chickpea pancakes with fried eggs, charred broccolini & vine tomatoes	98	Jul 2018
mushroom & egg ramen	105	Jun 2019
Portuguese-style steak with egg & chips	56	Apr 2019
shakshuka with crispy chorizo	62	Dec 2018
turmeric egg crêpes with crispy spring onion & curry mayonnaise	43	Oct 2018

EGGPLANT see **AUBERGINES**

ENDIVE , grilled endive & walnut salad	60	Aug 2018
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F

FENNEL

avocado, prawn & smoked trout "burgers" with yoghurt-mayo dressing	52	Feb 2019
beetroot, fennel, grapefruit & smoked chicken salad	20	Oct 2018
Bloody Mary	55	Nov 2018
blushing salad with sour cream & fennel-seed dressing	98	May 2019
cauliflower & chickpea bake	31	Aug 2018
crumbed pork cutlets with fennel-and-plum salad	44	Feb 2019
duck à l'orange with cauliflower-and-fennel mash	62	Mar 2019
fennel-and-Parmesan flatbreads	53	Apr 2019
fennel, mustard & orange-blossom relish	105	Mar 2019
old fashioned pulled-pork sliders	82	Jan 2019
pork-belly kebabs with fennel slaw	66	Dec 2018
roasted yellowtail with baby fennel & vine tomatoes	52	Nov 2018
slow-roasted pork ragù with fettuccine	54	Apr 2019
tandoori coconut chicken with fennel & chickpeas	62	Dec 2018
tuna tartare	88	Oct 2018
turmeric cashew cream with apple, fennel & pepitas	76	Feb 2019

FERMENTED DISHES

see also **CHUTNEY; PICKLES; RELISH**

basic fermented mayo	102	Nov 2019
fermented plums & apricots	76	Mar 2019
fish tacos with radish "kimchi"	50	Jan 2019
lacto-fermented squash	73	Mar 2019
vegetable kimchi	80	Jul 2018

FIGS

port & fig sugar	52	May 2019
upside-down fig cake with sticky toffee sauce	44	Dec 2018
white chocolate & fig no-bake tart	8	May 2019

FISH

see also **MUSSELS; OYSTERS; PRAWNS; SQUID**

BREAM , pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018
HADDOCK , smoked haddock kedgeree	21	Feb 2019
HAKE		
battered hake with peas & sweet potato chips	55	Oct 2018
coconut seafood curry with plum sambal	47	Feb 2019
fish tacos with radish "kimchi"	50	Jan 2019
pesce all'acqua pazza (fish in the mad water)	65	Feb 2019
smoked snoek & anchovy niçoise with mustard purée & pan-fried hake	94	May 2019
KINGKLIP		
fish tacos with radish "kimchi"	50	Jan 2019
pan-fried kingklip with squid-ink risotto & crispy prawns	77	Jan 2019
roasted kingklip with crispy kale & baby carrots	52	Sep 2018
tomato, kingklip & sweet potato curry	51	Aug 2018
mackerel rillettes	102	Nov 2018

SALMON

beetroot-and-dill-cured gravlax platter	102	Dec 2018
salmon with a cranberry-and-thyme crust	79	Dec 2018

SNOEK

smoked fish cheesecake with hanepoot jelly	50	Jun 2019
smoked snoek & anchovy niçoise with mustard purée & pan-fried hake	94	May 2019
snoek pie	78	Sep 2018

TROUT

avocado, prawn & smoked trout "burgers" with yoghurt-mayo dressing	52	Feb 2019
crispy-skin trout with strawberry daiquiri salsa	82	Jan 2019
flaked trout with lentils & broccoli	103	Aug 2018
herby crêpes with ricotta, feta & hot-smoked trout	73	May 2019
pan-fried trout on coconut, pea & broccoli mash	41	Jun 2019
quinoa sushi platter with soya dipping sauce	98	Feb 2019

TUNA

tuna tartare	88	Oct 2018
tuna two ways	87	Mar 2019
YELLOWTAIL , roasted with baby fennel & vine tomatoes	52	Nov 2018

FLANS

see **TARTS, SAVOURY; TARTS, SWEET**

FLAPJACKS

see also **CRÊPES; PANCAKES**

carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019
coconut & rice-flour flapjacks with tahini "caramel" sauce	98	Mar 2019
dairy-free flapjacks	52	Jul 2018
FRITTATA , caramelised onion, biltong & coriander frittata with mature Cheddar sauce	71	May 2019

FRITTERS

see also **DOUGHNUTS**

dukkah-sprinkled poached eggs with zucchini fritters & crispy prosciutto	44	Oct 2018
slow-roasted lamb, tahini & pea fritters	45	Nov 2018
vegan pumpkin fritters with chilli-miso caramel dipping sauce	49	Jan 2019

FRUIT

see also **SPECIFIC TYPES OF FRUIT**

filo pastry mince pies	45	Dec 2018
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G

GARLIC

barbecue chicken with cheesy pull-apart garlic bread	42	Jan 2019
cowpea pilaf with herb & garlic yoghurt	34	May 2019
crushed baby potatoes with vegan aioli & black salt	97	Sep 2018
old fashioned pulled-pork sliders	82	Jan 2019
penne with roasted tomatoes, pecorino & garlic hemp-seed oil	34	Jun 2019
preserved lemon, rosemary & garlic roasted lamb with baby hasselback potatoes	48	Apr 2019
spicy lentil stew with warm garlic bread	35	May 2019

GINGER

Asian-inspired cherry-and-ginger chicken	45	Feb 2019
carrot & ginger soup	61	Aug 2018
carrot, parsnip, beer & ginger soup with spicy prawns	82	Apr 2019
citrus, ginger & coconut smoothies	102	Jul 2018
cowpea pilaf with herb & garlic yoghurt	34	May 2019
festive watermelon, ginger, lime & vodka sparkling cocktails	101	Dec 2018
ginger & orange beef short rib	79	Jun 2019
ginger biscuits	76	Sep 2018
home-made ginger beer	71	Sep 2018
naartjie & ginger beer-glazed gammon	81	Dec 2018
old fashioned pulled-pork sliders	82	Jan 2019
soya-and-ginger-glazed lamb chops with broccolini	49	Apr 2019
spicy lentil stew with warm garlic bread	35	May 2019
Stone Town sunrise	71	Oct 2018
The Flamingo Martini	88	Jan 2019
vegan no-bake gingerbread men with "royal icing"	97	Dec 2018
vegetable kimchi	80	Jul 2018

GLAZES

aubergine halves with Asian glaze	45	Mar 2019
duck breasts with quince glaze & pickled radishes	35	Jan 2019
glazed pork belly with buttered Brussels sprouts	41	Dec 2018
naartjie & ginger beer-glazed gammon	81	Dec 2018
soya-and-ginger-glazed lamb chops with broccolini	49	Apr 2019

GNOCCHI

gnocchi with butter-and-sage sauce	75	Sep 2018
gnocchi with creamy butternut sauce & roasted seeds	75	Jan 2019
pumpkin gnocchi	81	Nov 2018

GOOSEBERRIES , crispy tofu salad	43	Jan 2019
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GRANADILLAS

granadilla & toasted marshmallow ice cream	41	Sep 2018
granadilla, lemon & thyme loaf cake	74	May 2019
vegan coconut-and-granadilla lollies	65	Nov 2018

GRAPEFRUIT

beetroot, fennel, grapefruit & smoked chicken salad	20	Oct 2018
beetroot, grapefruit, tomato & goat's cheese salad with warm honey dressing	7	Nov 2018
citrus, ginger & coconut smoothies	102	Jul 2018
citrus smoothies	76	Jun 2019
red cabbage & grapefruit salad	38	Feb 2019
roasted beetroot & grapefruit salad with goat's cheese crème	76	Jun 2019

GRAPES

honey-glazed duck with rosemary-roasted grapes & prosciutto-wrapped potato wedges	81	Dec 2018
smoked fish cheesecake with hanepoot jelly	50	Jun 2019
sparkling rum, grape & thyme cocktail	63	Mar 2019

GREEN BEANS

carrot hummus with fried tofu & crunchy veggies	81	Apr 2019
green salad with samp & beans	100	Sep 2018
pork chops with cabbage-and-apple stir fry	40	Feb 2019

GROUNDNUTS, crispy tofu with spring onions, mung beans &

Bambara groundnuts tossed in peri-peri sauce	37	May 2019
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GUAVA , biltong, basil & goat's cheese salad	56	Jan 2019
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H**HALVA**

chocolate, tahini & halva babka with cardamom syrup	82	May 2019
halva & caramel sugar	52	May 2019
halva choux puffs	105	May 2019

HAM

cheesy chicken breasts wrapped in Parma ham with fresh sage	53	Apr 2019
dukkah-sprinkled poached eggs with zucchini fritters & crispy prosciutto	44	Oct 2018
honey-glazed duck with rosemary-roasted grapes & prosciutto-wrapped potato wedges	81	Dec 2018
naartjie & ginger beer-glazed gammon	81	Dec 2018
rice cakes with prosciutto & cream cheese	25	Nov 2018
split pea & ham soup	66	May 2019

HARISSA

carrot-and-harissa falafels with tahini-and-lime yoghurt	43	Nov 2018
roasted aubergines filled with Moroccan vegetable tagine	69	Jun 2019

HAZELNUTS

mini hazelnut-and-chocolate tarts	102	Apr 2019
whole tomatoes stuffed with lentils, pecans & hazelnuts	85	Dec 2018

HEMP

banana bread with hemp-seed "butter"	36	Jun 2019
mushroom "burgers" with haloumi & hemp pesto	35	Jun 2019
penne with roasted tomatoes, pecorino & garlic hemp-seed oil	34	Jun 2019
spiced golden hemp milk	37	Jun 2019
vegan hemp & raspberry muffins	33	Jun 2019

HERBS see **SPECIFIC TYPES OF HERBS****HONEY**

beetroot bread rose wreath	38	Aug 2018
beetroot, grapefruit, tomato & goat's cheese salad with warm honey dressing	7	Nov 2018
carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019
chargrilled stone fruit with honey-and-lime syrup & tahini labneh	43	Nov 2018
goat's cheese "cigars" with honey & thyme	49	Jan 2019
honey-glazed duck breast & confit duck crépinette with baby vegetables & cardamom jus	65	Jul 2018
kataifi-wrapped goat's cheese with baby beetroot & honey vinaigrette	64	Jul 2018
lemon tartlets with poppy-seed crumble, meringue, honey & black lava salt tuile, & vanilla ice cream	95	May 2019
rosemary, honey & lemon roasted chicken	45	Jul 2018
Russian honey layer cake	68	Apr 2019
syrupy upside-down quince-and-honey cake	38	Jan 2019

tahini, banana & mixed-nut ice cream with

salted honey caramel	82	Mar 2019
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HORSERADISH , beetroot-and-dill-cured gravlax platter	102	Dec 2018
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HUMMUS

beetroot hummus	49	May 2019
carrot hummus with fried tofu & crunchy veggies	81	Apr 2019
chocolate-chip hummus	50	May 2019
hummus & pear frangipane tart	51	May 2019
pea falafels with charred sugar snap peas & hummus	86	Dec 2018
"pulled pork" shawarmas with vegan tzatziki	61	Nov 2018
roasted hummus & peanut-crust chicken with cherry tomatoes & broccolini	48	May 2019
vegan chickpea, corn & hummus burger	47	May 2019

ICE CREAM

see also **SORBET**

granadilla & toasted marshmallow ice cream	41	Sep 2018
ice cream Christmas trees	55	Dec 2018
lemon tartlets with poppy-seed crumble, meringue, honey & black lava salt tuile, & vanilla ice cream	95	May 2019
saffron-parfait lollies with rose-water meringue	105	Apr 2019
spiced quince lollies	37	Jan 2019
Stone Town sunrise	71	Oct 2018
strawberry & salted nuts ice cream	59	Oct 2018
tahini, banana & mixed-nut ice cream with salted honey caramel	82	Mar 2019
vanilla nice-cream cups with cinnamon-and-date "caramel" sauce	100	Oct 2018
vegan coconut-and-granadilla lollies	65	Nov 2018
vegan tin-roof ice cream	64	Nov 2018
velvety chocolate ice cream	81	Aug 2018
white coffee & coconut ice cream	81	Oct 2018

ICING

carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019
dripping white chocolate "candle" cakes with eggnog sponge & nutmeg-rum buttercream icing	12	Dec 2018
fondant succulent	35	Jul 2018
moerkoffie cake	81	Oct 2018
vegan no-bake gingerbread men with "royal icing"	97	Dec 2018
white forest cake	58	Feb 2019

J

JACKFRUIT , "pulled pork" shawarmas with vegan tzatziki	61	Nov 2018
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JAM

French toast with cultured cream cheese & strawberry & rhubarb jam	100	Nov 2018
onion marmalade	87	Mar 2019
rustic tomato-chilli jam with fior di latte	53	Aug 2018
turnip, onion & beetroot jam with cheese & crisp bread	75	Aug 2018
vegan coffee-flavoured jam doughnuts	79	Oct 2018

JELLY

mini lamb Cornish pasties with mint jelly stars	52	Jan 2019
smoked fish cheesecake with hanepoot jelly	50	Jun 2019

K**KALE**

egg clouds with coconut creamed kale & gluten-free mustard toast	44	Oct 2018
kale, almond & feta-stuffed fillet with Parmesan-and-parsley cream	82	Dec 2018
roasted kingklip with crispy kale & baby carrots	52	Sep 2018
vegan bowl with cruciferous rice, smashed black beans & baby tomatoes	98	Jan 2019

KIMCHI

fish tacos with radish "kimchi"	50	Jan 2019
vegetable kimchi	80	Jul 2018

KOEKSISTERS , with cinnamon, lemon & rosemary syrup	48	Jul 2018
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KOHLRABI

- coconut & lemongrass Asian bowls with slow-cooked pork belly & flash-fried greens 77 Aug 2018
 pea, kohlrabi & smashed cucumber salad with orange dressing 76 Aug 2018

L**LAMB CHOPS**

- aubergine-and-rosemary mash with lamb chops 43 Mar 2019
 lamb chops with minty coleslaw 54 Oct 2018
 soya-and-ginger-glazed lamb chops with broccolini 49 Apr 2019

KNUCKLES

- Italian cannellini-bean-and-lamb-knuckle soup 45 Apr 2019
 lamb knuckle & apricot stew 63 Aug 2018
 lamb tagine with chickpeas & cherries 48 Feb 2019

LEG

- amasi-and-herb marinated leg of lamb 104 Sep 2018
 butterflyed leg of lamb with roasted aubergine & mint pesto 51 Sep 2018
 preserved lemon, rosemary & garlic roasted lamb with baby hasselback potatoes 48 Apr 2019

- MINCE**, mini lamb Cornish pasties with mint jelly stars 52 Jan 2019

- PIECES**, lamb curry with warm rotis & sambal 64 Mar 2019

RACK

- rack of lamb with braised white beans & olives 72 May 2019
 rack of lamb with salsa verde baby potatoes & minty yoghurt 46 Jan 2019
 ragù Napoletano 65 Feb 2019

- RUMP**, charred lamb-rump skewers with salsa verde 46 Apr 2019

SHANKS

- dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies 9 Mar 2019
 mini lamb shank pies 47 Apr 2019

- slow-roasted lamb shanks with aubergine-and-tomato stew 102 Jan 2019

- SHOULDER**, slow-roasted lamb, tahini & pea fritters 45 Nov 2018

- STEAK**, with roasted carrots, parsnips & red onion 58 Dec 2018

- LAVENDER** & rosemary sugar 52 May 2019

LEEKs

- Bloody Mary pasta 82 Jan 2019
 Boursin, feta, leek & almond filo pies 70 May 2019
 caramelised onion, Brussels sprout & bacon hash with fried eggs 41 Jun 2019

- chargrilled winter salad with hollandaise sauce 57 Jul 2018

- chicken & mushroom pot pies 62 Aug 2018

- comforting veggie & noodle broth 40 Jun 2019

- fragrant zucchini & corn soup 85 Mar 2019

- honey-glazed duck breast & confit duck crépinette with baby vegetables & cardamom jus 65 Jul 2018

- leeks with walnut paste 94 Oct 2018

- roasted butternut & clementine soup with lemony saffron oil 77 Jun 2019

- vegetable lasagne 43 Jan 2019

- whole tomatoes stuffed with lentils, pecans & hazelnuts 85 Dec 2018

- LEMONGRASS** & coconut Asian bowls with slow-cooked pork belly & flash-fried greens 77 Aug 2018

LEMONS

- see also **LIMES**
 bobotie meatballs with buttermilk-and-lemon sauce 91 Sep 2018
 broccoli-and-lemon pappardelle 60 Mar 2019
 charred lamb-rump skewers with salsa verde 46 Apr 2019
 citrus, ginger & coconut smoothies 102 Jul 2018
 dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies 9 Mar 2019
 French-fry cookies 56 Aug 2018
 granadilla, lemon & thyme loaf cake 74 May 2019
 lemon & poppy-seed madeleines 77 Feb 2019
 lemon tartlets with poppy-seed crumble, meringue, honey & black lava salt tuile, & vanilla ice cream 95 May 2019
 Limoncello lemon curd & white chocolate mousse roulade 79 Jun 2019
 marinated marrows with labneh, lemon & mint 95 Sep 2018
 mini carrot cakes with buttermilk drizzle 78 Aug 2018
 mini Pavlova with lemon curd 83 Feb 2019
 Neapolitan lemon sorbet 66 Feb 2019
 Oh, Basil cocktail 86 Jan 2019
 pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa 89 Oct 2018

- preserved lemon, rosemary & garlic roasted lamb with baby hasselback potatoes 48 Apr 2019

- roasted butternut & clementine soup with lemony saffron oil 77 Jun 2019

- rosemary, honey & lemon roasted chicken 45 Jul 2018

- rosemary koeksisters with cinnamon, lemon & rosemary syrup 48 Jul 2018

LENTILs

- aubergine dhal & naan bread 41 Mar 2019

- flaked trout with lentils & broccoli 103 Aug 2018

- mushroom-and-lentil curry with sweet potato mash 20 Oct 2018

- pepper & lentil mahshi 102 Jun 2019

- pumpkin, parsnip & lentil soup with crispy salami 52 Apr 2019

- samp-and-lentil "meatballs" with spinach mayo 101 Mar 2019

- spicy lentil stew with warm garlic bread 35 May 2019

- whole tomatoes stuffed with lentils, pecans & hazelnuts 85 Dec 2018

LETTUCE

- crispy tofu lettuce cups with spicy peanut sauce 63 Dec 2018

- lettuce wedges with tempered buttermilk dressing 95 Sep 2018

- pan-fried sirloin steaks with romaine lettuce & pistachio-and-herb salad 101 Feb 2019

- unicorn spring rolls 56 Sep 2018

LIMESsee also **LEMONS**

- baked lime & coconut puds 88 Mar 2019

- chargrilled stone fruit with honey-and-lime syrup & tahini labneh 43 Nov 2018

- crispy-skin trout with strawberry daiquiri salsa 82 Jan 2019

- festive watermelon, ginger, lime & vodka sparkling cocktails 101 Dec 2018

- lime & cardamom sugar 53 May 2019

- lime, pomegranate & raspberry whisky sours 55 Apr 2019

- minty gin, orange & lime cocktail 75 May 2019

- sweet potato chips with spicy lime-and-coriander dip 97 Sep 2018

- LIQUID AMINOS**, mushroom & egg ramen 105 Jun 2019

- LIQUORICE**, salted liquorice panna cotta with grilled pineapple & black tuile 105 Oct 2018

LOLLIES

- saffron-parfait lollies with rose-water meringue 105 Apr 2019

- spiced quince lollies 37 Jan 2019

- vegan coconut-and-granadilla lollies 65 Nov 2018

- LONG PEPPERS**, rum & long pepper cocktail 105 Jan 2019

M**MACADAMIA NUTs**

- affogato with candied macadamias 89 Mar 2019

- almond, coconut & macadamia bliss balls 101 Jul 2018

MAIZE see **CORN****MANGETOUT**

- green salad with samp & beans 100 Sep 2018

- pea, kohlrabi & smashed cucumber salad with orange dressing 76 Aug 2018

- rice-paper spring rolls with moringa green goddess dressing 105 Nov 2018

- teriyaki rib-eye pork steaks with stir-fried vegetables 60 Aug 2018

MANGOES

- citrus smoothies 76 Jun 2019

- pickled mango 74 Mar 2019

MAPLE SYRUP

- carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle 84 Apr 2019

- charcoal-smoked cabbage with maple-mustard vinaigrette 89 Dec 2018

- citrus smoothies 76 Jun 2019

- French toast stack with caramelised onions, Emmenthal cheese and maple syrup 13 Jul 2018

- hasselback butternuts with bay leaves, cinnamon & sage 85 Dec 2018

- savoury hot cross buns with mature Cheddar, thyme & sticky maple bacon 30 Apr 2019

- vegan coffee-flavoured jam doughnuts 79 Oct 2018

- vegan eggnog 37 Dec 2018

- vegan hemp & raspberry muffins 33 Jun 2019

- vegan no-bake gingerbread men with "royal icing" 97 Dec 2018

- vegan tin-roof ice cream 64 Nov 2018

- whisky, sage & maple pork belly with buttery caramelised apples 42 Jun 2019

MARSHMALLOWs

- braaiied s'more doughnuts 43 Sep 2018

- chocolate peanut butter marshmallow mousse pie 41 Sep 2018
 granadilla & toasted marshmallow ice cream 41 Sep 2018
 Limoncello lemon curd & white chocolate mousse roulade.. 79 Jun 2019
 toasted marshmallow, baked banana &
 Amarula milkshake 42 Sep 2018
 twisted marshmallow Swiss roll 44 Sep 2018
- MAYONNAISE**
 see also **SALAD DRESSINGS**
 avocado, prawn & smoked trout "burgers" with
 yoghurt-mayo dressing 52 Feb 2019
 basic fermented mayo..... 102 Nov 2018
 coconut-and-cashew chicken strips with curry mayo 101 Jan 2019
 crispy fried aubergines with anchovy mayo 44 Mar 2019
 crushed baby potatoes with vegan aioli & black salt 97 Sep 2018
 fennel mayonnaise 88 Oct 2018
 samp-and-lentil "meatballs" with spinach mayo 101 Mar 2019
 sushi "burger buns" with smoked "salmon" &
 wasabi "mayonnaise" 63 Nov 2018
 turmeric egg crêpes with crispy spring onion &
 curry mayonnaise 43 Oct 2018
- MEALIES** see **CORN**
- MELONS** see **SPANSPEK MELON; WATERMELON**
- MERINGUE**
 Hertzoggies 53 Sep 2018
 lemon tartlets with poppy-seed crumble, meringue, honey &
 black lava salt tuile, & vanilla ice cream 95 May 2019
 Limoncello lemon curd & white chocolate
 mousse roulade..... 79 Jun 2019
 mini Pavlova with lemon curd 83 Feb 2019
 saffron-parfait lollies with rose-water meringue 105 Apr 2019
 three-tiered Pavlova 70 Jun 2019
 vanilla panna cotta with strawberries & meringue 67 Jul 2018
 vegan piña colada Pavlova 84 Jan 2019
- MILK**
 spiced golden hemp milk 37 Jun 2019
 toasted marshmallow, baked banana &
 Amarula milkshake 42 Sep 2018
 vegan eggnog 37 Dec 2018
- MILLET**
 aromatic aubergine, apricot & chickpea tagine with millet 38 May 2019
 millet with roasted veggies 60 Mar 2019
 spicy roasted cauliflower head with
 millet-and-chickpea salad 50 Nov 2018
- MINT**
 bulgur wheat & green pea salad 46 Sep 2018
 butterflied leg of lamb with roasted aubergine &
 mint pesto 51 Sep 2018
 chicken kebabs & tricolore salad 49 Sep 2018
 chilled cucumber & mint soup 49 Sep 2018
 couscous with almonds, apricots & fresh mint 69 Jun 2019
 deconstructed duck tagine 72 Oct 2018
 herb oil 26 Jan 2019
 lamb chops with minty coleslaw 54 Oct 2018
 lettuce wedges with tempered buttermilk dressing 95 Sep 2018
 marinated marrows with labneh, lemon & mint 95 Sep 2018
 mini lamb Cornish pasties with mint jelly stars 52 Jan 2019
 minted yoghurt & cucumber raita 70 Jun 2019
 minty gin, orange & lime cocktail 75 May 2019
 pork belly salad 44 Jan 2019
 "pulled pork" shawarmas with vegan tzatziki 61 Nov 2018
 rack of lamb with salsa verde baby potatoes &
 minty yoghurt 46 Jan 2019
 rib-eye pork steaks with red-cabbage coleslaw &
 Asian dressing 61 Mar 2019
 rice-paper spring rolls with moringa
 green goddess dressing 105 Nov 2018
 roasted kingklip with crispy kale & baby carrots 52 Sep 2018
 roasted quail with chickpea & pomegranate salsa 43 Dec 2018
 spring chicken salad 11 Sep 2018
 walnut paste 94 Oct 2018
- MISO**
 aubergine halves with Asian glaze 45 Mar 2019
 vegan pumpkin fritters with chilli-miso caramel
 dipping sauce 49 Jan 2019
- MOLASSES**, spiced pear & molasses loaf cake with
 oat crumble 105 Aug 2018
- MORINGA**, rice-paper spring rolls with moringa
 green goddess dressing 105 Nov 2018
- MUFFINS**
 see also **BUNS**
 savoury muffins, 58 Mar 2019
 vegan hemp & raspberry muffins 33 Jun 2019
- MUNG BEANS**, crispy tofu with spring onions, mung beans &
 Bambara groundnuts tossed in peri-peri sauce 37 May 2019
- MUSHROOMS**
 Asian-style chicken & exotic mushrooms with rice 58 Mar 2019
 beef bourguignon 94 Jul 2018
 chicken & mushroom pot pies 62 Aug 2018
 creamy topped mushrooms 31 Aug 2018
 mushroom & egg ramen 105 Jun 2019
 mushroom-and-lentil curry with sweet potato mash 20 Oct 2018
 mushroom bread-and-butter pudding 88 Dec 2018
 mushroom "burgers" with haloumi & hemp pesto 35 Jun 2019
 mushroom soup 65 May 2019
 mushroom, thyme & oregano crustless quiche squares 99 Oct 2018
 nut, cranberry, rosemary & red cabbage-stuffed beef fillet with
 roasted red cabbage wedges 40 Feb 2019
 roast chicken with creamy mushrooms 56 Jul 2018
 Spanish chicken 82 Aug 2018
 Thai coconut noodle soup 10 Oct 2018
 vegetable quiche 45 Jul 2018
- MUSSELS**, coconut seafood curry with plum sambal 47 Feb 2019
- MUSTARD**
 charcoal-smoked cabbage with
 maple-mustard vinaigrette 89 Dec 2018
 egg clouds with coconut creamed kale &
 gluten-free mustard toast 44 Oct 2018
 fennel, mustard & orange-blossom relish 105 Mar 2019
 smoked snoek & anchovy Niçoise with mustard purée &
 pan-fried hake 94 May 2019
 spelt bread with mustard, sage, Gruyère &
 spring onion filling 99 Dec 2018
 spring chicken salad 11 Sep 2018
- N**
- NAARTJIES**
 citrus, ginger & coconut smoothies 102 Jul 2018
 naartjie & ginger beer-glazed gammon 81 Dec 2018
- NACHOS**, vegan nachos with bean-and-avocado salsa 54 Oct 2018
- NECTARINES**
 chargrilled stone fruit with honey-and-lime syrup &
 tahini labneh 43 Nov 2018
 nectarine & bocconcini summer salad 25 Nov 2018
- NOODLES**
 see also **PASTA**
 comforting veggie & noodle broth 40 Jun 2019
 crispy tofu lettuce cups with spicy peanut sauce 63 Dec 2018
 mushroom & egg ramen 105 Jun 2019
 red cabbage & prawn spring rolls with
 spicy dipping sauce 37 Feb 2019
 spicy ostrich dan-dan noodles 44 Feb 2019
 Thai coconut noodle soup 10 Oct 2018
 unicorn spring rolls 56 Sep 2018
- NUTS**
 see also **SPECIFIC TYPES OF NUTS**
 nut, cranberry, rosemary & red cabbage-stuffed beef fillet with
 roasted red cabbage wedges 40 Feb 2019
 strawberry & salted nuts ice cream 59 Oct 2018
 tahini, banana & mixed-nut ice cream with
 salted honey caramel 82 Mar 2019
 warm cabbage, bacon & nut salad with orange dressing 58 Dec 2018
- O**
- OATS**
 apple-crumble cheesecake 95 Aug 2018
 citrus, ginger & coconut smoothies 102 Jul 2018
 prune, almond & oat muesli snack bars 100 Aug 2018
 spiced pear & molasses loaf cake with oat crumble 105 Aug 2018
- OILS**
 beetroot & cream cheese terrine with sunflower-soya praline &
 herb oil 26 Jan 2019
 parsley oil 88 Oct 2018
 penne with roasted tomatoes, pecorino &
 garlic hemp-seed oil 34 Jun 2019
 roasted butternut & clementine soup with
 lemony saffron oil 77 Jun 2019

OKRA , Spanish chicken	82	Aug 2018	spicy lentil stew with warm garlic bread	35	May 2019
OLIVES			tandoori coconut chicken with fennel & chickpeas	62	Dec 2018
chickpea flour flatbread topped with garlicky yoghurt, fried eggs, vine tomatoes & olives	46	Oct 2018	PARSLEY		
devilled eggs	50	Oct 2018	barbecue chicken with cheesy pull-apart garlic bread	42	Jan 2019
olive & caramelised onion tart with Gorgonzola	86	Mar 2019	charred lamb-rump skewers with salsa verde	46	Apr 2019
olive tapenade	87	Mar 2019	cheesy mince-stuffed aubergines	50	Nov 2018
pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018	chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019
pesce all'acqua pazza (fish in the mad water)	65	Feb 2019	cowpea pilaf with herb & garlic yoghurt	34	May 2019
polenta tart	96	Sep 2018	Egyptian-style sweet potato, mince & carrot bake	101	Jun 2019
rack of lamb with braised white beans & olives	72	May 2019	filo spinach, cranberry & haloumi wreath	91	Dec 2018
rustic tomato-chilli jam with fior di latte	53	Aug 2018	herb-crusted aubergine steaks with chunky romesco salsa	42	Mar 2019
spring chicken salad	11	Sep 2018	herb oil	26	Jan 2019
ONIONS			herby crêpes with ricotta, feta & hot-smoked trout	73	May 2019
beef bourguignon	94	Jul 2018	kale, almond & feta-stuffed fillet with Parmesan-and-parsley cream	82	Dec 2018
beetroot, goat's cheese & caramelised onion tartlets	56	Jul 2018	millet with roasted veggies	60	Mar 2019
caramelised onion, biltong & coriander frittata with mature Cheddar sauce	71	May 2019	ossobuco with creamy polenta & gremolata	60	Jul 2018
caramelised onion, Brussels sprout & bacon hash with fried eggs	41	Jun 2019	pan-fried sirloin steaks with romaine lettuce & pistachio-and-herb salad	101	Feb 2019
cheesy French onion soup	62	May 2019	parsley oil	88	Oct 2018
French toast stack with caramelised onions, Emmenthal cheese and maple syrup	13	Jul 2018	pork, apple & sage sausage rolls	58	Oct 2018
lamb steaks with roasted carrots, parsnips & red onion	58	Dec 2018	rice-paper spring rolls with moringa green goddess dressing	105	Nov 2018
light & colourful winter harvest salad	99	Aug 2018	roasted kingklip with crispy kale & baby carrots	52	Sep 2018
olive & caramelised onion tart with Gorgonzola	86	Mar 2019	samp-and-lentil "meatballs" with spinach mayo	101	Mar 2019
onion marmalade	87	Mar 2019	PARSNIPS		
red cabbage steaks with creamy cheese sauce, crispy onion, sesame seeds & walnuts	36	May 2019	carrot, parsnip, beer & ginger soup with spicy prawns	82	Apr 2019
roasted tomato-and-onion soup with home-made croutons	68	May 2019	lamb steaks with roasted carrots, parsnips & red onion	58	Dec 2018
roasted vegetable & feta quiche with caramelised red onion ..	70	Jun 2019	pumpkin, parsnip & lentil soup with crispy salami	52	Apr 2019
rosemary-stuffed beef fillet with blue cheese sauce & onion rings	46	Jul 2018	PASSIONFRUIT see GRANADILLAS		
small potato khinkali dumplings	97	Oct 2018	PASTA		
sweet & sticky T-bone steak with blooming onions	52	Nov 2018	see also NOODLES		
turnip, onion & beetroot jam with cheese & crisp bread	75	Aug 2018	FETTUCINE , slow-roasted pork ragù with fettuccine	54	Apr 2019
ORANGE-BLOSSOM WATER			MACARONI		
fennel, mustard & orange-blossom relish	105	Mar 2019	creamy mac 'n cheese with crispy bacon	60	Apr 2019
ORANGES			deep-fried mac, cheese 'n bacon balls	62	Jun 2019
see also CLEMENTINES			pasta & bean soup	63	May 2019
Christmas-cake rusks	92	Dec 2018	ORECCHIETTE , with broccoli sauce	63	Dec 2018
citrus smoothies	76	Jun 2019	PAPPARDELLE , with broccoli-and-lemon	60	Mar 2019
dark chocolate orange brûlée custard slices	55	Feb 2019	PENNE		
duck à l'orange with cauliflower-and-fennel mash	62	Mar 2019	Bloody Mary pasta	82	Jan 2019
duck legs in plum sauce with egg-fried rice	64	Dec 2018	creamy penne with pork sausages & peas	56	Jun 2019
fennel, mustard & orange-blossom relish	105	Mar 2019	penne with roasted tomatoes, pecorino & garlic hemp-seed oil	34	Jun 2019
ginger & orange beef short rib	79	Jun 2019	PASTE , walnut	94	Oct 2018
minty gin, orange & lime cocktail	75	May 2019	PASTRIES		
mulled wine	58	Jul 2018	see also DOUGHNUTS; PIES, SAVOURY; PIES, SWEET; TARTS, SAVOURY; TARTS, SWEET		
pea, kohlrabi & smashed cucumber salad with orange dressing	76	Aug 2018	caneles de Bordeaux	82	Jul 2018
Rooibos sangria	66	Dec 2018	dark chocolate orange brûlée custard slices	55	Feb 2019
rum baba bundt cake	73	Jul 2018	filo-encased Camembert	27	Mar 2019
Stone Town sunrise	71	Oct 2018	filo pastry mince pies	45	Dec 2018
tipsy carrot, orange & tequila cocktails	81	Apr 2019	filo spinach, cranberry & haloumi wreath	91	Dec 2018
warm cabbage, bacon & nut salad with orange dressing	58	Dec 2018	goat's cheese "cigars" with honey & thyme	49	Jan 2019
OREGANO , mushroom, thyme & oregano crustless quiche squares	99	Oct 2018	halva choux puffs	105	May 2019
OSTRICH			kataifi-wrapped goat's cheese with baby beetroot & honey vinaigrette	64	Jul 2018
spice-rubbed ostrich with cauliflower-and-sweet-potato mash & crispy sage	102	Mar 2019	mini lamb Cornish pasties with mint jelly stars	52	Jan 2019
spicy ostrich dan-dan noodles	44	Feb 2019	pork, apple & sage sausage rolls	58	Oct 2018
OYSTERS , dry-aged sirloin tartare with oyster sauce & beef drippings	80	Jul 2018	profiterole cake stack	75	Jul 2018
P			PEACHES , grilled peaches Bellini with sparkling wine sorbet	84	Jan 2019
PANCAKES			see also DOUGHNUTS; PIES, SAVOURY; PIES, SWEET; TARTS, SAVOURY; TARTS, SWEET		
see also CRÊPES; FLAPJACKS			chaneles de Bordeaux	82	Jul 2018
chocolate pancake with cold berries & hot chocoy sauce	58	Feb 2019	dark chocolate orange brûlée custard slices	55	Feb 2019
chocolate pancake with frozen berries & white chocolate sauce	11	Apr 2019	filo-encased Camembert	27	Mar 2019
green chickpea pancakes with fried eggs, charred broccolini & vine tomatoes	98	Jul 2018	filo pastry mince pies	45	Dec 2018
PAPRIKA			filo spinach, cranberry & haloumi wreath	91	Dec 2018
chakalaka soup with chorizo, spinach & paprika-spiced croutons	38	May 2019	goat's cheese "cigars" with honey & thyme	49	Jan 2019
			halva choux puffs	105	May 2019
			kataifi-wrapped goat's cheese with baby beetroot & honey vinaigrette	64	Jul 2018
			mini lamb Cornish pasties with mint jelly stars	52	Jan 2019
			pork, apple & sage sausage rolls	58	Oct 2018
			profiterole cake stack	75	Jul 2018
			PEACHES , grilled peaches Bellini with sparkling wine sorbet	84	Jan 2019
			PEANUT BUTTER		
			chocolate peanut butter marshmallow mousse pie	41	Sep 2018
			Mootee's Peanut Butter & Jam	89	Jan 2019
			PEANUTS		
			crispy tofu lettuce cups with spicy peanut sauce	63	Dec 2018
			roasted hummus & peanut-crusted chicken with cherry tomatoes & broccolini	48	May 2019
			vegan tin-roof ice cream	64	Nov 2018
			PEARS		
			French-roast turkey with sage, pear & bulgur-wheat stuffing	79	Dec 2018
			hummus & pear frangipane tart	51	May 2019
			pear clafoutis with crème anglaise	61	Jul 2018
			spiced pear & molasses loaf cake with oat crumble	105	Aug 2018
			PEAS		
			asparagus-and-pea tart with poached eggs	56	Jan 2019
			aubergine dhal & naan bread	41	Mar 2019
			battered hake with peas & sweet potato chips	55	Oct 2018

bulgur wheat & green pea salad	46	Sep 2018	pineapple sake cocktail	62	Oct 2018
carrot hummus with fried tofu & crunchy veggies	81	Apr 2019	salted liquorice panna cotta with grilled pineapple & black tuile	105	Oct 2018
cheesy French onion soup	62	May 2019	The Rooftop Hawaiian	87	Jan 2019
chicken kebabs & tricolore salad	49	Sep 2018	vegan piña colada Pavlova	84	Jan 2019
creamy penne with pork sausages & peas	56	Jun 2019	vegetable kimchi	80	Jul 2018
green salad with samp & beans	100	Sep 2018	PINE NUTS		
pan-fried trout on coconut, pea & broccoli mash	41	Jun 2019	dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019
pea falafels with charred sugar snap peas & hummus	86	Dec 2018	sweet potato "toast" with feta, pine nuts & rosemary dressing	51	Nov 2018
pea, kohlrabi & smashed cucumber salad with orange dressing	76	Aug 2018	PISTACHIO NUTS		
rice-paper spring rolls with moringa green goddess dressing	105	Nov 2019	almond, coconut & macadamia bliss balls	101	Jul 2018
slow-roasted lamb, tahini & pea fritters	45	Nov 2018	chocolate, tahini & halva babka with cardamom syrup	82	May 2019
split pea & ham soup	66	May 2019	pan-fried sirloin steaks with romaine lettuce & pistachio-and-herb salad	101	Feb 2019
spring chicken salad	11	Sep 2018	PIZZAS		
teriyaki rib-eye pork steaks with stir-fried vegetables	60	Aug 2018	bianco pizza	82	Nov 2018
PECAN NUTS			cheat's pizzas	60	Apr 2019
butternut cinnamon rolls with chocolate swirl	57	Feb 2019	PIZZAS		
carrot-cake slices with cream-cheese drizzle	100	Apr 2019	chargrilled stone fruit with honey-and-lime syrup & tahini labneh	43	Nov 2018
Christmas-cake rusks	92	Dec 2018	chipotle & cherry beer short ribs with jalapeño, plum & cherry pickle	46	Feb 2019
spiced pear & molasses loaf cake with oat crumble	105	Aug 2018	coconut seafood curry with plum sambal	47	Feb 2019
white chocolate, cinnamon & pecan blondies	45	Jun 2019	crumbed pork cutlets with fennel-and-plum salad	44	Feb 2019
whole tomatoes stuffed with lentils, pecans & hazelnuts	85	Dec 2018	duck legs in plum sauce with egg-fried rice	64	Dec 2018
PEPPERMINT, chocolate peppermint squares	107	Sep 2018	fermented plums & apricots	76	Mar 2019
PEPPERS			POLENTA		
cheesy stuffed peppers	56	Jun 2019	see also CORN		
chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019	colourful beef kebabs with creamy polenta	42	Jan 2019
colourful beef kebabs with creamy polenta	42	Jan 2019	ossobuco with creamy polenta & gremolata	60	Jul 2018
herb-cruste aubergine steaks with chunky romesco salsa	42	Mar 2019	polenta tart	96	Sep 2018
millet with roasted veggies	60	Mar 2019	slow-roasted chipotle beef stew with sweetcorn dumplings	105	Jul 2018
pepper & lentil mahshi	102	Jun 2019	POMEGRANATES		
polenta tart	96	Sep 2018	baked red cabbage steaks with dukkah	39	Feb 2019
red cabbage & prawn spring rolls with spicy dipping sauce	37	Feb 2019	chicken with pomegranate juice	95	Oct 2018
roasted aubergines filled with Moroccan vegetable tagine	69	Jun 2019	dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019
roasted vegetable & feta quiche with caramelised red onion	70	Jun 2019	lime, pomegranate & raspberry whisky sours	55	Apr 2019
sushi "burger buns" with smoked "salmon" & wasabi "mayonnaise"	63	Nov 2018	roasted quail with chickpea & pomegranate salsa	43	Dec 2018
unicorn spring rolls	56	Sep 2018	POPPY SEEDS		
PESTO			lemon & poppy-seed madeleines	77	Feb 2019
butterflied leg of lamb with roasted aubergine & mint pesto	51	Sep 2018	lemon tartlets with poppy-seed crumble, meringue, honey & black lava salt tuile & vanilla ice cream	95	May 2019
egg salad with sun-dried tomato-and-cashew nut pesto & broccolini	45	Oct 2018	PORK		
mushroom "burgers" with haloumi & hemp pesto	35	Jun 2019	see also BACON; HAM		
no-bake goat's cheese thumbprint cookies with sun-dried tomato pesto	95	Dec 2018	BELLY		
quick & easy pesto	102	Nov 2018	coconut & lemongrass Asian bowls with slow-cooked pork belly & flash-fried greens	77	Aug 2018
PICKLES			glazed pork belly with buttered Brussels sprouts	41	Dec 2018
see also CHUTNEY; FERMENTED DISHES; RELISH			pork-belly kebabs with fennel slaw	66	Dec 2018
Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019	pork belly salad	44	Jan 2019
chipotle & cherry beer short ribs with jalapeño, plum & cherry pickle	46	Feb 2019	spiced pork belly with roasted pumpkin	59	Jul 2018
duck breasts with quince glaze & pickled radishes	35	Jan 2019	whisky, sage & maple pork belly with buttery caramelised apples	42	Jun 2019
fish tacos with radish "kimchi"	50	Jan 2019	CHOPS , with cabbage-and-apple stir fry	40	Feb 2019
pickled asparagus	74	Mar 2019	CUTLETS , crumbed pork cutlets with fennel-and-plum salad	44	Feb 2019
pickled carrots	82	Jan 2019	NECK		
pickled cucumber	102	Dec 2018	Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019
pickled mango	74	Mar 2019	slow-roasted pork ragù with fettuccine	54	Apr 2019
pickled melons	73	Mar 2019	RIB EYE		
pickled red onion	99	Aug 2018	rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
tahini-and-asparagus velouté with pickled asparagus & sesame seed brittle	44	Nov 2018	teriyaki rib-eye pork steaks with stir-fried vegetables	60	Aug 2018
PIES, SAVOURY			SAUSAGES		
see also QUICHES; TARTS, SAVOURY			creamy penne with pork sausages & peas	56	Jun 2019
Boursin, feta, leek & almond filo pies	70	May 2019	pork, apple & sage sausage rolls	58	Oct 2018
chicken & mushroom pot pies	62	Aug 2018	ragù Napoletano	65	Feb 2019
mini lamb shank pies	47	Apr 2019	SHOULDER		
snoek pie	78	Sep 2018	Old fashioned pulled-pork sliders	82	Jan 2019
PIES, SWEET			POTATOES		
see also TARTS, SWEET			baked jacket potato with Bolognese & crème fraîche	29	Jul 2018
apple lattice pie	13	Aug 2018	crushed baby potatoes with vegan aioli & black salt	97	Sep 2018
chocolate peanut butter marshmallow mousse pie	41	Sep 2018	gnocchi with butter-and-sage sauce	75	Sep 2018
filo pastry mince pies	45	Dec 2018	gnocchi with creamy butternut sauce & roasted seeds	75	Jan 2019
PINEAPPLES			honey-glazed duck with rosemary-roasted grapes & prosciutto-wrapped potato wedges	81	Dec 2018
grilled pineapple wedges with chilli chocolate sauce	54	Nov 2018	lamb curry with warm rotis & sambal	64	Mar 2019
pineapple fridge tart	74	Sep 2018			

pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018
Portuguese-style steak with egg & chips	56	Apr 2019
preserved lemon, rosemary & garlic roasted lamb with baby hasselback potatoes	48	Apr 2019
pumpkin rostis with crispy bacon & chunky avo-and-feta salad	71	May 2019
rack of lamb with salsa verde baby potatoes & minty yoghurt	46	Jan 2019
rosemary, honey & lemon roasted chicken	45	Jul 2018
small potato khinkali dumplings	97	Oct 2018
smoked snoek & anchovy niçoise with mustard purée & pan-fried hake	94	May 2019
Spanish chicken	82	Aug 2018
split pea & ham soup	66	May 2019
sticky chicken drumsticks with roasted potato wedges	21	Feb 2019

PRAWNS

avocado, prawn & smoked trout "burgers" with yoghurt-mayo dressing	52	Feb 2019
Bloody Mary pasta	82	Jan 2019
carrot, parsnip, beer & ginger soup with spicy prawns	82	Apr 2019
coconut seafood curry with plum sambal	47	Feb 2019
pan-fried kingklip with squid-ink risotto & crispy prawns	77	Jan 2019
red cabbage & prawn spring rolls with spicy dipping sauce	37	Feb 2019

PRUNES

mini hazelnut-and-chocolate tarts	102	Apr 2019
prune, almond & oat muesli snack bars	100	Aug 2018

PUDDINGS

see also **CHEESECAKES; CHOCOLATE; CUSTARDS; ICE CREAM; MERINGUE; PASTRIES; PIES, SWEET; SORBET; SPECIFIC TYPES**

OF FRUIT; TARTS, SWEET

baked lime & coconut puds	88	Mar 2019
"bruinpoeding"	79	Sep 2018
date & walnut self-saucing pudding	65	Aug 2018
Greek rice pudding	72	Sep 2018

PUMPKIN

creamy pumpkin soup	29	Jul 2018
isijingi (pumpkin dish)	77	Sep 2018
lacto-fermented squash	73	Mar 2019
pumpkin gnocchi	81	Nov 2018
pumpkin, parsnip & lentil soup with crispy salami	52	Apr 2019
pumpkin rostis with crispy bacon & chunky avo-and-feta salad	71	May 2019
pumpkin salad with yoghurt-and-tahini spread	42	Dec 2018
pumpkin soup with sage & bacon	67	May 2019
roasted pumpkin & balsamic tomatoes with butterbean mash	52	Apr 2019
spiced pork belly with roasted pumpkin	59	Jul 2018
spicy lentil stew with warm garlic bread	35	May 2019
vegan nachos with bean-and-avocado salsa	54	Oct 2018
vegan pumpkin fritters with chilli-miso caramel dipping sauce	49	Jan 2019

PUMPKIN SEEDS

blueberry & beetroot salad with crispy tofu & mixed seeds	44	Feb 2019
gnocchi with creamy butternut sauce & roasted seeds	75	Jan 2019
pepper & lentil mahshi	102	Jun 2019
turmeric cashew cream with apple, fennel & pepitas	76	Feb 2019
whipped ricotta & vegetable tart with seed crust	5	Jan 2019

Q

QUAIL , roasted with chickpea & pomegranate salsa	43	Dec 2018
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QUICHES

see also **PIES, SAVOURY; TARTS, SAVOURY**

mini quiches	54	Oct 2018
mushroom, thyme & oregano crustless quiche squares	99	Oct 2018
roasted vegetable & feta quiche with caramelised red onion	70	Jun 2019
vegetable quiche	45	Jul 2018

QUINCES

duck breasts with quince glaze & pickled radishes	35	Jan 2019
quince purée	34	Jan 2019
quince tarts Tatin with Rooibos-chai custard	37	Jan 2019
spiced quince lollies	37	Jan 2019
syrupe upside-down quince-and-honey cake	38	Jan 2019
QUINOA , sushi platter with soya dipping sauce	98	Feb 2019

R**RADISHES**

blushing salad with sour cream & fennel-seed dressing	98	May 2019
chicken kebabs & tricolore salad	49	Sep 2018
duck breasts with quince glaze & pickled radishes	35	Jan 2019
fish tacos with radish "kimchi"	50	Jan 2019
grilled endive & walnut salad	60	Aug 2018
kimchi	80	Jul 2018
pork-belly kebabs with fennel slaw	66	Dec 2018
pork belly salad	44	Jan 2019

RASPBERRIES

activated charcoal croissants filled with raspberry & cranberry pot de crème	32	Oct 2018
gin & tonic cocktail	50	Sep 2018
lime, pomegranate & raspberry whisky sours	55	Apr 2019
profiterole cake stack	75	Jul 2018
raspberry fridge cheesecake bars	102	Feb 2019
spiced quince lollies	37	Jan 2019
vegan hemp & raspberry muffins	33	Jun 2019

RELISH

see also **CHUTNEY; FERMENTED DISHES; PICKLES**

chakalaka soup with chorizo, spinach & paprika-spiced croutons	38	May 2019
fennel, mustard & orange-blossom relish	105	Mar 2019

RHUBARB

dumplings with custard & rhubarb-and-strawberry sauce	92	Sep 2018
French toast with cultured cream cheese & strawberry & rhubarb jam	100	Nov 2018

RICE

see also **RISOTTO**

Asian-inspired cherry-and-ginger chicken	45	Feb 2019
Asian-style chicken & exotic mushrooms with rice	58	Mar 2019
bobotie meatballs with buttermilk-and-lemon sauce	91	Sep 2018
chorizo arancini	51	Jan 2019
coconut & lemongrass Asian bowls with slow-cooked pork belly & flash-fried greens	77	Aug 2018
cowpea pilaf with herb & garlic yoghurt	34	May 2019
duck legs in plum sauce with egg-fried rice	64	Dec 2018
Greek rice pudding	72	Sep 2018
rice cakes with prosciutto & cream cheese	25	Nov 2018
smoked haddock kedgeree	21	Feb 2019
sushi "burger buns" with smoked "salmon" & wasabi "mayonnaise"	63	Nov 2018

RISOTTO

see also **RICE**

pan-fried kingklip with squid-ink risotto & crispy prawns	77	Jan 2019
saffron risotto	95	Apr 2019

ROCKET

baked red cabbage steaks with dukkah	39	Feb 2019
beetroot tart with cream cheese & wild rocket	81	Feb 2019
tray-baked spatchcock chicken with sweet-potato medallions & green yoghurt dressing	70	May 2019

ROSEMARY

amasi-and-herb marinated leg of lamb	104	Sep 2018
aubergine-and-rosemary mash with lamb chops	43	Mar 2019
barbecue chicken with cheesy pull-apart garlic bread	42	Jan 2019
beetroot bread rose wreath	38	Aug 2018
charred lamb-rump skewers with salsa verde	46	Apr 2019
duck breasts with quince glaze & pickled radishes	35	Jan 2019
giant rosemary cookie with coconut cream	49	Jul 2018
honey-glazed duck with rosemary-roasted grapes & prosciutto-wrapped potato wedges	81	Dec 2018
lavender & rosemary sugar	52	May 2019
nut, cranberry, rosemary & red cabbage-stuffed beef fillet with roasted red cabbage wedges	40	Feb 2019
preserved lemon, rosemary & garlic roasted lamb with baby hasselback potatoes	48	Apr 2019
rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
rosemary, honey & lemon roasted chicken	45	Jul 2018
rosemary koeksisters with cinnamon, lemon & rosemary syrup	48	Jul 2018
rosemary-stuffed beef fillet with blue cheese sauce & onion rings	46	Jul 2018
slow-roasted lamb shanks with aubergine-and-tomato stew	102	Jan 2019

sweet potato "toast" with feta, pine nuts & rosemary dressing	51	Nov 2018
vegetable quiche	45	Jul 2018
ROSE PETAL & cinnamon sugar	53	May 2019
ROSE WATER		
rose water "marzipan" balls	98	Jun 2019
saffron-parfait lollies with rose-water meringue	105	Apr 2019

S

SAFFRON

roasted butternut & clementine soup with lemony saffron oil	77	Jun 2019
saffron-parfait lollies with rose-water meringue	105	Apr 2019
saffron risotto	95	Apr 2019

SAGE

barbecued chicken with cheesy pull-apart garlic bread	42	Jan 2019
caramelised onion, Brussels sprout & bacon hash with fried eggs	41	Jun 2019
cheesy chicken breasts wrapped in Parma ham with fresh sage	53	Apr 2019
French-roast turkey with sage, pear & bulgur-wheat stuffing	79	Dec 2018
gnocchi with butter-and-sage sauce	75	Sep 2018
millet with roasted veggies	60	Mar 2019
mushroom bread-and-butter pudding	88	Dec 2018
pork, apple & sage sausage rolls	58	Oct 2018
pumpkin, parsnip & lentil soup with crispy salami	52	Apr 2019
pumpkin soup with sage & bacon	67	May 2019
red cabbage steaks with creamy cheese sauce, crispy onion, sesame seeds & walnuts	36	May 2019
roasted pumpkin & balsamic tomatoes with butterbean mash	52	Apr 2019
spelt bread with mustard, sage, Gruyère & spring onion filling	99	Dec 2018
spice-rubbed ostrich with cauliflower-and-sweet-potato mash & crispy sage	102	Mar 2019
whisky, sage & maple pork belly with buttery caramelised apples	42	Jun 2019

SALAD DRESSINGS

avocado, prawn & smoked trout "burgers" with yoghurt-mayo dressing	52	Feb 2019
basil dressing	81	Nov 2018
beetroot, grapefruit, tomato & goat's cheese salad with warm honey dressing	7	Nov 2018
blushing salad with sour cream & fennel-seed dressing	98	May 2019
charcoal-smoked cabbage with maple-mustard vinaigrette	89	Dec 2018
kataifi-wrapped goat's cheese with baby beetroot & honey vinaigrette	64	Jul 2018
rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
sweet potato "toast" with feta, pine nuts & rosemary dressing	51	Nov 2018
tray-baked spatchcock chicken with sweet-potato medallions & green yoghurt dressing	70	May 2019
warm cabbage, bacon & nut salad with orange dressing	58	Dec 2018

SALADS

ASPARAGUS

chargrilled winter salad with hollandaise sauce	57	Jul 2018
chicken kebabs & tricolore salad	49	Sep 2018
green salad with samp & beans	100	Sep 2018
avocado, pumpkin rostitis with crispy bacon & chunky avo-and-feta salad	71	May 2019

BEETROOT

beetroot, fennel, grapefruit & smoked chicken salad	20	Oct 2018
beetroot, grapefruit, tomato & goat's cheese salad with warm honey dressing	7	Nov 2018
blueberry & beetroot salad with crispy tofu & mixed seeds	44	Feb 2019
blushing salad with sour cream & fennel-seed dressing	98	May 2019
roasted beetroot & grapefruit salad with goat's cheese crème	76	Jun 2019
broccoli, green salad with samp & beans	100	Sep 2018
butternut, light & colourful winter harvest salad	99	Aug 2018

CABBAGE

red cabbage & grapefruit salad	38	Feb 2019
warm cabbage, bacon & nut salad with orange dressing	58	Dec 2018

CAPRESE

Caprese salad	81	Nov 2018
Caprese salad with anchovies & truffle butter	64	Feb 2019

CHICKEN

beetroot, fennel, grapefruit & smoked chicken salad	20	Oct 2018
chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019
grilled chicken, spinach & strawberry salad	46	Sep 2018
spring chicken salad	11	Sep 2018
chickpea, spicy roasted cauliflower head with millet-and-chickpea salad	50	Nov 2018
egg salad with sun-dried tomato-and-cashew nut pesto & broccolini	45	Oct 2018
ENDIVE , grilled endive & walnut salad	60	Aug 2018
FENNEL , crumbed pork cutlets with fennel-and-plum salad	44	Feb 2019
GREEN BEAN , green salad with samp & beans	100	Sep 2018
GUAVA , biltong, basil & goat's cheese salad	56	Jan 2019
LEEK , chargrilled winter salad with hollandaise sauce	57	Jul 2018
LETTUCE , pan-fried sirloin steaks with romaine lettuce & pistachio-and-herb salad	101	Feb 2019
MANGETOUT		
green salad with samp & beans	100	Sep 2018
nectarine & bocconcini summer salad	25	Nov 2018
PEA		
bulgur wheat & green pea salad	46	Sep 2018
chicken kebabs & tricolore salad	49	Sep 2018
green salad with samp & beans	100	Sep 2018
pea, kohlrabi & smashed cucumber salad with orange dressing	76	Aug 2018
PUMPKIN salad with yoghurt-and-tahini spread	42	Dec 2018
SPINACH , chargrilled winter salad with hollandaise sauce	57	Jul 2018
TOFU , crispy tofu salad	43	Jan 2019

SALSAS

charred lamb-rump skewers with salsa verde	46	Apr 2019
crispy-skin trout with strawberry daiquiri salsa	82	Jan 2019
dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019
herb-crusting aubergine steaks with chunky romesco salsa	42	Mar 2019
pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018
rib-eye steak with tomato salsa	50	Aug 2018
roasted quail with chickpea & pomegranate salsa	43	Dec 2018
vegan nachos with bean-and-avocado salsa	54	Oct 2018

SAMP see CORN

SANDWICHES

see also BREADS; BURGERS		
"braai-broodjies" with white Cheddar, biltong, tomato & onion	102	Sep 2018
tomato soup with cheesy toasted sandwich dippers	43	Jun 2019

SAUCES, SAVOURY

see also MAYONNAISE; SALSAS

bobotie meatballs with buttermilk-and-lemon sauce	91	Sep 2018
caramelised onion, biltong & coriander frittata with mature Cheddar sauce	71	May 2019
chargrilled winter salad with hollandaise sauce	57	Jul 2018
crispy tofu lettuce cups with spicy peanut sauce	63	Dec 2018
dry-aged sirloin tartare with oyster sauce & beef drippings	80	Jul 2018
gnocchi with butter-and-sage sauce	75	Sep 2018
gnocchi with creamy butternut sauce & roasted seeds	75	Jan 2019
home-made meatballs in Napoletana sauce	60	Aug 2018
horseradish cream	102	Dec 2018
kale, almond & feta-stuffed fillet with Parmesan-and-parsley cream	82	Dec 2018
orecchiette with broccoli sauce	63	Dec 2018
pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018
quinoa sushi platter with soya dipping sauce	98	Feb 2019
red cabbage & prawn spring rolls with spicy dipping sauce	37	Feb 2019
rosemary-stuffed beef fillet with blue cheese sauce & onion rings	46	Jul 2018
vegan pumpkin fritters with chilli-miso caramel dipping sauce	49	Jan 2019
vegan tartare sauce	63	Nov 2018
whisky, sage & maple pork belly with buttery caramelised apples	42	Jun 2019

SAUCES, SWEET

see also SYRUPS

chocolate pancake with frozen berries & white chocolate sauce	11	Apr 2019
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coconut & rice-flour flapjacks with tahini "caramel" sauce	98	Mar 2019
dumplings with custard & rhubarb-and-strawberry sauce	92	Sep 2018
grilled pineapple wedges with chilli chocolate sauce	54	Nov 2018
pear clafoutis with crème anglaise	61	Jul 2018
upside-down fig cake with sticky toffee sauce	44	Dec 2018
vanilla nice-cream cups with cinnamon-and-date "caramel" sauce	100	Oct 2018
vanilla white chocolate sauce	60	Feb 2019
SAUSAGES		
chakalaka soup with chorizo, spinach & paprika-spiced croutons	38	May 2019
chorizo & tomato tart	100	May 2019
chorizo arancini	51	Jan 2019
creamy penne with pork sausages & peas	56	Jun 2019
pork, apple & sage sausage rolls	58	Oct 2018
pumpkin, parsnip & lentil soup with crispy salami	52	Apr 2019
ragù Napoletano	65	Feb 2019
shakshuka with crispy chorizo	62	Dec 2018
Spanish chicken	82	Aug 2018
tomato soup Buddha bowl	49	Aug 2018
SCONES		
almond scones with smashed berries	102	Oct 2018
traditional scones	73	Sep 2018
SEEDS		
see also PUMPKIN SEEDS; SESAME SEEDS; SUNFLOWER SEEDS		
butternut-and-coconut soup with toasted seeds	60	Mar 2019
SEMOLINA , Turkish semolina-and-tahini cake with clementine syrup		
	46	Nov 2018
SESAME SEEDS		
carrot-and-harissa falafels with tahini-and-lime yoghurt	43	Nov 2018
chargrilled stone fruit with honey-and-lime syrup & tahini labneh	43	Nov 2018
chocolate, tahini & halva babka with cardamom syrup	82	May 2019
coconut & rice-flour flapjacks with tahini "caramel" sauce	98	Mar 2019
halva & caramel sugar	52	May 2019
halva choux puffs	105	May 2019
no-bake nut, date & tahini millionaire's "shortbread" squares	103	Dec 2018
pumpkin salad with yoghurt-and-tahini spread	42	Dec 2018
red cabbage steaks with creamy cheese sauce, crispy onion, sesame seeds & walnuts	36	May 2019
slow-roasted lamb, tahini & pea fritters	45	Nov 2018
tahini-and-asparagus velouté with pickled asparagus & sesame seed brittle	44	Nov 2018
tahini, banana & mixed-nut ice cream with salted honey caramel	82	Mar 2019
Turkish semolina-and-tahini cake with clementine syrup	46	Nov 2018
SMOOTHIES		
citrus, ginger & coconut smoothies	102	Jul 2018
citrus smoothies	76	Jun 2019
SORBET		
see also ICE CREAM		
grilled peaches Bellini with sparkling wine sorbet	84	Jan 2019
Neapolitan lemon sorbet	66	Feb 2019
SOUPS		
asparagus, tahini-and-asparagus velouté with pickled asparagus & sesame seed brittle	44	Nov 2018
BEAN		
Italian cannellini-bean-and-lamb-knuckle soup	45	Apr 2019
pasta & bean soup	63	May 2019
sugar-bean soup with pap	64	May 2019
beef & cabbage soup with dombolo (steamed bread)	61	May 2019
BUTTERNUT		
butternut-and-coconut soup with toasted seeds	60	Mar 2019
roasted butternut & clementine soup with lemony saffron oil	77	Jun 2019
cabbage & beef soup with dombolo (steamed bread)	61	May 2019
CARROT		
carrot & ginger soup	61	Aug 2018
carrot, parsnip, beer & ginger soup with spicy prawns	82	Apr 2019
cauliflower soup	57	Jul 2018
chakalaka soup with chorizo, spinach & paprika-spiced croutons	38	May 2019
COCONUT , Thai coconut noodle soup	10	Oct 2018
CUCUMBER		
chicken Caesar salad with home-made croutons & cucumber gazpacho	82	Feb 2019
chilled cucumber & mint soup	49	Sep 2018
DASHI		
smoked snoek & anchovy niçoise with mustard purée & pan-fried hake	94	May 2019
MINISTRONE soup	60	May 2019
MUSHROOM		
mushroom & egg ramen	105	Jun 2019
mushroom soup	65	May 2019
ONION , cheesy French onion soup	62	May 2019
PEA , split pea & ham soup	66	May 2019
PUMPKIN		
creamy pumpkin soup	29	Jul 2018
pumpkin, parsnip & lentil soup with crispy salami	52	Apr 2019
pumpkin soup with sage & bacon	67	May 2019
TOMATO		
roasted tomato-and-onion soup with home-made croutons	68	May 2019
tomato soup Buddha bowl	49	Aug 2018
tomato soup with cheesy toasted sandwich dippers	43	Jun 2019
VEGETABLE , comforting veggie & noodle broth	40	Jun 2019
ZUCCHINI , fragrant zucchini & corn soup	85	Mar 2019
SPANSPEK MELON , pickled melons	73	Mar 2019
SPICES see SPECIFIC TYPES OF SPICES		
SPINACH		
chakalaka soup with chorizo, spinach & paprika-spiced croutons	38	May 2019
chargrilled winter salad with hollandaise sauce	57	Jul 2018
filo spinach, cranberry & haloumi wreath	91	Dec 2018
green chickpea pancakes with fried eggs, charred broccolini & vine tomatoes	98	Jul 2018
grilled chicken, spinach & strawberry salad	46	Sep 2018
light & colourful winter harvest salad	99	Aug 2018
minestrone soup	60	May 2019
nectarine & bocconcini summer salad	25	Nov 2018
nut, cranberry, rosemary & red cabbage-stuffed beef fillet with roasted red cabbage wedges	40	Feb 2019
rice-paper spring rolls with moringa green goddess dressing	105	Nov 2018
samp-and-lentil "meatballs" with spinach mayo	101	Mar 2019
vegetable lasagne	43	Jan 2019
SPRING ONIONS		
aubergine halves with Asian glaze	45	Mar 2019
crispy tofu with spring onions, mung beans & Bambara groundnuts tossed in peri-peri sauce	37	May 2019
rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
spelt bread with mustard, sage, Gruyère & spring onion filling	99	Dec 2018
turmeric egg crêpes with crispy spring onion & curry mayonnaise	43	Oct 2018
SPRING ROLLS		
red cabbage & prawn spring rolls with spicy dipping sauce	37	Feb 2019
rice-paper spring rolls with moringa green goddess dressing	105	Nov 2018
unicorn spring rolls	56	Sep 2018
SQUASH , lacto-fermented	73	Mar 2019
SQUID , pan-fried kingklip with squid-ink risotto & crispy prawns		
	77	Jan 2019
STAR ANISE		
Chinese steamed buns with pulled pork & pickled carrot & apple	82	Apr 2019
deconstructed duck tagine	72	Oct 2018
ginger & orange beef short rib	79	Jun 2019
honey-glazed duck with rosemary-roasted grapes & prosciutto-wrapped potato wedges	81	Dec 2018
mulled wine	58	Jul 2018
naartjie & ginger beer-glazed gammon	81	Dec 2018
Rooibos sangria	66	Dec 2018
spiced pork belly with roasted pumpkin	59	Jul 2018
Stone Town sunrise	71	Oct 2018
Vietnamese chicken, sweet potato & butternut "cari"	9	Jun 2019
STIR FRIES		
pork chops with cabbage-and-apple stir fry	40	Feb 2019
teriyaki rib-eye pork steaks with stir-fried vegetables	60	Aug 2018
STRAWBERRIES		
almond scones with smashed berries	102	Oct 2018
crispy-skin trout with strawberry daiquiri salsa	82	Jan 2019
dumplings with custard & rhubarb-and-strawberry sauce	92	Sep 2018
French-fry cookies	56	Aug 2018
French toast with cultured cream cheese & strawberry & rhubarb jam	100	Nov 2018
grilled chicken, spinach & strawberry salad	46	Sep 2018
pink bubblegum baked cheesecake	75	Jul 2018
strawberry & salted nuts ice cream	59	Oct 2018
strawberry sangria	49	Feb 2019
vanilla panna cotta with strawberries & meringue	67	Jul 2018

STUFFING , sage, pear & bulgur wheat	79	Dec 2018	upside-down tomato & blue-cheese tart	52	Aug 2018
SUGARS			whipped ricotta & vegetable tart with seed crust	5	Jan 2019
halva & caramel sugar	52	May 2019	TARTS, SWEET		
lavender & rosemary sugar	52	May 2019	see also CHEESECAKES; PASTRIES; PIES, SWEET		
lime & cardamom sugar	53	May 2019	crème brûlée tart	65	Mar 2019
port & fig sugar	52	May 2019	Hertzoggies	53	Sep 2018
rose petal & cinnamon sugar	53	May 2019	hummus & pear frangipane tart	51	May 2019
Swedish rosette waffles with cinnamon sugar	96	Dec 2018	lemon tartlets with poppy-seed crumble, meringue, honey & black lava salt tuile, & vanilla ice cream	95	May 2019
Turkish delight sugar	52	May 2019	mini hazelnut-and-chocolate tarts	102	Apr 2019
SUGAR SNAP PEAS			pineapple fridge tart	74	Sep 2018
carrot hummus with fried tofu & crunchy veggies	81	Apr 2019	quince tartes Tatin with Rooibos-chai custard	37	Jan 2019
pea falafels with charred sugar snap peas & hummus	86	Dec 2018	white chocolate & fig no-bake tart	8	May 2019
SULTANAS			white chocolate & salted caramel tart	57	Apr 2019
blueberry-and-sultana Easter loaf	99	Apr 2019	TEA		
dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019	chai hot toddy	64	Aug 2018
SUNFLOWER SEEDS			green tea destiny	61	Oct 2018
beetroot & cream-cheese terrine with sunflower-soya praline & herb oil	26	Jan 2019	Mootee's Peanut Butter & Jam	89	Jan 2019
blueberry & beetroot salad with crispy tofu & mixed seeds	44	Feb 2019	quince tartes Tatin with Rooibos-chai custard	37	Jan 2019
gnocchi with creamy butternut sauce & roasted seeds	75	Jan 2019	Rooibos sangria	66	Dec 2018
pepper & lentil mahshi	102	Jun 2019	TERRINES , beetroot & cream cheese terrine with sunflower-soya praline & herb oil	26	Jan 2019
whipped ricotta & vegetable tart with seed crust	5	Jan 2019	THYME		
SUSHI			amasi-and-herb marinated leg of lamb	104	Sep 2018
quinoa sushi platter with soya dipping sauce	98	Feb 2019	barbecue chicken with cheesy pull-apart garlic bread	42	Jan 2019
sushi "burger buns" with smoked "salmon" & wasabi "mayonnaise"	63	Nov 2018	cheesy mince-stuffed aubergines	50	Nov 2018
SWEETCORN see CORN			chicken & mushroom pot pies	62	Aug 2018
SWEET POTATOES			goat's cheese "cigars" with honey & thyme	49	Jan 2019
battered hake with peas & sweet potato chips	55	Oct 2018	granadilla, lemon & thyme loaf cake	74	May 2019
crispy tofu with spring onions, mung beans & Bambara groundnuts tossed in peri-peri sauce	37	May 2019	light & colourful winter harvest salad	99	Aug 2018
Egyptian-style sweet potato, mince & carrot bake	101	Jun 2019	mushroom bread-and-butter pudding	88	Dec 2018
mushroom-and-lentil curry with sweet potato mash	20	Oct 2018	mushroom, thyme & oregano crustless quiche squares	99	Oct 2018
roasted butternut & clementine soup with lemony saffron oil	77	Jun 2019	rib-eye pork steaks with red-cabbage coleslaw & Asian dressing	61	Mar 2019
spice-rubbed ostrich with cauliflower-and-sweet-potato mash & crispy sage	102	Mar 2019	roast chicken with creamy mushrooms	56	Jul 2018
sweet potato chips with spicy lime-and-coriander dip	97	Sep 2018	salmon with a cranberry-and-thyme crust	79	Dec 2018
sweet potato "toast" with feta, pine nuts & rosemary dressing	51	Nov 2018	savoury hot cross buns with mature Cheddar, thyme & sticky maple bacon	30	Apr 2019
thyme & Parmesan chicken nuggets with sweet potato skin chips	100	Nov 2018	slow-roasted lamb shanks with aubergine-and-tomato stew	102	Jan 2019
tomato, kingklip & sweet potato curry	51	Aug 2018	slow-roasted pork ragu with fettuccine	54	Apr 2019
tray-baked spatchcock chicken with sweet-potato medallions & green yoghurt dressing	70	May 2019	sparkling rum, grape & thyme cocktail	63	Mar 2019
Vietnamese chicken, sweet potato & butternut "cari"	9	Jun 2019	spring chicken salad	11	Sep 2018
SWEETS			thyme & Parmesan chicken nuggets with sweet potato skin chips	100	Nov 2018
chickpea fudge	58	Nov 2018	upside-down tomato & blue-cheese tart	52	Aug 2018
chocolate & coffee bean nougat	78	Oct 2018	TOFFEE		
rose water "marzipan" balls	98	Jun 2019	see also CARAMEL		
SYRUPS			upside-down fig cake with sticky toffee sauce	44	Dec 2018
see also SAUCES, SWEET			TOFU		
chargrilled stone fruit with honey-and-lime syrup & tahini labneh	43	Nov 2018	blueberry & beetroot salad with crispy tofu & mixed seeds	44	Feb 2019
chocolate, tahini & halva babka with cardamom syrup	82	May 2019	carrot hummus with fried tofu & crunchy veggies	81	Apr 2019
citrus sugar syrup	68	Apr 2019	crispy tofu lettuce cups with spicy peanut sauce	63	Dec 2018
rosemary koeksisters with cinnamon, lemon & rosemary syrup	48	Jul 2018	crispy tofu salad	43	Jan 2019
rum baba bundt cake	73	Jul 2018	crispy tofu with spring onions, mung beans & Bambara groundnuts tossed in peri-peri sauce	37	May 2019
spiced sugar syrup	71	Oct 2018	"fish" & chips	63	Nov 2018
syrupy upside-down quince-and-honey cake	38	Jan 2019	vegan egnog	37	Dec 2018
Turkish semolina-and-tahini cake with clementine syrup	46	Nov 2018	TOMATOES		
T			aromatic aubergine, apricot & chickpea tagine with millet	38	May 2019
TACOS , fish tacos with radish "kimchi"	50	Jan 2019	aubergine dhal & naan bread	41	Mar 2019
TAHINI see SESAME SEEDS			beetroot, grapefruit, tomato & goat's cheese salad with warm honey dressing	7	Nov 2018
TARTS, SAVOURY			bianco pizza	82	Nov 2018
see also PIES, SAVOURY; QUICHES			Bloody Mary	55	Nov 2018
asparagus-and-pea tart with poached eggs	56	Jan 2019	Bloody Mary pasta	82	Jan 2019
beetroot, goat's cheese & caramelised onion tartlets	56	Jul 2018	"braai broodjies" with white Cheddar, biltong, tomato & onion	102	Sep 2018
beetroot tart with cream cheese & wild rocket	81	Feb 2019	butter chicken with chargrilled naan bread	57	Oct 2018
chorizo & tomato tart	100	May 2019	Caprese salad	81	Nov 2018
heirloom tomato tart	48	Sep 2018	Caprese salad with anchovies & truffle butter	64	Feb 2019
olive & caramelised onion tart with Gorgonzola	86	Mar 2019	cauliflower & chickpea bake	31	Aug 2018
polenta tart	96	Sep 2018	cheat's pizzas	60	Apr 2019
			chickpea flour flatbread topped with garlicky yoghurt, fried eggs, vine tomatoes & olives	46	Oct 2018
			chorizo & tomato tart	100	May 2019
			cowpea pilaf with herb & garlic yoghurt	34	May 2019
			dukkah-roasted lamb shanks with pine-nut-and-sultana salsa, preserved lemon, fresh coriander & pomegranate rubies	9	Mar 2019
			egg salad with sun-dried tomato-and-cashew nut pesto & broccolini	45	Oct 2018

Egyptian-style sweet potato, mince & carrot bake	101	Jun 2019	vanilla nice-cream cups with cinnamon-and-date		
green chickpea pancakes with fried eggs, charred broccolini & vine tomatoes	98	Jul 2018	"caramel" sauce	100	Oct 2018
heirloom tomato tart	48	Sep 2018	vanilla panna cotta with strawberries & meringue	67	Jul 2018
herb-crusting aubergine steaks with chunky romesco salsa	42	Mar 2019	vanilla white chocolate sauce	60	Feb 2019
home-made meatballs in Napoletana sauce	60	Aug 2018	VEGETABLES		
Italian cannellini-bean-and-lamb-knuckle soup	45	Apr 2019	see also SPECIFIC TYPES OF VEGETABLES		
lamb curry with warm rotis & sambal	64	Mar 2019	quick & easy pesto	102	Nov 2018
lamb knuckle & apricot stew	63	Aug 2018	W		
lamb tagine with chickpeas & cherries	48	Feb 2019	WAFFLES , Swedish rosette waffles with cinnamon sugar	96	Dec 2018
light & colourful winter harvest salad	99	Aug 2018	WALNUTS		
minestrone soup	60	May 2019	carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019
mini lamb shank pies	47	Apr 2019	carrot-cake flapjacks with caramelised walnuts & buttermilk drizzle	84	Apr 2019
no-bake goat's cheese thumbprint cookies with sun-dried tomato pesto	95	Dec 2018	date & walnut self-saucing pudding	65	Aug 2018
ossobuco with creamy polenta & gremolata	60	Jul 2018	grilled endive & walnut salad	60	Aug 2018
pan-fried black bream with sautéed vegetables, crispy new potatoes, lemon beurre blanc & salsa	89	Oct 2018	leeks with walnut paste	94	Oct 2018
pasta & bean soup	63	May 2019	mini carrot cakes with buttermilk drizzle	78	Aug 2018
penne with roasted tomatoes, pecorino & garlic hemp-seed oil	34	Jun 2019	red cabbage steaks with creamy cheese sauce, crispy onion, sesame seeds & walnuts	36	May 2019
pesce all'acqua pazza (fish in the mad water)	65	Feb 2019	walnut paste.....	94	Oct 2018
pumpkin salad with yoghurt-and-tahini spread	42	Dec 2018	WASABI , sushi "burger buns" with smoked "salmon" & wasabi "mayonnaise"	63	Nov 2018
rack of lamb with braised white beans & olives	72	May 2019	WATERCRESS , nectarine & bocconcini summer salad	25	Nov 2018
rack of lamb with salsa verde baby potatoes & minty yoghurt	46	Jan 2019	WATERMELON		
ragù Napoletano	65	Feb 2019	Champagne-and-watermelon cocktail	45	Jan 2019
rib-eye steak with tomato salsa	50	Aug 2018	festive watermelon, ginger, lime & vodka sparkling cocktails	101	Dec 2018
roasted aubergines filled with Moroccan vegetable tagine	69	Jun 2019	pickled melons	73	Mar 2019
roasted hummus & peanut-crusting chicken with cherry tomatoes & broccolini	48	May 2019	watermelon cake	7	Jan 2019
roasted pumpkin & balsamic tomatoes with butterbean mash	52	Apr 2019	Y		
roasted tomato-and-onion soup with home-made croutons	68	May 2019	YOGHURT		
roasted yellowtail with baby fennel & vine tomatoes	52	Nov 2018	avocado, prawn & smoked trout "burgers" with yoghurt-mayo dressing	52	Feb 2019
rustic tomato-chilli jam with fior di latte	53	Aug 2018	beetroot bread rose wreath	38	Aug 2018
savoury muffins	58	Mar 2019	carrot-and-harissa falafels with tahini-and-lime yoghurt	43	Nov 2018
shakshuka with crispy chorizo	62	Dec 2018	carrot, banana & beetroot cake with honey-and-yoghurt icing	47	Jan 2019
slow-roasted chipotle beef stew with sweetcorn dumplings	105	Jul 2018	chargrilled stone fruit with honey-and-lime syrup & tahini labneh	43	Nov 2018
slow-roasted lamb shanks with aubergine-and-tomato stew	102	Jan 2019	chickpea flour flatbread topped with garlicky yoghurt, fried eggs, vine tomatoes & olives	46	Oct 2018
slow-roasted pork ragù with fettuccine	54	Apr 2019	coconut-and-yoghurt panna cotta with berries	103	May 2019
Spanish chicken	82	Aug 2018	cowpea pilaf with herb & garlic yoghurt	34	May 2019
tomato, kingklip & sweet potato curry	51	Aug 2018	flaked trout with lentils & broccoli	103	Aug 2018
tomato soup Buddha bowl	49	Aug 2018	marinated marrows with labneh, lemon & mint	95	Sep 2018
tomato soup with cheesy toasted sandwich dippers	43	Jun 2019	minted yoghurt & cucumber raita	70	Jun 2019
upside-down tomato & blue-cheese tart	52	Aug 2018	pumpkin salad with yoghurt-and-tahini spread	42	Dec 2018
vegan bowl with cruciferous rice, smashed black beans & baby tomatoes	98	Jan 2019	rack of lamb with salsa verde baby potatoes & minty yoghurt	46	Jan 2019
vegetable lasagne	43	Jan 2019	roasted beetroot & grapefruit salad with goat's cheese crème	76	Jun 2019
vegetarian lasagne	65	Dec 2018	saffron-parfait lollies with rose-water meringue	105	Apr 2019
whipped ricotta & vegetable tart with seed crust	5	Jan 2019	slow-roasted lamb, tahini & pea fritters	45	Nov 2018
whole tomatoes stuffed with lentils, pecans & hazelnuts	85	Dec 2018	spiced quince lollies	37	Jan 2019
TRUFFLES , Caprese salad with anchovies & truffle butter	64	Feb 2019	tray-baked spatchcock chicken with sweet-potato medallions & green yoghurt dressing	70	May 2019
TURKEY , French-roast turkey with sage, pear & bulgur-wheat stuffing	79	Dec 2018	Turkish semolina-and-tahini cake with clementine syrup	46	Nov 2018
TURMERIC			upside-down fig cake with sticky toffee sauce	44	Dec 2018
spiced golden hemp milk	37	Jun 2019	vanilla nice-cream cups with cinnamon-and-date "caramel" sauce	100	Oct 2018
turmeric cashew cream with apple, fennel & pepitas	76	Feb 19	white chocolate & fig no-bake tart	8	May 2019
turmeric egg crêpes with crispy spring onion & curry mayonnaise	43	Oct 2018	Z		
TURNIPS			ZUCCHINI see BABY MARROWS		
coconut & lemongrass Asian bowls with slow-cooked pork belly & flash-fried greens	77	Aug 2018			
honey-glazed duck breast & confit duck crépinette with baby vegetables & cardamom jus	65	Jul 2018			
turnip, onion & beetroot jam with cheese & crisp bread	75	Aug 2018			

V**VANILLA**

lemon tartlets with poppy-seed crumble, meringue, honey & black lava salt tuile, & vanilla ice cream