

## *A Plant Based African Taste Safari*

Africa is the second largest land mass on earth and home to hundreds of tribes, ethnic and social groups. This diversity is reflected in our cuisine.

Geographically and from a culinary point of view, the continent can be divided into three principal regions: North Africa, sub-Saharan and Southern Africa. Contrary to popular western perceptions of a predominantly meat-based diet many traditional African dishes contain very little meat. In fact, authentic African cooking consists largely of organically produced whole grains and beans, fresh fruit and vegetables. In an increasingly health-conscious society, African cuisine may well become the new healthy way of cooking.





**OUR ENTIRE SET MENU IS SERVED AT YOUR TABLE IN SHARING AND INDIVIDUAL PORTIONS. YOU ARE WELCOME TO ORDER MORE OF ANY OF THE DISHES.**

***Summer garden salad with roasted seeds***

Fresh summer greens with roasted seeds and for a delicious start to our African Feast. Served with a honey and mustard dressing.

***South African vetkoek***

Old-fashioned vetkoek (literally translated as "fat cakes") are delightful, homely buns, made from bread dough and deep-fried

***East African pumpkin fritters with baharat***

Baharat means spices in Arabic. This spice blend has travelled through Africa from the Middle East and is used to flavour meat and vegetables. We use Baharat for our savoury pumpkin fritters which of course can also be sprinkled with cinnamon and sugar for a sweet version

***Egyptian butterbean mash with dukkah***

Dukkah is a dry mix prepared with nuts, sesame seeds, coriander and cumin. We serve this with a soft butterbean mash

***Xhosa imfino patties***

These patties combine two of Africa's staples, maize and spinach. Usually eaten by hand, we have combined them into an easy-to-eat patty

***Moroccan zeilook***

A very traditional dip from Morocco consisting of roasted aubergine, tomato, garlic and olive oil.

***Egyptian spicy lentils***

North African spices abound in this earthy lentil dish

***Tanzanian vegetable curry***

Delicately flavoured vegetable curry with coconut milk

***Moroccan cous cous with summer vegetables and chick pea***

This North african staple made from Semolina grains will be found in most homes at one or all meals. This dish celebrates our abundant seasonal vegetables

***Tunisian tabbouleh salad with baharat spice***

This fresh take on the traditional Arab bulgar wheat version consists of raw broccoli, cauliflower, cucumbers and blood orange olive oil

***Moroccan olive and bean tagine***

All the flavours and gentle spices from North Africa are combined to create a vegetarian tagine (North African clay or ceramic pan)

***Siera Leone red pepper relish***

Inspired by a traditional red pepper chicken dish, this relish can be enjoyed with any of the mains

***Cape Town vegan chocolate ice cream and fresh seasonal fruit***

A rich and creamy ice cream made with coconut milk ends off your feast and settles your stomach