



GOLD
OPULENT AFRICAN CUISINE

Gold Restaurant Lunch Menu 2009

CROISSANTS

Served with Salad

Cheese and Tomato _____ R20

Smoked Salmon _____ R35

SALADS

Smoked Salmon and Cream Cheese _____ R35

Prawn and Avocado _____ R55

Green Salad _____ R25

MEAL OF THE DAY _____ R85

Cape Malay Chicken Curry

Fragrant Basmati Rice

Shredded Vegetable Salad

SET MENU _____ R150

Mealie Soup and Cape Malay Puri Crisps

Baby Bobotie

Cape Malay Chicken Curry

Fragrant Basmati Rice

Dhal with Roasted Butternut

Shredded Vegetable Salad

Banana Fritters & Fresh Fruit

HOT DRINKS

Cappuccino _____ R15

Filter Coffee _____ R10

Espresso _____ R10

Double Espresso _____ R15

Café Latte _____ R15

Mochaccino _____ R15

Hot Chocolate _____ R15

Red Espresso _____ R15

Ceylon Tea _____ R10

Green Tea _____ R12

Earl Grey _____ R12

Roobos Tea _____ R10



Drumming Experience



Live Entertainment



Opulent African Cuisine

All our food is freshly prepared on the day and any food that is left over is donated and delivered daily to the South African Children's Home which is responsible for around 43 children. See our web site for more details.



Pulse of Mali at GOLD Restaurant

Pulse of Mali is an eclectic African performance. Based on and inspired by the traditions of Malian performance, it draws influence with its performers from across Africa. In 2004 the GOLD of Africa Museum hosted an exhibition of Malian puppets, Patrimony made by master puppeteer Yaya Coulibaly. This exhibition planted the seeds for the current performance. Influenced by the non-narrative, symbolic performance style of the Bamana people, Pulse of Mali works with the traditions of Bamana performance in a contemporary South African context.

In the animistic Bamana tradition, puppets and masks are intermediaries between the human and spirit world. Performance is an expression and celebration of the interconnectedness of man and nature, the innate balance of human and spirit forces. Puppets are also jesters and entertainers, used in ceremonies celebrating the passing of seasons and coming of age.

Pulse of Mali works with the spirit of this performance style. As people gather to celebrate life and community in the GOLD Restaurant, the performance celebrates the energy of Africa. Choreographed by and with South African dancers and singers performance blends Congolese, Xhosa and contemporary dance rhythms.

Interactive Drumming Experience

GOLD hosts an interactive drum circle every evening for 40 minutes with master facilitator, Eddie. Each participant is given their own djembe drum, and Eddie teaches you the different sounds and rhythms of the djembe.

After a few minutes even the most rhythmically challenged will soon find their African spirit and drumbeat as West African rhythms are heard vibrating through the ancient courtyards.

Museum Tours

The unique museum entices visitors to experience the ancient, sometimes mystical relationship that exists between gold and the African continent through state-of-the-art visuals and artistic displays.

The museum is home to a collection of 350 West African gold artifacts as well as objects from the ancient gold civilisations of Southern Africa.

Functions and Weddings

We are fully equipped to cater for all your function and wedding needs.

