



# la vie lente

BISTRO · VENUE

love THE SLOW LIFE...

...is what we would like you to experience in our gardens, our piece of heaven, to have an out of the ordinary experience, heighten your senses and let your taste buds wonder through our symphony of flavors. Relaxation to the extreme.

Our food is prepared with love, offered with pride and intended to give joy and happiness to your life.

We invite you to share in our slow-life lifestyle and leave rejuvenated, satisfied and grateful for life itself...

With *love*  
CARIN & THE TEAM

## THE VENUE

We have six beautiful function spaces as well as a chapel to suit all of your special occasion needs.

Visit our website for more info on our stunning venues and the experience we can add to your event.

[www.lavielente.co.za](http://www.lavielente.co.za)

## about OUR MENU

We would like to take you on a journey of various aromas, textures and tastes to give your taste buds an unforgettable experience.

### experience THE JOY OF AN EARLY BIRD

Please take note that Breakfast is served only till 11h30.

**AVOCADO & SALMON TOAST** R95  
Avocado, smoked Salmon & cucumber ribbons with rocket & lemon chive cream cheese. Choose between Rye or Health bread.  
Pair with Boschendal Brut.

**PETIT DEJEUNER** R90  
Freshly baked Croissant served with Gypsy ham, scrambled eggs & burst tomatoes with grated Cheddar, pesto & preserves.  
• Add bacon R16.  
• Replace ham with smoked salmon R30.

**TURKISH POACHED EGGS (VEGETARIAN)** R90  
Roasted sweet potatoes, poached eggs, Haloumi, fresh cucumber, baby tomatoes, tender stem broccoli, rocket served with pita and mint yogurt.

**BIG BEN BREAKFAST** R130  
Two fried eggs, crispy bacon, 100gr beef fillet, fresh tomatoes, stuffed mushroom, toasted ciabatta all served with fries.  
Pair with Pierre Jourdan MCC Brut.

**SUNRISE BURGER** R100  
Beef burger loaded with crispy bacon, cheddar, caramelized onions, mustard topped with a fried egg, lettuce, tomatoes and rounded off with a generous portion of fries.

**FRENCH TOAST** R95  
Three slices of French toast served with maple syrup, bacon, mixed berries and scrambled eggs.

**BREAKFAST PLATTER FOR TWO** R180  
Flapjacks, berries, bacon, maple syrup, fruit served with beef sausages and eggs.  
Pair with Hill & Dale Brut Rose.

### experience THE FRESHNESS OF THE VEGETABLE GARDEN

**CITRUS, FENNEL & HERB CHICKEN SALAD (OPTIONAL VEGAN)** R100  
Citrus slices, thinly sliced fennel, pickled onions and avocado topped with grilled herb chicken breast served with black pepper vinaigrette. For a Vegan option, the chicken will be replaced with grilled vegetables.  
Pair with Pierre Jourdan Tranquille.

**PANZANELLA SALAD & HALOUMI (VEGETARIAN)** R95  
Ciabatta croutons tossed together with roasted peppers, tomatoes, minced garlic, olives, basil & popped capers served with fried Haloumi, tomato dressing and basil oil.  
Pair with Louisvale Cinsault Rose.

**FILLET, WILD MUSHROOM & BERRY SALAD** R130  
Grilled Fillet strips with sautéed wild mushrooms and fresh berries, gremolata, pine nuts & Feta.  
Pair with Hermanuspietersfontein Bloos.

## indulgent STARTERS

**SPICY CHORIZO & BOCCONCINI CROQUETTE** R85  
A mouthful of spicy Chorizo sausage and Bocconcini cheese served with avocado & coriander pesto, tomato salsa & garlic aioli.  
Pair with Kleine Zalze Chenin Blanc.

**BASIL & PARMESAN CHEESE CAKE** R80  
Basil & Parmesan cheesecake served with seed crackers and chili tomato jam with roasted baby tomatoes.  
Pair with Old Road Wine Juliette Sauvignon Blanc.

**CHILI, GINGER & GARLIC GRILLED PRAWNS** R90  
Grilled prawns in chili, ginger and garlic served on a fragrant cous-cous salad & gremolata.  
Pair with Konkelberg Sauvignon Blanc.

**OSTRICH CARPACCIO** R65  
Thinly sliced Ostrich carpaccio served with salty crackers, balsamic reduction, garlic aioli and gremolata.  
Pair with Konkelberg Rouge.

**SNACK ON A FLUTE (OPTIONAL VEGETARIAN)** R75  
Antipasto skewer served on a glass of Bubbly.  
Served with Hill & Dale Brut Rose.

**BAKED CAMEMBERT (VEGETARIAN)** R95  
Highest quality of Camembert cheese slowly baked served with toasted Ciabatta, fresh fruit, red onion relish, candied Hazelnuts & gremolata.  
Pair with Saronsberg Earth In Motion.

**SOUP OF THE DAY** R45

### experience THE EXCITEMENT & DELICIOUSNESS OF THE BISTRO

**SMOKEY LENTIL STEW (VEGAN)** R110  
Smokey red lentil stew with a combination of wholesome flavours and vegetables served with fresh, warm Vegan bread.  
Pair with Sophie te' Blanche Sauvignon Blanc.

**VEGAN PUTTANESCA (OBVIOUSLY VEGAN... THE NAME SAYS IT ALL)** R95  
Homemade Vegan linguine with baby tomatoes, Napoli sauce, tender stem broccoli, popped Capers, lemon zest & chili flakes.  
Pair with Rustenburg Shiraz.

**CHEESY BEEF OR CHICKEN BURGER** R95  
Homemade beef patty or marinated chicken fillet with saucy cheese served on a sesame roll and rustic fries.  
Pair with a Krafft Beer or Gin on Tap.

**JALAPENO & CHICKEN BURGER** R145  
Grilled barbeque chicken fillet topped with cheese sauce & jalapenos served with rustic fries.  
Pair with a Krafft Beer or Gin on Tap.

**GORGONZOLA BEEF BURGER** R145  
Homemade beef patty topped with caramelised onions & gorgonzola sauce served with rustic fries.  
Pair with a Krafft Beer or Gin on Tap.

**HARISSA LAMB CRISPY CARROT & HALOUMI BURGER** R165  
Harissa lamb patty topped with haloumi, crispy carrots served on rocket and garlic aioli with rustic fries.  
Pair with a Krafft Beer or Gin on Tap.

## MAINS CONTINUE

**ROAST BEEF SANDWICH** R110  
Flavorsome roasted beef served on Ciabatta with thinly sliced radish, crispy potato chips, garlic aioli, caramelized onions, fresh lettuce and herb cream cheese. You can have a healthy option and have salad served or alternatively our golden fries will accompany this dish.  
Pair with a Krafft Beer or Gin on Tap.

**FENNEL & BASIL RISOTTO (VEGAN)** R120  
Coconut & basil pesto risotto served with braised fennel and toasted coconut shavings, basil oil and lemon zest.  
Pair with Pongrazz MCC Brut.

**CHICKEN KEBABS** R130  
Two chicken kebabs served on pumpkin puree with gremolata, spiced baby carrots and crispy chicken skin shards.  
Pair with Longridge Cabernet Sauvignon.

**CHICKEN ROULADE WRAPPED WITH BACON** R130  
Spinach & feta stuffed chicken breast, served with cheesy polenta, basil cream sauce, burst cherry tomato & basil oil.

**BARBEQUED PULLED PORK BURGER (OPTIONAL VEGETARIAN)** R100  
Honey & barbequed basted pork served on a burger bun with pickled onion, fresh homemade coleslaw and baby spinach and a generous portion of fries.

This can become a Vegetarian dish as well, we use everything except for the Pork, that will be replaced with peppers and wala you have a barbequed pulled pepper burger.  
Pair with Durbanville Hills Chardonnay.

**BLACK PEPPER & SEA SALT CRUSTED FILLET 300GR** R195  
Most tender of all tenderest pieces of fillet served with carrot puree, smashed baby potatoes, grilled baby corn, crispy baby spinach and a beef jus...  
OR we can serve it with Blue Cheese sauce, berry coulis & crispy smashed baby potato with chili flakes... YOUR CHOICE...  
Pair with Boschendal Nicolas Red.

**T-BONE 500GR** R185  
500gr T-Bone, grilled to perfection, topped with tomato salsa & herb butter served with garlic aioli, roasted garlic, chiii Chimichurri, Bruschetta and fries.  
Pair with Hermanuspietersfontein Posmeester.

**SPICY LAMB CURRY** R160  
Spicy tender lamb curry served with herbed couscous and mint yoghurt.  
Pair with Longridge Cabernet Sauvignon.

**OUR FAMOUS PORK BELLY** R160  
Honey glazed pork belly served on a bacon & chive mash with broccoli and topped with fresh coleslaw and sweet mustard sauce.  
Pair with Longridge Chardonnay.

**BUTTER POACHED SEABASS** R160  
With chili tomato & pineapple salsa & Beurre Blanc.  
Pair with Longridge Chardonnay.



## PIZZAS

Pair with a Krafft Beer or Gin on Tap

<b>MARGHERITA</b> Tomato base, olive oil, Origanum, garlic, mozzarella & cheddar cheese.	R90
<b>HAWAIIAN</b> Tomato base, ham, pineapple, mozzarella & cheddar cheese.	R100
<b>THE DIAZ</b> Barbeque base, Portuguese marinated chicken, peppers, red onion, parsley, mozzarella & cheddar cheese.	R120
<b>THE DASCHUND</b> Barbeque base, salami, bratwurst, Emmenthal, cherry tomatoes & mustard sour cream.	R135
<b>THE INNOCENT</b> Barbeque base, slow roasted lamb, cherry tomatoes, pesto mascarpone & rocket.	R140
<b>VEGETARIAN</b> Tomato base, peppers, caramelized onions, mushrooms, butternut, spinach, mozzarella & cheddar cheese.	R130
<b>BACON, AVO &amp; FETA</b> Tomato base, bacon, avocado, feta, mozzarella & cheddar cheese.	R140
<b>LA VIE LENTE EDITION</b> Barbeque base, brie, fig, pancetta, candied walnuts, balsamic reduction, feta, cheddar cheese & mozzarella.	R160

## TABLE platters

<b>HOLIDAY PLATTER</b> Single R160    To Share R320 White wine mussel pot with lemon & garlic Portuguese prawns and grilled seabass. Whilst enjoying this dish and sipping on a glass of Chardonnay, let your imagination add the breaking waves on a white beach stretching for miles.	
<b>SAMOOSA PLATTER</b> Single R90    To Share R160 Authentic beef and chicken samoosas with spinach & feta and cheese & corn.	
<b>TAPAS PLATTER</b> Single R180    To Share R350 Beef carpaccio & avocado bruschetta, beef meatballs, Portuguese chicken kebabs, spinach & feta bombs, jalapeno pockets, antipasto kebabs, pita and muhammara dip. Pair with Haute Cabriere Chardonnay Pinot Noir.	
<b>FAMILIA PLATTER</b> Want the whole family to dig into one shared meal, then this is the answer! Spinach & feta bombs, meatballs, chicken kebabs, anti-paste kebabs, beef trinchado, jalapeno pockets, marinated olives, tzatziki, pitas and bread and herbed butter – all enough for 6! Pair with Longridge Cabernet Sauvignon.	R800

<b>PICNIC BASKETS</b> For Two R450 Ciabatta sandwich with basil pesto, mozzarella and salami. Portuguese chicken kebabs. Selection of cold meats. Variety of cheeses. Jalapeno pockets. Spinach & feta bombs. Preserves and marinated olives. Crackers. Fresh garden salad. Hazelnut brownies. Mini carrot cakes. Pair with Diemersdal Sauvignon Blanc.	
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## experience THE DELICACIES OF OUR PASTRY CHEF

<b>CHOCOLATE DOME</b> Hazelnut brownie served with vanilla ice-cream, hot caramel sauce, cookie crumble, raspberry gel, passion fruit gel and berries, covered with a chocolate dome.	R85
<b>BAKLAVA</b> Honey & pistachio baklava served with lavender ice cream and praline dust. Even the Greek gods haunt us for this recipe...	R95
<b>LEMON MERINGUE</b> Zesty lemon meringue tart topped with Italian meringue.	R70
<b>STRAWBERRY SORBET</b> Strawberry sorbet with blueberry jelly, gooseberry gel, raspberry meringues, lemon curd, lemon dust and black pepper tuile. Perfect palette cleanser!	R70
<b>IRISH COFFEE/DOM PEDRO (WHISKEY, KAHLUA, AMARULA)</b>	R50
<b>SELECTION OF CAKES &amp; TARTS</b> We have very cleverly placed our perfectly baked cakes and tarts in the center of our Patio Area. We invite you to have a look. This perfect picture will let your imagination run away and will let your taste buds search for a final taste of what La Vie Lente has to offer. A perfect ending to a perfect time spent with us.	R60 Per Piece

## WE KNOW YOU MIGHT GET PECKISH WHEN YOU GET HOME, WHY NOT MAKE USE OF OUR TAKE-AWAY OPTIONS:

<b>SAMOOSAS (PER DOZEN, FROZEN OR FRIED)</b>	
BEEF	R60
CHICKEN	R60
POTATO	R55
CHEESE & CORN	R65
SPRING ONION & CHEESE	R65
HAM & CHEESE	R65
HAWAIIAN	R70
BILTONG & CHEESE	R70
BACON & CHEESE	R70
CHICKEN JALAPENO	R70
SPINACH & FETA	R70
PRAWNS	R95
CHOCOLATE & CHILI	R95

## GRAZING BOXES (TO SHARE)

<b>CHARCUTERIE &amp; FROMAGE</b>	R350
<b>GRAZING BOX</b> Variety of 3 cheeses & cured meats, seasonal fruits, marinated olives, peppadews, roasted garlic, seed crackers, bread rolls, pesto & preserves.	
<b>TAPAS GRAZING BOX</b> Beef carpaccio & avocado bruschetta, beef meatballs, Portuguese chicken kebabs, spinach & feta bombs, jalapeno pockets, antipasto kebabs, pita and muhammara dip.	R350

## experience THE JOY OF BEING A KID

<b>FLAPJACKS</b> Fun filled board of flapjacks and bacon and cream and syrup and fruits. You build your own tower of joy!	R65
<b>TOASTED CHICKEN MAYO</b> Toasted chicken mayonnaise sandwich with fries or salad.	R45
<b>LINGUINE ALFREDO</b> Our homemade Linguine with ham. PS we left the mushrooms out for a reason...	R45
<b>CHICKEN BASKET</b> Selection of chicken strips and a drumstick and fries.	R60
<b>SCRAMBLED EGG &amp; TOAST</b> Yes, we know, we have picky little eaters amongst us, and they are still welcome! Add Bacon R16	R30
<b>KIDS VEG PLATTER</b> A delicious platter full of fruit and vegetables and cheese (optional at R25 extra).	R55
<b>KIDDIES PIZZA</b> Pizza with ham, cheese & pineapple	R50

*We know the little ones always want something sweet and we have listened to them, these are the treats they want Mom:*

<b>ICE CREAM IN A TUB (Strawberry, Chocolate or Vanilla)</b>	R20
<b>A VANILLA CUPCAKE WITH A SURPRISE</b>	R25
<b>RAINBOW JELLY AND CUSTARD</b>	R25

## TO DRINK - KIDS

<b>KIDDIES MILKSHAKES</b> (Strawberry, Chocolate or Vanilla)	R25
<b>BABY-CINO</b>	R16
<b>KIDS JUICE</b> (Apple, Orange, Grape or Fruit Cocktail)	R18
<b>PINK LEMONADE</b>	R30
<b>OCEAN LEMONADE</b>	R30
<b>COTTON CANDY COLA TONIC</b>	R45
<b>SODA FLOATS</b>	R35

## DRINKS

Something to cool you down

<b>JUICE</b> (Apple, Orange, Grape or Fruit Cocktail).	R24
<b>MILK</b>	R16
<b>SODAS (300ML)</b>	R19
<b>MIXERS &amp; TONICS (200ML)</b>	R16
<b>CORDIALS</b> (Passion Fruit Lime, Cola Tonic).	R 8
<b>APPLETIZER/GRAPETIZER</b>	R27
<b>RED BULL ENERGY DRINK</b>	R35
<b>BOS ICE TEA (LEMON, PEACH, BERRY)</b>	R27
<b>ROCKSHANDY</b>	R35
<b>MALAWI SHANDY</b> Sprite, ginger beer, bitters, orange juice.	R35
<b>STEELWORX</b> Cola tonic, ginger beer, bitters, soda water.	R35
<b>MILKSHAKES</b> (Vanilla, Strawberry, Chocolate, Lime).	R40
<b>GOURMET MILKSHAKES</b> (Oreo, Salted Caramel, Fresh Fruit).	R50
<b>WHIPPED ICED COFFEE</b>	R45
<b>CAFÉ AFFOGATO (NON – ALCOHOLIC)</b>	R35
<b>DROWNING ICE CREAM IN COFFEE</b>	R20
<b>ADD A TOT OF YOUR FAVOURITE LIQUEUR</b>	R45
<b>ICED LATTE</b>	R35
<b>GINGER BEER SLUSHIE</b>	R35
<b>PASSION FRUIT &amp; ROOIBOS COOLER</b>	R25
<b>SMOOTHIES</b> (Peanut Butter/Red Fruits).	R50
<b>SODA-FLOATS (CRÈME SODA, COKE)</b>	R40
<b>WATER (STILL/SPARKLING) 500ML</b>	R14
<b>WATER STILL 1.5LT</b>	R30
<b>WATER SPARKLING 1LT</b>	R25

Something to warm you up

<b>CAPPUCCINO</b>	R25
<b>RED CAPPUCCINO</b>	R27
<b>AMERICANO</b>	R29
<b>ESPRESSO</b>	R21
<b>MACCHIATO</b>	R29
<b>MILKTART LATTE</b>	R23
<b>SELECTION OF TEA</b> (Ceylon, Rooibos, Earl Grey, English Breakfast).	R40
<b>HOT CHOCOLATE</b>	R20
<b>MILO</b>	R35
<b>EARL GREY HOT CHOCOLATE</b>	R35
<b>WHITE HOT CHOCOLATE</b>	R40
	R35