

MIKO

TERRACE & BAR SNACK MENU

WELCOME

MIKO favours 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! Feel free to talk to our team if you'd like to know more about where the food on today's menu has come from.

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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SALADS

Miko garden salad with basil pesto vinaigrette

(V)(Sp)(M)(N)(Ga)(Mu) R105/R145

Baby salad leaves, cherry tomatoes, cucumber, feta, red onion and olives

Add cold poached chicken R30

Add grilled beef fillet R40

Add smoked trout (F) R140

Classic Caesar salad

(E)(M)(F)(Ga)(G)(V)(Sp) R95/R145

Crispy cos lettuce, parmesan shavings, white anchovy and garlic croutons tossed in a classic Caesar dressing

Add cold poached chicken R30

Add Serrano ham (Po) (Sp) R50

VEGGIE & VEGAN FRIENDLY

Vegetable & barley soup (Ga)(C)(G)(M)(S)(Vg) R95

Creamy winter warmer soup of root vegetables and barley with garden pea rouille on grilled ciabatta

Crispy Korean spiced cauliflower

(G)(E)(Ss)(S)(Vg)(V)(Ga)(Sp) R85

with sweet sesame mayo and spring onion

Butternut and mushroom quesadilla

(G)(Sp)(Vg)(Ga) R110

Pan-fried and filled with crushed butternut, mushrooms and caramelised onions. Served with a side of spicy chipotle dressing and guacamole

Chickpea and avo bowl

(Sp)(N)(Ss)(Vg)(Mu) R105/R160

Marinated chickpeas, cherry tomato, baby leaves, avocado, roast butternut, red onion, quinoa and dukkah spice with Rozendal vinaigrette

The Impossible burger

(Vg)(G)(S)(Ss)(Sp)(Ga)(N) R190

Vegan burger patty topped with homemade BBQ sauce and caramelised onion, lettuce, fresh red onion and gherkins on a bun with jalapeno mayonnaise and rosemary salted fries on the side

Add avocado R20

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FISH

Salt & pepper calamari (Mo)(G)(Sp)(Ga) R105/R160

Dusted with seasoned flour and lightly deep fried, with fresh lemon and sriracha mayonnaise

Yoghurt baked sustainable market fish

(M)(Ga)(N)(Sp) R250

Citrus brinjal, turmeric and coriander ragout with coconut cream, blistered cherry tomatoes with dill and pickled red onion

Malay infused tempura hake (F)(G)(Ga)(Mu)(E) R195

Crispy fried line-caught hake, with fries and lemon atchar mayonnaise

MEAT

Miko burger (G)(M)(E)(Ss)(Sp)(Ga)(C) R175

200g homemade beef burger or chicken breast topped with cheddar cheese, homemade BBQ sauce caramelised onion, lettuce, fresh red onion and gherkins on a bun with jalapeno mayonnaise and rosemary salted fries on the side

Add streaky bacon (Po) R20

Add avocado (Vg) R20

Garlic and lime grilled chicken breast (Sp)(Ga) R155

180g chargrilled chicken breast, with crispy fried smashed new potatoes and rustic tomato & avocado salsa

Chargrilled beef sirloin (M)(Ga)(Mu) R195

200g chargrilled sirloin, with mustard butter, whipped horseradish cream and crispy fries

Beef fillet strips with spiced tomato sauce and warm winter couscous salad (M)(G)(Ga)(Sp)(N) R210

Flavours of tomato, cinnamon, cumin and garlic tossed through pan fried beef strips, with carrot & apricot chutney, feta, cashew nuts and coriander couscous

BBQ pork ribs (Sp)(Po)(Ga)(S)(Mu)(C) R230

350g chargrilled pork loin ribs, with crispy fries and jalapeno mayonnaise

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SNACKS & PLATTERS

Local biltong and droewors
(Sp)(Po)(C)(Ga) R95

Cajun roasted mixed nuts, dried fruit and salted pretzels
(N)(G)(Sp)(Ga)(Vg)(C) R75

Cheese and Charcuterie platter
(M)(G)(Sp)(Ss)(Po)(Ga)(C)(Po)(E)(Mu)(C)(Ga) R255

A selection of 3 local cheeses and 3 local meats
Serves two guests each and comes with an assortment of
pear, apple and raisin chutney, pickled vegetables,
preserved sweet figs and homemade sesame seeds crackers

Cheese platter R195
(G)(M)(Ss)(Sp)(V)(E)(C)

A selection of 5 local cheeses. Serves two guests each and
come with pear, apple and raisin chutney, cape red onion
marmalade, preserved sweet figs and homemade sesame
seed crackers

Miko platter to share
(Po)(Ga)(G)(Mo)(M)(Ss)(S)(C)(Sp)(E) R420

Chargrilled BBQ pork loin ribs, garlic and lime chicken
breast, Korean spiced cauliflower, salt & pepper calamari
and crispy fried smashed new potatoes with feta

Plant based platter to share
(Sp)(N)(Ss)(VG)(Ga)(G) R305

Butternut and mushroom quesadilla, served with a side of
spicy chipotle dressing and guacamole,
marinated olives, chickpea & avocado bowl served with
crispy fries on the side with jalapeno mayonnaise

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BETWEEN THE SLICES

Miko club sandwich (G)(Sp)(M)(Po) R145

Toasted ciabatta, avocado, tomato, red onion, chicken mayonnaise, streaky bacon and emmenthal cheese, served with potato crisps and a side salad

Toasted sandwiches

Served with a side of lightly salted crisps and side salad. Sandwiches are available on your choice of white bread, brown bread, seed loaf, sour dough, rye or gluten-free bread

Cheese & tomato (G)(M)(Sp)(V) R85

Ham, cheese & tomato (G)(M)(Sp)(Po) R105

Chicken mayo (G)(Sp) R105

SIDES R55

Crispy fries (Vg)

Crème fraiche and garlic crushed new potato (V)(M)(Ga)

Steamed long stem broccoli with lemon butter and togarashi (V)(M)(Ss)

Maple roasted butternut with almonds (N)(Vg)

Garden salad with feta, olives and roasted seeds for one (V)(M)(Sp)

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DESSERT

Pear, honey and milk (N)(G)(E)(M)(Po) R95

Almond sablé, poached pear, honey crémeux and milk ice cream

70% chocolate mousse (G)(E)(M)(Po) R110

Orange curd, white chocolate whipped ganache and cardamom ice cream

Vegan stick toffee pudding (Vg)(G)(N)(Sp)(S) R95

Salted vanilla cream, honeycomb & vanilla ice cream

Miko sundae (M)(E)(Sp)(G)(S)(N)(V) R85

70% chocolate ice-cream and vanilla ice-cream with miso caramel and popcorn

Seasonal fruit plate (Vg) R75