



GOLD RESTAURANT - SUMMER MENU 2018

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

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.

START YOUR AFRICAN TASTE SAFARI

South African Seared Ostrich Fillet Salad

Marinated ostrich fillet is combined with summer greens for a delicious start to our African Feast

South African Vetkoek (V)

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

Gluten free option: Cassava toast

TRY SOME STREET FOOD

Tunisian Harissa Spiced Chicken Wings

Harissa is a heavenly spice mix of red peppers, chili, garlic and ground spices. Use with the Ethiopian IAB to calm the fire

Vegetarian option: Masala spiced sweet potato wedges

Moroccan Zaalook (V)

Found on most feasts in Morocco Zaalook is prepared with roasted aubergine, tomato and coriander

Algerian Prawn Briouats

Briouats translates into "little Parcels" and are enjoyed all over North Africa and can be filled with savoury or sweet fillings

Vegetarian option: Tunisian carrot, potato and garlic briouats

South African Cape Malay Samosas (V)

Variations of these crisp pastries can be found throughout the Middle East and Northern African countries. Our version is filled with creamy potato and pea

Ethiopian Iab (V)

A traditional dip made from cottage cheese, yogurt and fresh herbs is the perfect accompaniment to the Harissa chicken wings



ENJOY OUR MAINS, SERVED AFRICAN STYLE, A FEAST TO SHARE AND THEN FILL UP YOUR BOWLS AGAIN – IF YOU HAVE SPACE

Namibian Lamb And Venison Sausage, Pap And Tomato Smoor

Back in the day, Namibia was a German colony and they introduced sausages to us. We serve it with traditional pap - maize meal - and a rich tomato smoor
Vegetarian option: Namibian pap and tomato smoor

Tanzanian Fried Fish With Spinach Sauce

With lakes on its Western and Northern borders, and sea to the East, Tanzania has a rich inspiration for its fish dishes.
Vegetarian option: Moroccan chickpea, olives and tomato tagine

Zanzibar Pilau Rice (V)

One of the Island's traditional meals- layered rice prepared with fresh ground spices and seasonal vegetables

Cameroon Braised Butternut And Coconut (V)

This satisfying dish is fragrant with Eastern spices and coconut, which features strongly in the cooking of the whole African continent

Egyptian Lentil Dhal (V)

Lentils are widely consumed in Africa as a meat substitute or added to meat dishes to bulk them up. This Egyptian version contains fragrant spices and yoghurt

African Beetroot Cake (V)

Fresh beetroot, seeds and ground spices combine in this delicious cake. Enjoy with the sweet dipping sauce
Gluten free option is available on request

Fresh Fruit Kebabs (V)

Fresh seasonal fruits

Sweet Dipping Sauce (V)

To be enjoyed with the Beetroot cake and the fruit kebabs

