

MIKO

STARTERS

MIKO Salad (V)(Sp)(Mu)

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

Ham Hock and Prune Terrine (M)(Mu)(Sp)

Horseradish emulsion, and wholegrain mustard mayo, meebos purée

North West Smoked Venison (Sp)

BBQ carrot purée with 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 Franschoek trout (F) (M) (Mu) (Sp)

feta, olive, artichokes and cucumber salad, marjoram dressing

Harissa 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 Popcorn and Ginger Biscuit vanilla Cheesecake (E)(M)(G)(Sp)(N)

On a butterscotch sauce and caramel popcorn

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.

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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.