



## **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.

# MIKO

## SALADS

### MIKO Garden salad

**(V)(Sp)(M)(Ga)(N)(Mu) R110/R150**

Baby leaves, cherry tomato, cucumber, red onion, olives, feta, mixed seeds, rooibos dressing

### Classic Caesar salad

**(E)(M)(F)(Ga)(G)(V)(Sp) R160/R195**

Cos lettuce, parmesan cheese, white anchovy, garlic crouton, Caesar dressing

## ADD ON

*Poached chicken R60*

*Serrano ham(Po)(Sp) R120*

*Beef fillet R90*

*Smoked trout ribbons(F) R120*

## FROM THE GARDEN

### Parsnip and hazelnut soup

**(Ga)(Vg)(N) R105**

Parsnip, black garlic, hazelnut, paprika oil, garden herbs

### Chickpea and avocado bowl

**(Sp)(N)(Ss)(Vg)(Mu) R125/R180**

Marinated chick peas, cherry tomato, baby leaves, avocado, roasted butternut, red onion, quinoa, Dukkah spice, rooibos dressing

### Korean spice cauliflower

**(G)(Ga)(E)(Ss)(S)(Vg)(Sp) R135**

Homemade Korean spice, sweet sesame mayo, spring onion

### Vegan Burger

**(Vg)(G)(S)(Ss)(Sp)(Ga)(N) R225**

Vegan patty, home-made BBQ sauce, caramelised onion, lettuce, dill cucumber, jalapeno mayo, fries

## ADD ON

*Avocado R30*

# MIKO

## FROM THE OCEAN

### Salt and pepper Calamari

**(Mo)(G)(Sp)(Ga) R185**

Patagonian squid, Home-made spice, salted lemon, Sriracha Mayo

### Sustainably caught Fish

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

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

### Beer battered Fish & chips

**(E)(F)(G)(Mu)(Sp)(Ga) R195**

Hake, chips, garden peas, tartare sauce

## FROM THE FIELD

### MIKO beef burger

**(C)(G)(Ga)(M)(E)(Ss)(Sp) R215**

Grass-fed beef burger, cheddar cheese, home-made BBQ sauce, caramelised onion, lettuce, dill cucumber, jalapeno mayo, fries

### MIKO chicken burger

**(C)(G)(Ga)(M)(E)(Ss)(Sp) R200**

Southern coated free-range chicken burger, cheddar cheese, home-made BBQ sauce, caramelised onion, lettuce, dill cucumber, jalapeno mayo, fries

### ADD ON

Free-range chicken egg (E) R15

Streaky bacon (Po) R35

Avocado (Vg) R30

### Free range chicken breast

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

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

### Grass-fed beef fillet

**(C)(Sp)(Ga) R285**

Crispy fries, Red wine jus

### 12 hour confit Lamb neck

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

Apricot and tarragon dumplings, blackened cauliflower, baby beets, goats cheese cracker, red wine jus

### BBQ pork ribs

**(Sp)(Po)(Ga)(S)(Mu)(C) R260**

Pork loin ribs, fries, jalapeno mayo

(C) Celery (CR) Crustacean (E) Eggs (F) Fish (L) Lupin (Ga) Garlic (G) Gluten (M) Milk (Mo) Molluscs (Mu) Mustard (N) Nuts (P) Peanuts (Po) Pork (Ss) Sesame (S) Soya (Sp) Sulphur Dioxide (V) Vegetarian (Vg) Vegan

# MIKO

## **FOR THE GRAZERS**

### **Locally sourced Biltong and Droerwors**

**(Sp)(Po)(C)(Ga) R195**

### **Home-spiced nuts, dried fruit, marinated olives**

**(N)(G)(Sp)(Ga)(Vg)(C) R95**

### **Locally sourced charcuterie platter**

**(Po)(C)(M)(Ss)(G)(Ga)(Mu)(N)(Sp) R225**

Locally sourced charcuterie, preserves and spreads, home-made lavash

### **Locally sourced cheese platter**

**(M)(G)(Ss)(Sp)(V)(E)(C) R245**

Locally sourced cheese, preserves and spreads, sesame seed crackers

### **Locally sourced cheese and charcuterie platter**

**(Po)(C)(M)(Ss)(G)(Ga)(Mu)(N)(Sp) R345**

Locally sourced cheese and charcuterie, preserves and spreads, home-made lavash, sesame seed crackers

### **Garden grazer platter**

**(G)(Ga)(Ss)(S)(Vg)(Sp)(N) R245**

Korean spiced cauliflower, marinated olives, chickpea and avocado bowl, fries, jalapeno mayo

### **MIKO platter**

**(Po)(Ga)(G)(Mo)(M)(Ss)(S)(C)(Sp)(E) R480**

BBQ pork ribs, free-range buttermilk chicken strips, Korean spiced cauliflower, salt and pepper calamari, smashed new potato with feta

# MIKO

## BETWEEN THE SLICES

### **MIKO club sandwich**

**(G)(Sp)(M)(Po) R180**

Toasted bread of choice, avocado, tomato, red onion, smoked chicken, streaky bacon, Emmenthal cheese, fries

### **Croque Monsieur (M)(G)(Mu)(Po) R170**

Sauce Mornay, gypsy ham, boerenkaas, rooibos and honey fermented mustard

### **Croque Madame(M)(G)(Mu)(Po)(E) R185**

Free-range chicken eggs, Sauce Mornay, gypsy ham, boerenkaas, rooibos and honey fermented mustard

### **BLT**

**(G)(M)(Po) R155**

Bacon, lettuce, tomato

### **ADD ON**

Cheddar cheese (M) R25

Free-range chicken egg (E) R15

### **Smoked chicken mayo**

**(G)(Sp) R145**

smoked free-range chicken breast, spring onion, fries

## 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

# MIKO

## DESSERT

### Apple, fennel, cinnamon

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

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

### 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, bucchu and orange ice-cream

### Local artisan cheese course

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

Locally sourced cheese, preserves, brioche, sesame seed lavash

### MIKO sundae

**(M)(E)(Sp)(G)(S)(N)(V) R125**

Malva ice-cream, chocolate brownie ice-cream, caramel, honeycomb, cocoa nibs, meringue

### Seasonal fruit platter

**(Vg) R100**