

# MIKO

## **DINNER 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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## STARTERS

### **Textures of mushroom**

**(C)(N)(S)(Vg)(Ga) R140**

BBQ mushroom steak, duxelles, almond crumble, pickled shimeji, basil oil

### **Onion and garden herb bhaji with quinoa**

**(Sp)(N)(Ga)(VG)(C) R130**

Jewelled quinoa, avocado purée, coconut yoghurt chutney, olive achar and poppadom

### **Blackened baby marrow**

**(E)(G)(Mu)(Sp)(Po)(Ga) R130**

Baby marrow, pea purée, courgettes, smoked onion aioli, crispy pancetta, parmesan crumble, pesto vinaigrette, poached egg

### **Locally sourced Franschhoek trout**

**(M)(F)(Mu)(Sp) R140**

Smoked and cured local trout, fennel, cranberry, paprika buttermilk

### **Grass-fed seared beef carpaccio**

**(G)(Mu)(Sp)(Ga) R150**

Grass-fed beef fillet, pickled onion, vanilla rooibos beetroot, mustard mayo, shimeji mushroom, ciabatta

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## MAINS

### **Cauliflower steak**

**(Vg)(N)(Sp)(Ga) R185**

Roasted garlic and balsamic purée, cauliflower purée, sultanas, toasted almonds, onion velouté, broccoli crudité, angel-hair chilli

### **Tofu gnocchi**

**(G)(N)(S)(Vg)(Ga) R195**

Onion velouté, thyme-butternut and molasses purée, corn, mixed mushrooms, pecan nuts, herb oil

### **Free range chicken breast**

**(N)(M)(Sp)(Ga)(C) R280**

Quinoa and tree nuts, broccoli, brussel sprouts, baby spinach purée, jus gras

### **Sustainably caught fish**

**(M)(F)(Mo)(Sp)(Ga) R285**

Coconut and lemongrass velouté, saffron mussels, leeks, tomato gel, curried lentils, baby spinach

### **Grass-fed beef fillet**

**(Sp)(Ga)(M)(C) R320**

Carrot 3 ways, pearl onions, pomme purée, red wine jus

### **Ash cured venison loin**

**(Sp)(Ga)(C) R325**

Leek purée, sweet potato fondant, edamame beans, baby corn, red wine jus

### **12 hour confit lamb neck**

**(C)(M)(G)(Mu)(Sp)(Ga) R295**

Apricot and tarragon dumplings, blackened cauliflower, baby beets, goat's cheese crackers, red wine jus

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## SIMPLY DONE

### **Grass-fed beef fillet**

**(C)(Sp)(Ga) R275**

Red wine jus

### **Free range chicken breast**

**(M)(Sp)(Ga)(C) R255**

Mixed mushroom ragout

### **Sustainably caught fish**

**(C)(F)(Mu)(Sp)(Ga) R265**

Lemon butter sauce

## SIDES

### **Crispy fries**

**(Vg) R55**

### **Garlic crush new potato**

**(M)(V)(Ga) R55**

### **Garlic buttered broccoli**

**(M)(V)(Ga) R70**

### **Harissa butternut**

**(Sp)(Ga) R55**

### **Garden salad**

**(V)(M)(Sp)(Ga) R65**

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## DESSERT

### **Apple, fennel, cinnamon**

**(Vg)(Sp)(G)(N) R120**

Apple 3 ways, cinnamon gel, fennel sorbet, honeycomb, cocoa nibs, almond

### **Deconstructed millionaire shortbread**

**(E)(M) R125**

70% dark chocolate, salted caramel, shortbread, porcini, candied orange

### **Strawberry namelaka**

**(Vg)(N)(Sp) R115**

Meringue, strawberry gel, mint, pink peppercorn crumb, coconut sorbet

### **Malva pudding**

**(M)(E)(G)(V) R110**

Rooibos butterscotch sauce, buchu and orange ice cream

### **Local artisan cheese course**

**(M)(G)(Sp)(V)(Ss) R205**

Locally sourced cheese, preserves, brioche, sesame seed lavash

### **Chef's selection of three petit fours R100**