

MIKO

BAR AND LUNCH MENU

SALAD

- Miko Garden Salad** (Sp)(M)(V).....R95
Baby mix leaves, cherry tomatoes, cucumber, red onion, ralou feta, herbs vinaigrette
- Caprese Salad** (Sp) (M) (N) (P).....R75/R135
Farm-grown Plum tomato, bocconcini, basil dressing and balsamic reduction
- Chicken Caesar Salad** (E) (F) (Sp) (G) (N) (S) (M).....R80/R145
Cos lettuce, crispy bacon, croutons, caesar dressing, anchovy fillets with parmesan shavings
- Franschhoek Smoked Salmon Trout Salad** (M)(F)(Ss)(N)(P)(Sp)(E)(S).....R90/R165
Homemade dukkah spice, home-smoked trout sour cream and spring onion dressing

VEGERTARIAN

- Vegetable Arancini** (G) (E) (Sp) (V) (M) (S) (N)R75/R135
With a basil aioli
- Butternut and Coconut Soup** (V) (G).....R75
Char-grilled homemade bread

FISH

- Franschhoek Salmon trout tartar** (F) (E) (M) (Mu) (G) (S).....R70/R130
Potato rosti, lemon and dill-infused crème fraîche
- Tempura line fish Goujons** (F)(E)(G)(M)(S)(SP).....R75/R145
Chunky tartar sauce, pea puree and french fries
- Salt and Pepper Calamari Tubes** (Mo)(S)(M)(E)(G).....R85/R170
Lemon aioli and sriracha sauce

Prices are listed as a Starter/Main course

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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.

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MEAT

- 200g Sparta Beef Fillet (M) (Sp) (C)**.....R195
Served with green peppercorn sauce and french fries
- Baby Back Pork Ribs 600g (Sp) (M) (S) (E) (G)**.....R150/R250
Cut into fingers with BBQ basting
- Deboned & Grilled Chicken thigh kebabs (Sp) (M) (C) (S)**.....R70/R130
Jamaican jerk basting with mash and jus

BURGERS

- MIKO Burger choice of Chicken or Beef (M)(C)(Sp)(G)**.....R175
Topped with cheddar cheese, battered onion, gherkins, lettuce and tomato
- Impossible Vegan Burger (V) (Ss) (Sp) (G)**.....R185
Battered onion, gherkins, lettuce and tomato
- **Add to your burger**
- Bacon (G) (S) (M) (E).....R20
- Avocado Pear.....R30
- Fried Egg (E).....R15
- Served with your choice of salad or French fries

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TOASTED SANDWICHES

Bread choices: Ciabatta, Brown or Rye

Club Sandwich (E) (G) (S) (M) (Sp).....R125

Bacon, tender chicken, avocado, boiled egg, gherkins, tomato

BLT (G) (E) (S) (M).....R105

Bacon, lettuce, tomato and mayonaise

Cheese, tomato & red onion (G) (M) (E) (S).....R85

All sandwiches are served with a fresh garden salad.

Additional sides available are:

Crispy Salted Fries..... R45

Parmesan and Truffle Oil Fries (M)..... R65

Garlic and Chilli Butter Fries (M).....R55

Crispy Onion Rings (G).....R45

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PLATTERS FOR TWO

- Mezze Plate** (G)(V)(M)(Ss)(Sp).....R185
Hummus, marinated feta, tomatoes with marjoram, black & green olives served with warm pita pockets
- Cheese Platter** (G) (M) (Ss) (Sp).....R195
A selection of 3 local cheeses with chilli chutney, Sultana & raisin chutney, preserved figs and homemade creakers
- Charcuterie Platter** (N)(G)(M)(E)(Ss)(Sp).....R195
A selection of 3 local meats, served with homemade tomato and chilli chutney, Sultana & raisin chutney, preserved figs and homemade creakers
- Miko Platter** (N)(G)(M)(Ss)(E)(Sp)(C)(S).....R350
Vegetable arancini, deboned and grilled Chicken thigh kebab with jerk basting, Baby Back Pork Ribs, Tempura line fish goujons with pea puree and French fries

DESSERTS

- Double Crack Crème Brûlée** (M)(E)(G)(Sp)(Ss).....R75
Black sesame tuille, orange gel and milktart filling
- Lemon Tart** (M)(N)(E)(Sp).....R90
Strawberry sauce, lime gel and strawberry mousse
- Dark Chocolate Fondant** (M)(E)(N)(G)(Sp).....R90
Raspberry sauce, hazelnut and Frangelico ice-cream with vanilla crème and honeycomb pieces
- Matcha and Rose** (M)(E)(N)(G)(Sp).....R85
Matcha sponge, chocolate soil, lemon curd and rose ice-cream
- Seasonal Fruit Plate** (Sp)R75
Selection of seasonal fruit with sorbet of the day

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