



Africa is the second largest land mass on earth and home to hundreds of tribes, ethnic and social groups. This diversity is reflected in our cuisine. Geographically and from a culinary point of view, the continent can be divided into three principal regions: North Africa, sub-Saharan and Southern Africa. Contrary to popular western perceptions of a predominantly meat-based diet many traditional African dishes contain very little meat. In fact, authentic African cooking consists largely of organically produced whole grains and beans, fresh fruit and vegetables. In an increasingly health-conscious society, African cuisine may well become the new healthy way of cooking.



# START YOUR AFRICAN TASTE SAFARI

## SOUTH AFRICA TOMATO SOUP (V)

There is a delicious zing to this tomato soup that is flavoured with ground spices and pounded green chillies, garlic and ginger

## SOUTH AFRICAN ROOSTERKOEK (V)

Usually prepared on the fire when South Africans braai, they are a wonderful accompaniment to the soup and pâté  
(Gluten free - cassava bread)

## SOUTH AFRICAN OSTRICH BILTONG AND PEPPERDEW PÂTÉ

Cured and dried meat is a staple for South Africans and enjoyed daily as a snack. Pepperdew is a piquante pepper discovered in South Africa in 1993. Together they make a delicious pâté  
(Veg Option: Butter bean mash served with Egyptian Dukkah)

## TRY SOME STREET FOOD

### ZAMBIAN KANDOLO BALLS (V)

Sweet potatoes are grown in most gardens in Southern Africa and they can be prepared as sweet or savoury. Ours are savoury and given a modern twist with the addition of sesame seeds

### KENYAN IRIO PATTIES (V)

Two of Africa's staples, maize and spinach, are combined in gorgeous, soft patties which are gently fried until golden

### ALGERIAN LAMB CIGARS

A typical street food found in Algeria - pastry wrapped around delicately spiced lamb mince. Usually fried, ours are baked as a healthier option  
(Veg Option: South African pea and potato samoosas)

### EAST AFRICAN MANGO SALSA (V)

This delicious salsa smacks of East Africa's balmy beaches

## ENJOY OUR MAINS, SERVED AFRICAN STYLE, A FEAST TO SHARE AND THEN FILL UP YOUR BOWLS AGAIN - IF YOU HAVE SPACE

### CAPE MALAY SEAFOOD CURRY

Fish and seafood curries are a favourite Cape Town family meal, our version is a fine example of a gently-spiced curry created by Malay cooks. It's prepared with fresh fish, mussels and prawns and it has a glorious complexity of flavours  
(Veg Option: Cape Malay vegetable curry)

### NAMIBIAN VENISON POT

We use organic Springbok (which could not outrun our chef) in this rich and tender "potjie" (3-legged iron cauldron)  
(Veg Option: Moroccan chick pea and olive tagine)

### CASABLANCA GRILLED VEGETABLE COUS COUS (V)

A North African staple made from semolina grains and served with grilled vegetables

### ETHIOPIAN AYESHA GONEN -COLLARD GREENS (V)

This authentic Ethiopian side dish is made with collard greens, fresh ginger and bell peppers

### CAMEROON BENNE CHICKEN SALAD

Marinated free range chicken breasts coated with sesame seeds served with crunchy greens

### MOROCCAN M'HANNCHA (V)

Translated this means "the snake" and is the most famous sweet dish in Morocco. Crisp, buttery filo is filled with almond paste scented with cinnamon  
(Gluten and nut free: African beetroot cake)



### FRESH FRUIT KEBABS (V)

Fresh seasonal fruit

FOOD ALLERGIES and INTOLERANCES: We take utmost care with our dietary requirements however our dishes may contain nuts, wheat, egg, dairy, soy, or fish allergens unless noted at time of your booking. Please speak to our staff about any allergies you might have.

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