

MIKO

BAR AND LUNCH MENU

SALADS

Caprese Salad	R20 R40
Plum tomatoes and bocconcini with homemade basil dressing and a balsamic reduction	
Chicken Caesar Salad	R50 R80
Chicken, poached egg, croutons, cos lettuce and parmesan shavings with Caesar dressing	
Smoked Salmon Salad	Rxx Rxx
Home smoked trout, avocado, baby leaves, dukah spice and sour cream with spring onion dressing	

VEGETARIAN

Vegetable Arancini	Rxx Rxx
With stuffed mozzarella in a vegetable flavour and basil aioli dipping sauce	
Butternut & Coconut Soup	Rxx
With char-grilled homemade bread	

FISH

Salmon Trout Tartar with Potato Rosti	Rxx Rxx
With lemon and dill infused crème fraiche, fresh capers, dill, red onion and gherkins. Garnished with deep-fried capers and rocket	
Tempura Fish Goujons with Pea Pate	Rxx Rxx
With hand cut fries, smashed potato with spring onion crème fraiche or salad	
Salt and Pepper Calamari	Rxx
Flour seasoned calamari tubes with black pepper, salt and Szechwan Pepper, with lemon aioli and Sriracha sauce drizzled with lemon	

(C) Celery (Cl) Cereals with gluten (CR) Crustacean (E) Eggs (F) Fish (L) Lupin (G) Gluten (M) Milk (Mo) Molluscs (Mu) Mustard (N) Nuts (P) Peanuts (Ss) Sesame (S) Soya (Sp) Sulphur Dioxide (V) Vegetarian. If you have any specific dietary requirements or food allergies please let your waiter know before placing your order. Our chef will be more than happy to adapt any of our dishes where possible.

We favour home grown and local flavours wherever possible and so our menu has been specially created to celebrate the finest ingredients that have made a short journey from source to your fork (some so short it's just walking to the garden and back!). We work hard to reduce our food miles and we are proud to have some fantastic local specialities on our menus! And it doesn't just stop at the food; at Mont Rochelle we are in a unique position to be able to serve a wide range of high quality wines from our very own vineyard. We're all about footprints in the sand and not in carbon, so when you dine with us you can rest assured the food is sourced locally and responsibly. Think of it as you helping the environment – one bite at a time! Talk to one of the team to find out more about where the food on today's menu has come from.

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MEAT

Beef Fillet Open grilled with green peppercorn sauce and hand cut fries	Rxx
Pulled Pork Burrito Crispy BBQ pork wrapped in a flour tortilla with sour cream, shredded lettuce, tomato, onion salsa and a lightly spiced tomato relish	Rxx Rxx
Grilled Jamaican Jerk Chicken Kebabs Grilled chicken thigh kebabs, pre-grilled peppers, grilled mixed vegetable and jerk gravy on crispy smashed potato with spring onion crème fraiche	Rxx Rxx

BURGERS

All burgers are served with hand cut fries or salad.

Beef Burger With cheese, battered onion, gherkins, lettuce and tomato	Rxx
Chicken Burger With cheese, battered onion, gherkins, lettuce and tomato	Rxx
Impossible Burger Vegan burger with battered onion, gherkins, lettuce and tomato	Rxx

Extras

Bacon, avocado, egg

BRAAI BROODJIES

Traditional South African toasted sandwiches served with a tomato smoor dip.

Chicken Mayo	Rxx Rxx
Ham, Cheese and Red Onion	Rxx Rxx
Cheese, Tomato and Red Onion	Rxx Rxx

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SHARING PLATTERS

Selection of South African cheeses and homemade preserves Gorgonzola, smoked kwaito and pecorino	Rxx
Selection of charcuterie served with homemade pickles & chutneys Italian salami, Black forest ham and coppa	Rxx

SIDES

Hand cut chips	Rxx
Crispy crushed potato	Rxx
Crispy onion rings	Rxx
Fresh salad	Rxx
Fine beans with red onion & almonds Sumac spiced baby carrots	Rxx

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DESSERTS

Cinnamon crème brulee(E)(M)(G)(Sp)(N)	R75
Raspberry ripple ice cream, sesame tuiles and shortbread crumble	
*paired with Klein Constantia Vin de Constance 2009	R195
Baked vanilla cheesecake(E)(M)(G)(Sp)(N)	R90
Orange grapefruit salad with Van der Hum reduction and ginger biscuit crumble	
*paired with a glass of Mullineux Straw Wine NV Swartland	R155
Dark Chocolate fondant (E)(M)(G)(Sp)(N)	R90
Raspberry leather, hazelnut ice cream and honeycomb	
*paired with a glass of Allesverloren 2011 Swartland	R60
Vanilla panna cotta (Ci)(E)(G)(M)(N)(P)(Sp)	R85
Sweet Glühwein mixed berry compote, crunchy crumble, white chocolate ice cream and raspberry coulis	
*paired with a glass of Nederburg Reserve Noble Late Harvest 2013 Paarl	R60
Seasonal fruit plate (Sp)	R80
Selection of seasonal fruit with sorbet of the day	
*paired with a glass of Paul Cluver Riesling Noble Late Harvest Elgin Valley	R60
Local cheeseboard (M)(Sp)(G)(N)	R135
Goats cheese, blue cheese and camembert with chilli and sultana chutney, preserved figs and homemade crackers	
*paired with a glass of De Krans Vintage Reserve 2009 Calitzdorp	R80

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