

# MIKO

## STARTERS

### **MIKO Salad (V)(Sp)(Mu)**

Pea mousse, pickled red onion, candied baby beets with foraged leaves and marjoram dressing

### **Ham Hock and prune terrine (M)(Mu)(Sp)**

Creamed horseradish, watercress and whole grain mustard, meebos puree

### **North West smoked kudu (Sp)**

Sliced kudu loin served with BBQ carrot puree, marinated "spanspek", tomato "blatjang", cos lettuce and teriyaki dressing

## MAINS

### **Butternut and rosemary curd cannelloni(G)(E)(SDp)(M)(V)**

Parsley and garlic cream, pickled beetroot, parmesan foraged leaves and pine tree oil

### **Pan fried Franschhoek trout (F)(M)(Mu)(Sp)**

feta, olive, artichokes and cucumber salad, marjoram dressing

### **Harrisa spiced chicken (Sp)(M)(G)**

Seasonal vegetables, rosemary salted fries and lemon butter sauce

## DESSERTS

### **Seasonal fruit plate (Sp)**

Selection of seasonal fruit with sorbet of the day

### **Baked vanilla cheesecake(E)(M)(G)(Sp)(N)**

Orange grapefruit salad with Van der Hum reduction and ginger biscuit crumble

### **Local cheeseboard (M)(Sp)(G)(N)**

Goats cheese, blue cheese and camembert with chilli and sultana chutney, preserved figs and homemade crackers

**A 2 course lunch and a glass of bubbles is included in your spa package. If you still feeling peckish, go ahead and treat yourself and have a third course for an additional R80.00?**

(C) Celery (CI) Cereals with gluten (CR) Crustacean (E) Eggs (F) Fish (L) Lupin (G) Gluten (M) Milk (Mo) Molluscs (Mu) Mustard (N) Nuts (P) Peanuts (Ss) Sesame (S) Soya (Sp) Sulphur Dioxide (V) Vegetarian. If you have any specific dietary requirements or food allergies please let your waiter know before placing your order. Our chef will be more than happy to adapt any of our dishes where possible.

If you have any specific dietary requirements, and in particular any food allergies, please let your waiter know before placing your order. Our chef will be more than happy to adapt any of our dishes where possible.

We favour home grown and local flavours wherever possible and so our menu has been specially created to celebrate the finest ingredients that have made a short journey from source to your fork (some so short it's just walking to the garden and back!). We work hard to reduce our food miles and we are proud to have some fantastic local specialities on our menus! And it doesn't just stop at the food; at Mont Rochelle we are in a unique position to be able to serve a wide range of high quality wines from our very own vineyard. We're all about footprints in the sand and not in carbon, so when you dine with us you can rest assured the food is sourced locally and responsibly. Think of it as you helping the environment – one bite at a time! Talk to one of the team to find out more about where the food on today's menu has come from.