

The Banting Kitchen

Dinner Menu

Starters

Spiced Chicken Roulade	R59.00
Roasted Baba Ghanoush, Tomato Chutney, Grilled Baby Marrow & Nutty Basil Pesto	
Creamy Garlic Mussels	R59.00
White Wine, Fresh Herbs & Tomato	
Salt & Pepper Calamari	R65.00
Olive Oil Aioli & Fresh Herbs	
Home Smoked Salmon	R65.00
Roasted Sweet Potato Crème Fraîche Salad, Fresh Herbs & Dijon Mustard	
Creamy Garlic & Chilli Chicken Livers	R57.00
Fresh Herbs & Paprika Oil	
Crustless Goats Cheese & Baby Marrow Quiche	R59.00
Homemade Tomato Jam	

Salads

Roasted Butternut Salad	R65.00
Herbed Confit Tomatoes, Roasted Walnuts & Danish Style Feta	
Speck Ham & Lubna Salad	R75.00
Freshly Sliced Avocado & Rocket	

Mains

Oriental Spiced Cream Cheese Chicken Supreme	R115.00
Coriander & Sunflower Seed pesto, Pan Grilled aubergine with Roasted Pumpkin and Cauliflower	
Wild Mushroom Risotto	R95.00
Parmesan, Crispy Shiitake & Truffle Oil	
Grannies Banting Lasagne	R105.00
Traditional Beef Bolognaise with layers of Homemade Banting Pasta	
Pan Grilled Kingklip	R138.00
Sautéed Brussel Sprouts, Crispy Bacon, Butter & Pepper Braised Leeks, Topped with Herb Aioli	
Braised Pork Belly	R148.00
Sweet Potato Mash, Wilted Baby Spinach & Onion Relish	
Rich Oxtail Stew	R140.00
Cauliflower & Sweet Potato Mash	
Grilled Venison	R158.00
Cauliflower & Leek Purée, Sweet Potato Roasti with Rich Mushroom & Roasted Garlic Jus	
Grilled Lamb Loin	R158.00
Rich Chunky Ratatouille, Sweet Potato Fondant	

Grills

Fillet

200g	R169.00
300g	R215.00

Sirloin

200g	R145.00
300g	R159.00

Rump

200g	R145.00
300g	R169.00

Rib Eye

200g	R155.00
300g	R165.00

Chateaubriand

300g	R215.00
------	---------

Gourmet Burger

180g	R89.00
------	--------

Sides & Sauces

Sauces

Argentinean Chimichurri, French Béarnaise, German Whole Grain Mustard, Overberg Mushroom, Madagascan Pepper Corn or Sicilian Rossini	R26.00
--	--------

Cauli-Mash

For a starch alternative, please speak to your waitron	R26.00
--	--------

Vegetables

Steamed Mixed Garden Vegetables, Creamed spinach, Seasonal side salad, Roast butternut mash	R26.00
---	--------

Desserts

Lemon Panna Cotta

Chocolate Berries, Candied Citrus Peel & Berry Compote	R43.00
--	--------

Red Wine Poached Pear

Lemon Curd Mascarpone & Red Wine Syrup	R49.00
--	--------

Assortment of Ice Cream

R55.00

Chocolate Trio

But & Butter Chocolate Truffles, Callebaut Chocolate Mousse & Choc Mint Ice Cream	R65.00
---	--------

Baked Cheesecake

Brownie Crust & Berry Coulis	R59.00
------------------------------	--------

Corkage

Per Bottle

R55.00

Menu last updated: 2014-10-06

Cape Royale Luxury Hotel & Spa, 47 Main Road, Green Point, Cape Town, 8005
021 430 0506

Menus are deemed correct at time of publication but may vary over time.
It is the responsibility of the restaurant to maintain the menu and ensure prices are up to date.

