

The menu of Jichana, "eating good" in Swahili slang, embraces the flavours and aromas of the original East Coast of Africa's spice route.....cassia, cloves, cinnamon, ginger, cardamom, turmeric and pepper.

These robustly flavoursome spices complement the grilling of meat, fish and chicken creating **Jichana!**

**to begin with.....**

<b>beef carpaccio</b>	<b>65</b>
raw sliced fillet • tomato compote • shaved parmesan • rocket truffle oil	
<b>creamy garlic &amp; saffron mussels</b>	<b>60</b>
half shell saldanha mussels • saffron • garlic cream • vegetable mirepoix	
<b>Jichana's spicy livers</b>	<b>50</b>
sautéed chicken livers • homemade peri peri sauce • toasted baguette	
<b>prawn gratin</b>	<b>65</b>
6 lime & tabasco marinated prawns • red onion • herbed cream • parmesan	
<b>escargot trio</b>	<b>60</b>
blue cheese sauce • garlic cream • cafe de paris butter • toasted baguette	
<b>black mushrooms</b>	<b>50</b>
sliced charred black mushrooms • balsamic reduction • toasted brioche • hollandaise sauce • rocket	

prices are inclusive of VAT and quoted in Rand

**signature salads prepared with only the freshest market ingredients.....**

**Jichana salad**

biltong • blue cheese • mixed greens • red onion • green olives • peppadews • toasted granola

**fiery beef**

hot as hell spiced char grilled beef strips • rocket • tomatoes • cucumber • avocado • onion tobacco

**spicy chicken**

pulled rotisserie chicken • avocado • cherry tomatoes • mixed greens • peppadews • tortilla bits

**the naked caesar**

cos leaves • boiled egg • garlic croutons • anchovies • parmesan shavings

**greco**

black olives • feta • mixed greens • tomatoes • cucumber • red onion • peppers

**seafood**

steamed prawn tails • avocado • mixed greens • cherry tomatoes • cucumber • citrus segments

**veggie**

grilled peppers • zucchini • aubergine • rocket • sprouts • sundried tomatoes • feta • toasted granola

**small**

**45**

**large**

**75**

**your choice of complimentary house dressings**

honeyed pomegranate vinaigrette

classic caesar salad dressing

gingered citrus vinaigrette

creamy herbed ranch style

spiced 1000 island

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## from the grill

All our **beef** is premium grade and sourced from Karan Beef, established in 1974 by Ivor Karan, raised on farmland just outside Heidelberg. Through specialized farming Karan Beef is able to supply and maintain their distinction as a premier supplier of quality beef in South Africa.

Our steaks are carefully selected and hand cut by our butcher before being aged through a specific maturation process. This allows us to offer you the best prime cuts available seasoned with our **aromatic house spice**, infused with crushed mustard seed, rock sea salt and lemon black pepper, before being flame-grilled over volcanic rock with **herbed honey BBQ basting**.

<b>rump</b>	
<b>300 grams</b>	<b>135</b>
<b>500 grams</b>	<b>165</b>
<b>fillet</b>	
<b>200 grams</b>	<b>140</b>
<b>300 grams</b>	<b>155</b>
<b>T-bone</b>	
<b>600 grams</b>	<b>180</b>
<b>Jichana burger 200 gram</b>	<b>95</b>
flame-grilled pure beef homemade patty • toasted signature bun • braised onions • tomato relish • dill pickle	
<b>Jichana's café de Paris butter 20 ingredient recipe</b>	<b>25</b>
whipped butter • cayenne pepper • paprika • curry powder • turmeric • black pepper • sea salt • garlic • onion • mustard • lemon • worcestershire sauce • ketchup • saffron • tarragon • chives • clove • parsley • capers • anchovy	
<b>all sauces</b>	<b>30</b>
madagascar pepper demi-glaze jichana chef jus roast garlic cream truffle scented mushroom creamy cheese spicy chakalaka relish béarnaise blue cheese	

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Our **lamb** is farmed, free range in De Aar, the heart of the Karoo. Dressed by our butcher to unique menu specifications.

**Jichana duo of chops** 155  
200 grams t-bone cutlet + 200 grams double loin cutlet • spiced and basted

**lamb skewer** 155  
250 grams lamb rump pieces from a tandoori spiced yoghurt marinade

Our free range farm **chicken** is raised in the Dargle Valley, Kwazulu-Natal Midlands. **Flame** grilled with lemon and herbs or experience our Dar-es-Salaam restaurant **Baraza's** pili-pili basting!

**one quarter** 90  
**one half** 120

**supreme chicken** 120  
boneless chicken breast • flame grilled

### **grilled fish and seafood**

**SASSI listed fresh linefish** 140  
at the oceans mercy-our fisherman's catch • an east coast spice rub • lemon butter

**norwegian salmon** 170  
with lemon butter sauce and savoury mango salsa

**grilled LM tiger prawns**  
**six** SQ  
**nine** SQ  
jollof rice • lemon butter • peri-peri sauce

#### **your choice of one starch OR side for all main courses**

home made bafana potato chips • creamed potato mash • shoestring fries • baked potato

OR

crispy battered onion rings • caramelized baby onions and button mushrooms  
fresh steamed market vegetables • curried butternut mash with coriander butter  
baby spinach braised in garlic cream • rocket, red onion and tomato salad

**additional side orders** 30

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## **signature dishes.....**

<b>pepper crusted ostrich fillet</b>	<b>170</b>
250 grams grilled ostrich • roasted baby onions • button mushrooms • sautéed spinach • creamed mash potatoes • red wine jus	
<b>lamb shank</b>	<b>155</b>
slow braised lamb shank • root vegetables • creamy mash potatoes • chef jus	
<b>roast duck</b>	<b>160</b>
confit leg • grilled breast • wok-fried veggie strip noodles • cinnamon scented citrus basting	
<b>haloumi stack</b>	<b>100</b>
haloumi cheese • aubergine • black mushroom • red pepper • baby marrow ribbons garlic buttered grilled polenta • savoury red lentils • saffron veloute • rocket pesto	

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## desserts

<b>ice cream/sorbet</b> our homemade selection	<b>per scoop</b> 20
<b>baked lemon tart</b> toasted candied nuts • lemon sorbet	50
<b>seasonal fruits &amp; berries</b> when available fresh!	45
<b>5 chocolate Valrhona chocolate ball</b> with fresh fruit relish • great to share!	80
<b>Midlands cheese board</b> handmade in the KwaZulu-Natal Midlands • preserves • biscuit	75
<b>cardamon and rose water panacotta</b> infused set cream • berry compote	50
<b>white chocolate lemon curd Lava cake</b> white chocolate shavings • fresh seasonal fruit	60

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