

## STARTERS

- MIKO Salad (V)(Sp)(Mu)**.....R85  
Pea pâté, pickled red onion, candied baby beets with baby leaves and marjoram dressing
- Smoked Tomato Risotto (V)(Sp)(M)**.....R90  
Braised leeks, coriander and jalapeño pesto with crème fraiche
- Franschhoek Trout Tartar (F)(M)(Sp)(G)**.....R125  
Squid ink tuiles, caper berry foam and smoked tomato, parsley sauce
- Ham Hock and Prune Terrine (M)(Mu)(Sp)**.....R115  
Horseradish emulsion, and wholegrain mustard mayo, meebos purée
- North West Smoked Venison (Sp)**.....R125  
BBQ carrot purée with marinated “spanspek” ,tomato blatjang , cos lettuce and teriyaki dressing
- Malay Butternut and Coconut Soup (V)(Sp)**.....R85  
Roasted coconut flakes, apple crisp and sous vide apples

(C) Celery (CI) 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.

# MIKO

## MAINS

- Butternut and Rosemary Curd Cannelloni (G)(E)(Sp)(M)(V).....R185**  
Spinach and garlic cream, warm pickled beetroot, sweet potato crisps and parmesan
- Sustainable Line Fish(F)(M)(Sp).....R230**  
Celeriac and potato puree, tender stem broccoli, seafood curry velouté and Saldanha Bay mussels
- Roasted Cauliflower (V)(G)(Mu).....R175**  
Homemade Hummus, crispy curry leaves, grilled artichokes and toasted almonds
- Roasted Pork Belly (G)(M)(Mu)(N)(C).....R195**  
Creamed potato, wilted spinach, pork crackling and port jus
- Elgin Chicken Supreme (Sp).....R185**  
Yellow lentil dhal, sweet potato and fine beans topped with red wine jus
- Beef Fillet(C)(G)(Sp).....R280**  
Basil and onion crust with truffle cauliflower, short rib of beef bon bon, butternut puree and grilled artichokes, apple cider jus
- North West Venison Loin (Sp)(G)(C).....R290**  
Salt baked baby beets, butter grilled baby marrow and cranberry jus

## SIMPLY GRILLED

- Line fish of the day (F).....R180
- Beef fillet.....R185
- Venison.....R190
- Trout (F).....R175
- Served with a choice of lemon butter (M) or rosemary jus (C)(M)**

- Side orders.....R45**
- Fine beans with red onion and almonds (N)
- Honey sumac glazed baby carrots (Sp)
- Rosemary-salted skinny fries
- Mash potato, bacon and gravy (C)(Sp)
- Garden salad (M)(Sp)

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## DESSERTS

- Cinnamon Crème Brûlée** (E)(M)(G)(Sp)(N).....R75  
Raspberry gel, sesame tuiles milk tart  
\*paired with **Klein Constantia** Vin de Constance 2009..... R195
- Baked Popcorn and Ginger Biscuit vanilla Cheesecake** (E)(M)(G)(Sp)(N).....R90  
On a butterscotch sauce and caramel popcorn  
\*paired with a glass of **Mullineux** Straw Wine NV Swartland.....R155
- Dark Chocolate Fondant** (E)(M)(G)(Sp)(N)..... R90  
Hazelnut ice cream and honeycomb  
\*paired with a glass of **Allesverloren** 2011 Swartland.....R60
- Frozen Mojito Parfait** (Ci)(E)(G)(M)(N)(P)(Sp).....R85  
Rum and burnt sugar parfait, meringue, lime and mint jelly and a coconut truffle  
\*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....R160
- 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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