



**JEUNE AFRIQUE**  
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PARC FERMÉ  
RESTAURANT

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*The drive to an exceptional culinary journey  
begins at Parc Fermé... Our valuable  
guests, indulge in the unique Mauritian  
flair of my food.*

# Starters

<b>Prawn Tempura</b> Japanese fried prawns, served with sweet chilli soy sauce & complimented with crunchy vegetables	R135 <sup>00</sup>
<b>Skewer of Spicy Fried Calamari</b> Flash fried with chilli flakes, lemon butter sauce & fresh coriander, served on a bed of rocket leaf salad	R105 <sup>00</sup>
<b>Antipasti</b> Aubergine parmigiana, marinated olives & feta, grilled zucchini sprinkled with parmesan shavings, baked brown mushroom with goat cheese & bread crumbs	(V) R95 <sup>00</sup>
<b>Mozzarella &amp; Parma Ham Parcels</b> Served with rocket leaves, strawberries, cherry tomato & drizzled with balsamic vinaigrette	R120 <sup>00</sup>
<b>Chef Salad</b> A combination of mixed leaves, cherry tomato, crispy bacon, hard-boiled egg, feta cheese, crudité of beetroot & carrots	R95 <sup>00</sup>
<b>Chicken Salad</b> Chicken strips tossed with green leaves, avocado, rabiola cheese & honey mustard dressing	R105 <sup>00</sup>
<b>Prawn &amp; Soba Noodle Salad</b> With green beans, red chilli, ribbon of cucumber, toasted sesame seeds, mint & coriander vinaigrette	R145 <sup>00</sup>
<b>Tabbouleh</b> With cucumber, tomato, feta, olives, parsley, coriander & olive oil	(V) R105 <sup>00</sup>

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## Soups OF THE DAY

<b>Curried Cauliflower Soup</b> With crispy tortilla chips & tomato salsa	R75 <sup>00</sup>
<b>Spicy Chicken Broth</b> Served with crunchy vegetables, deep fried chicken wonton, flavoured with sesame oil & fresh coriander	R90 <sup>00</sup>

# Chef's

## SPECIALITY FISH & SHELLFISH

<b>Pan Fried Catch of the Day</b> Wrapped in parma ham & complimented with a clam chowder & baby vegetables	R225 <sup>00</sup>
<b>Coconut Poached Fish</b> Poached in coconut milk, served with steamed rice, baby spinach, baby carrot, asparagus & sprinkled with chilli flakes	R220 <sup>00</sup>
<b>Whole Baby Fish</b> Marinated & roasted with creole spice, served with wok egg fried rice & salad	R215 <sup>00</sup>
<b>Whole Baby Kingklip</b> Grilled with lemon & herbs, served with steamed rice & vegetables of the day	R235 <sup>00</sup>
<b>Crusted Seared Salmon</b> With pecan nuts & herbs, served with stir fry soba noodles, broccoli, wild mushrooms & teriyaki sauce	R225 <sup>00</sup>
<b>Queen &amp; King Prawns</b> Grilled & served with lemon butter & your choice of starch.	R275 <sup>00</sup>

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## SIDE DISHES

<b>Amala</b>	R55 <sup>00</sup>
<b>Pounded yam</b>	R65 <sup>00</sup>
<b>Plantain</b>	R65 <sup>00</sup>
<b>Jollof rice</b>	R45 <sup>00</sup>
<b>Eba</b>	R45 <sup>00</sup>
<b>Semolina</b>	R45 <sup>00</sup>
<b>Red beans</b>	R55 <sup>00</sup>
<b>Boiled yam</b>	R65 <sup>00</sup>
<b>Okra</b>	R65 <sup>00</sup>
<b>Vegetables assorted</b>	R75 <sup>00</sup>

# Chef's

## SPECIALITY MEAT AND POULTRY

- Parc Ferme Beef Fillet** R235<sup>00</sup>  
Served with creamy polenta gratin, sautéed asparagus, mushroom & leek ragout
- Roasted Rack of Lamb** R275<sup>00</sup>  
Marinated in tandoori spices, served with sweet potato puree, sautéed mushroom, broad beans, tomatoes, crispy lamb macon & a light curry sauce
- Crispy Pork Belly** R185<sup>00</sup>  
Roasted with five spice, accompanied with tomato marmalade, butternut gratin & steamed bokchoy & jus
- Stuffed Chicken Breast** R175<sup>00</sup>  
With apricot, spinach & goats cheese, served with roast vegetables couscous flavoured with mint, coriander leaves & honey mustard sauce
- Crispy Duck Confit** R235<sup>00</sup>  
Cooked in its own fat, served with potato parmentiers, sautéed ribbon of zucchini, fresh herbs & orange sauce
- Whole Baby Chicken** R195<sup>00</sup>  
Grilled with lemon juice, rock salt, chilli & served with Portuguese fries & side salad
- Vegetable & Thyme Wellington** R155<sup>00</sup>  
Served with sweet potato puree & plum tomato sauce

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## Stews & CURRIES

- Traditional Mauritian Chicken Curry** R195<sup>00</sup>  
Blended spices & curry leaves, for an authentic Mauritian curry, served with basmati rice & sambals
- Prawn Curry** R245<sup>00</sup>  
With coconut cream & served with Saffran rice
- Spicy Lamb Curry** R235<sup>00</sup>  
Complimented with steamed rice, homemade roti & pickles
- Slow Braised Lamb Shank** R245<sup>00</sup>  
Served with sweet potato puree, braised onions & button mushrooms
- Oxtail Stew** R235<sup>00</sup>  
Slow cooked in the oven with red wine, baby onions, carrots, baby marrow & potato dumplings, served with a choice of savoury rice, pap or buttered mash

# African

## CUISINE SPECIALS

### NIGERIA

#### Pepper Soup

With catfish/goat/assorted meat & agidi [Pap]

R175<sup>00</sup>

### SOUTH AFRICA

#### Braai vleis/Shisa Nyama

Lamb chops, boerewors, drumstick & beef steak, served with grilled sweetcorn, potato & bacon salad

R205<sup>00</sup>

### ETHIOPIA

#### Doro Wat

Spicy chicken stew with hard-boiled egg, a variety of vegetables & berebere spices

R185<sup>00</sup>

### SENEGAL

#### Mafe

A traditional lamb stew simmered with vegetables & peanut sauce

R235<sup>00</sup>

### TILAPIA - GHANA

#### Deep fried Whole Fish

Topped with a pepper sauce gravy & served with jollof rice

R205<sup>00</sup>

### SOUTHERN AFRICA

#### Mogodu

Tripe stew served with dombolo or pap

R185<sup>00</sup>

### NIGERIA

#### Red Beef Stew

Cooked in a tomato base with thyme and curry, served with jollof rice & hard-boiled egg

R205<sup>00</sup>

#### Red Goat Stew

Cooked in a tomato base, served with Jollof rice & a hardboiled egg.

R225<sup>00</sup>

#### Assorted Vegetable Soup (Okra, Egusi, Obono)

Served with eba or semolina

R195<sup>00</sup>

### MOZAMBIQUE

#### Mozambican Prawns

With garlic, peri peri sauce, beer & served with coconut rice

R285<sup>00</sup>

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## Pasta

Build your own pasta dish: Linguine, Penne, Tagliatelle & Spaghetti

Sautéed prawns with cherry tomato, garlic, chilli & a touch of cream, topped with parmesan shavings R225<sup>00</sup>

Cajun chicken alfredo with mushrooms R145<sup>00</sup>

Arabiatta sauce with pitted olives, capers, toasted pine nuts, basil pesto & fresh herbs (V) R135<sup>00</sup>

Creamy spicy beef trinchado R155<sup>00</sup>

Chorizo, vodka & peas, served with a touch of cream R135<sup>00</sup>

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## Desserts

**Chocolate Fondant** R105<sup>00</sup>  
Decadent hot chocolate pudding with a molten middle, served with vanilla ice cream

**Crème Brûlée** R85<sup>00</sup>  
Rich custard base flavoured with vanilla & topped with a contrasting layer of hard caramel

**Cake of the Day** R85<sup>00</sup>  
Please ask your waiter for the gâteau of the day

**Baked Alaska Cake** R85<sup>00</sup>  
Filled with mocha pecan caramel ice cream

**Cannelloni of Coffee and Pistachio Parfait** R95<sup>00</sup>  
With dusted berries