



bent fork
country kitchen

MENU



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Keith, Helen & our team welcomes you

Down to Earth Farmacy of good food where the soul of our food is fresh,
wholesome, authentic and honest.

The flavours are inspired both by family values, traditions and
our adventurous travels.

Good simple country style slow cooking, introducing flavours
and experiences rarely experienced locally,
whilst making the most of the fresh ingredients
from our home garden.

Wherever possible we make all the components
of our food in-house, using artisanal products, procedures and produce.

For us it is all about the taste and providing wholesome food for you
to share with your family.

In addition to our a-la-carte offerings we bring
'Flavours of the World'
to you.

An exploration of themed specials of the many flavours of the world.
Always wholesome and drawing from the authentic,
but with our influence.

See our Facebook page and other media for updates.

CHALK BOARD SPECIALS OF THE DAY

see chalkboard when available

SERVICE CHARGE	: Discretionary charge of 10% is levied on tables of 8 or more
FUNCTIONS	: Anytime By Arrangement
BOOKINGS	: bentforkcountrykitchen@gmail.com/ Helen 079 080 2382
SPECIALS	: See Chalkboard, Facebook and other media
LIQUOR	: We are currently unlicensed and you are welcome to bring your own. We do charge a corkage fee to cover costs
DISCLAIMER	: Prices & Menu may alter without notice

BF - Banting Friendly

V - Vegaterian

Our Banting Bread and Banting Wraps are Gluten Free

Our Falafels are Vegan Housemade

Where applicable we use Farm Fresh Butter, Olive Oil or Coconut Butter

Thank you for visiting Bent Fork Country Kitchen

BREAKFAST MENU

BREAKFAST

Sunday 10h00 to 12h00 only

served with low gi country style toasted bread
& housemade berry jam

FARMSTYLE FULL - 85

2 fried eggs, 2 slices bacon, greek meatballs
tomato & rustic potato fries

BANTING FULL - 80

2 fried eggs, 2 slices bacon, greek meatballs, tomato & caramelised onion

FARMSTYLE MINI - 65

2 fried eggs, 2 slices bacon & tomato

CREAMY SCRAMBLED EGGS & GRILLED TOMATO

mushroom V-BF - 80

spinach V-BF - 75

creamy V -BF - 70

OMELETTES & GRILLED TOMATO

bacon & cheese - BF - 85

spinach & danish feta V - BF - 80

cheese & mushroom V - BF - 80

CHILAQUILES - 85

nachos baked in our housemade tomato sauce, topped with cheese, 2 fried eggs and salsa V

SAVOURY BELGIUM WAFFLES

served on our housemade belgium waffle

savoury mince, cheese & 2 fried eggs - 85

bacon, banana & syrup - 80

bacon & eggs - 80

creamy mushroom V - 75

scrambled eggs V - 70

EXTRAS

haloumi - 40

bacon, mince, meatballs - 20

cheese, feta, ham, mushrooms, spinach, banana - 15

egg - 10

guacamole - 10

jalapeno chilli relish , chilli, garlic -10

low gi bread - 10

housemade berry jam - 10

RUSTIC POTATO FRIES

full portion - 40

side portion - 20

All meals are prepared to order.

Please allow a minimum of 25 minutes.

ASIA

BEEF PHO - 145

sides of soy & sriracha sauce

housemade beef broth, slivers of beef fillet, egg noodles or glass noodles [v] asian raw greens, herbs

VIETNAMESE FRESH PRAWN ROLLS & SPICY DIPPING SAUCE - 125

rice paper, prawns, rice noodles, greens, cucumber, carrots & herbs

MEXICAN NACHOS

[side of jalapeno chilli relish]

topped with housemade tomato sauce, cheese, guacamole salsa, cream cheese & salsa

with your choice of

LAMB - 95

CHICKEN - 85

CHEESE V - 75

SALADS

MOROCCAN PULLED LAMB SALAD WITH GARLIC MAYONNAISE DRESSING - 105

pulled lamb, greens, cucumber, onion, tomato, feta, butternut & herbs - BF

THAI BEEF SALAD DRESSED WITH SPICY DRESSING- 95

greens, cucumber, tomato, spring onion, herbs, rare slices of beef

topped with coriander & black sesame seeds - BF

VIETNAMESE CHICKEN SALAD DRESSED WITH SPICY DRESSING - 85

cabbage, greens, carrots, cucumber, spring onion, herbs, shredded chicken,

topped with coriander, peanuts, white sesame seeds - BF

GRILLED HALOUMI RAINBOW SALAD WITH OREGANO DRESSING- 80

greens, spinach, tomato, cucumber, onion, pepperes, carrots & grilled haloumi V - BF

GREEK SALAD WITH OREGANO DRESSING - 75

cucumber, tomato, onion, olives, feta V- BF

LITTLE ONES

BEEF PATTY & RUSTIC FRIES - 50

housemade beef patty & tomato

FRANK & RUSTIC FRIES - 50

frankfurter & tomato

MINI MARGHERITA PIZZA - 15cm - 45

housemade tomato sauce & cheese

SWEET TREAT - 45

"decorate me"

ice cream, sprinkles, sweeties...

SWEET ENDINGS

see chalkboard

salted caramel ice cream with almond praline - 55

oreo ice cream cake - 55

dessert of the day - 55

PIZZA

housemade pizza base
banting base on request add R 10

FOCACCIA - 55
topped with rosemary garlic oil
or
topped with chilli garlic oil

MARGHERITA - 75
housemade tomato sauce, cheese & mozzarella

HAWAIIAN - 95
housemade tomato sauce, cheese, mozzarella, ham & pineapple

CYPRIOI - 95 V
housemade tomato sauce, cheese, mozzarella, spinach & feta

REGINA - 95
housemade tomato sauce, cheese, mozzarella, ham & mushroom

SICILIAN - 105
housemade tomato sauce, cheese, mozzarella, olives, artichoke & salami

SPANISH - 115
housemade tomato sauce, cheese, mozzarella, chourizo, mushroom, onion & chilli

FOUR SEASONS - 115
housemade tomato sauce, cheese, mozzarella, ham, mushroom, olives & artichokes

SWEET CHILLI CHICKEN - 125
housemade tomato sauce, cheese, mozzarella, chicken tossed in our housemade sweet chilli

THE GREEK- 145
housemade tomato sauce, cheese, mozzarella, lamb, spinach & feta

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FLAVOURS OF THE WORLD

MEZZE

ITALIAN PLOUGHMAN'S - 185

selection of cheeses , meats, pate/mousse, pickles, olives, preserves, seasonal fruit, mini toasties & flatbread

GREEK MEZZE - 185

pulled lamb, greek meatballs, pulled chicken, tzatziki, hummus, feta, olives, salsa & flatbread

MOROCCAN MEZZE V- 165

falafel, grilled haloumi, tzatziki, hummus, feta, greens, salsa & flatbread

HAWAIIAN POKE BOWL

for freshness & texture all vegetables are served raw & topped with a spicy mango salsa

side of poke & sriracha sauce

served with brown & wild rice

or

glass vermicelli noodles (gluten free)

red cabbage, edamame beans, carrots, spinach, pickled cucumber

MARINATED SALMON - 125

THAI RARE BEEF - 115

TERIYAKI CHICKEN - 110

TURKISH GOZLEME – OUR WAY

toasted soft flour wrap filled with spinach, cheese & herbs

LAMB & FETA - 110

CHICKEN & FETA- 85

SPINACH & FETA V - 80

GREEK GYROS

freshly baked soft flour wrap topped with tzatziki, hummus, greens & salsa

PULLED LAMB - 12 HOUR SLOW ROASTED GREEK STYLE - 115

CHICKEN - SLOW ROASTED GREEK STYLE - 95

FALAFEL - HOUSEMADE V - 80

BANTING LAMB - 120, CHICKEN 95

banting/gluten free wrap

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