

# The Rainbow Nation



## Southern African Menu

### Starters

#### *Safari Style Zambezi Croc-tail*

*Sautéed crocodile tail fillet served with slices of mango on a bed of leaves with a tomato and basil sauce.*

**£5.95**

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#### *'Bafana Bafana' Boerwores Kebabs with Peppers & Onion*

*Traditional South African farmers beef sausage, served with 'chakalaka' a spicy South African Vegetable relish.*

*A great South African favourite!*

**£4.95**

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#### *Matobo Combo*

*Slices of garlic bread topped with spring greens cooked Zimbabwean style(muriwo) with onion, tomato and seasoning*

**£3.95**

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#### *Cape Malay Pickled Fish*

*This popular South African delicacy of fish pickled in various spices is superb  
Served on a lettuce leaf with bread.*



## Main Courses

**All main courses are served with seasonal locally sourced vegetables**

*From the Southern African Veldt...*

### **Springbok Steak**

Springbok steak is a small grained red meat which has a very subtle flavor and very tender.  
Grilled and served with a tomato, onion and red wine based game sauce.

**£15.95**

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### **Table Mountain**

#### **Game Steak of the Day**

Please ask your server what we have today  
(Wilderbeest, Kudu, Eland or Impala)  
Served with our house game sauce

**£15.95**

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### **Ostrich Steak Fillet**

Served with our house game sauce

**£15.95**

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### **Bobotie**

This was declared the national dish of South Africa by the United Nations Women's Organisation in 1954. Bobotie is the shepherds pie of South Africa and is made with lamb or beef mince, apricots, garlic, Mrs Balls chutney, curry, and cumin then topped with a light egg custard. The mixture of flavours derived from the ingredients used make it an all time favourite!

Served with yellow rice and Mrs Balls chutney

**£9.50**

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*From the waters of South Africa...*

### **Kingklip Fish**

This firm and fleshy lean fish is incredibly tasty and a true gem of South Africa fisherman's basket. Grilled and served with chefs special sauce is second to none!

**£12.95**

# Desserts

## Melktert

*This traditional South African Melktert or Milk Tart is a variation of an egg custard pie which originated with the Dutch settlers who came to South Africa in the 17th Century. Melktert was then adapted and made a purely South African creation by the Cape Malays. Apparently wives reputations hang on their Melkterts and recipes are family heirlooms! Topped with cinnamon and sugar. Absolutely lip smacking!*

**£4.25**

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## Klappertert

*A delicious South African coconut based dessert served with fresh cream*

**£4.25**

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## Malva Pudding

*Another traditional South African sponge cake smothered in a rich caramel sauce and served with cream or ice cream*

*A popular household favourite!*

**£4.25**

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## Koeksisters

*These are a delicious and very sweet syrup coated doughnut that is twisted into a braided shape (like a plait), deep fried then dipped into a thick cold sugar syrup. Very scrummy!*

**£4.25**

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## Amarula Cheesecake

*This homemade cheesecake is made with generous helpings of the creamy Amarula Liqueur derived from the Marula fruit native to Southern Africa.*

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**Other menu items that will be on offer in rotation from time to time will be:**

Sosaties ( Marinated Pork, Beef or Lamb kebabs) Served best grilled or on a BBQ.  
Mealie Pap or Sadza(Staple to Zimbabwe and South Africa and generally eaten with meat and vegetables)  
Apricots in brandy served with ice-cream  
Zimbabwe style spring greens with peanut butter, onion and tomatoes  
Mashed pumpkin with peanut butter and cream (**Nhopi**)  
Pumpkin leaves with onion, tomatoes and cream(A firm Zimbabwe traditional favourite)...**only available between October and November**