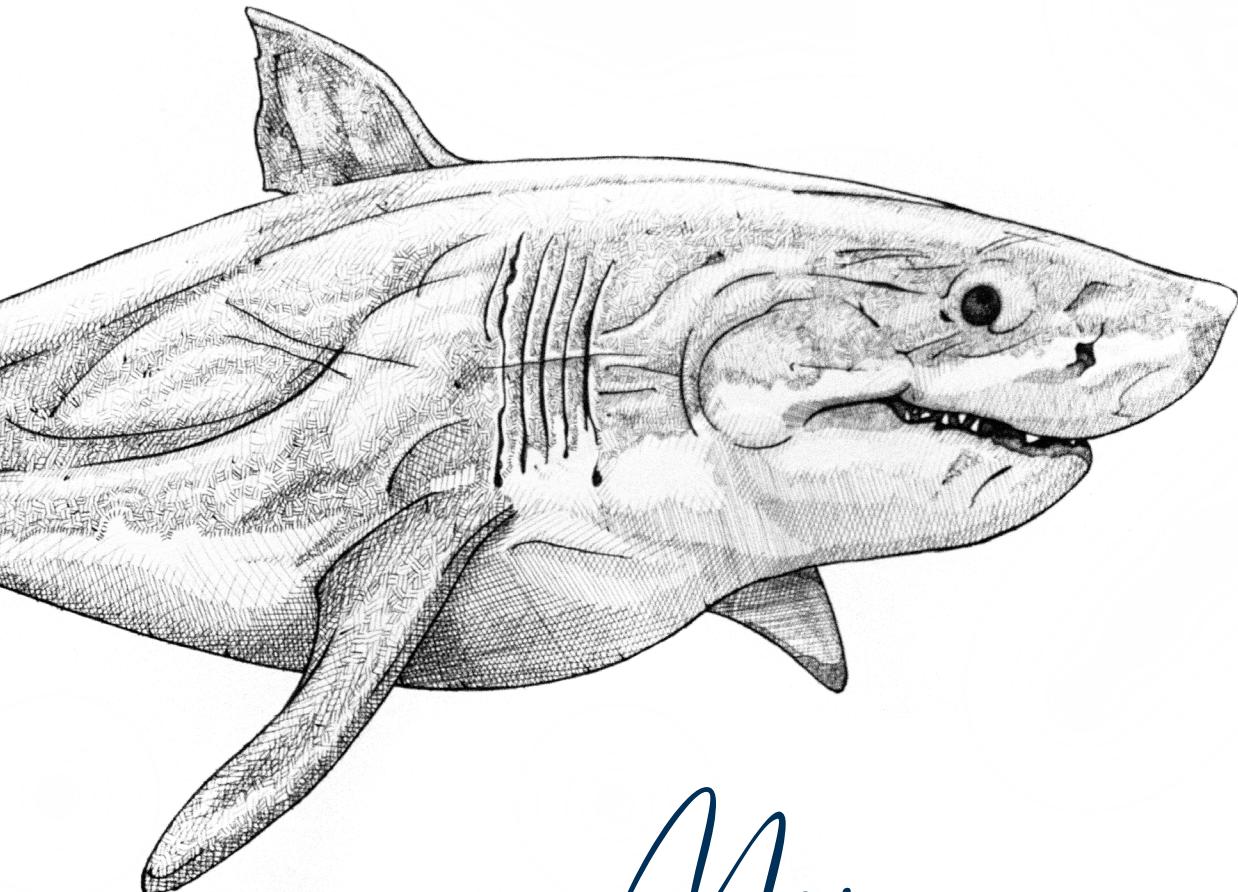
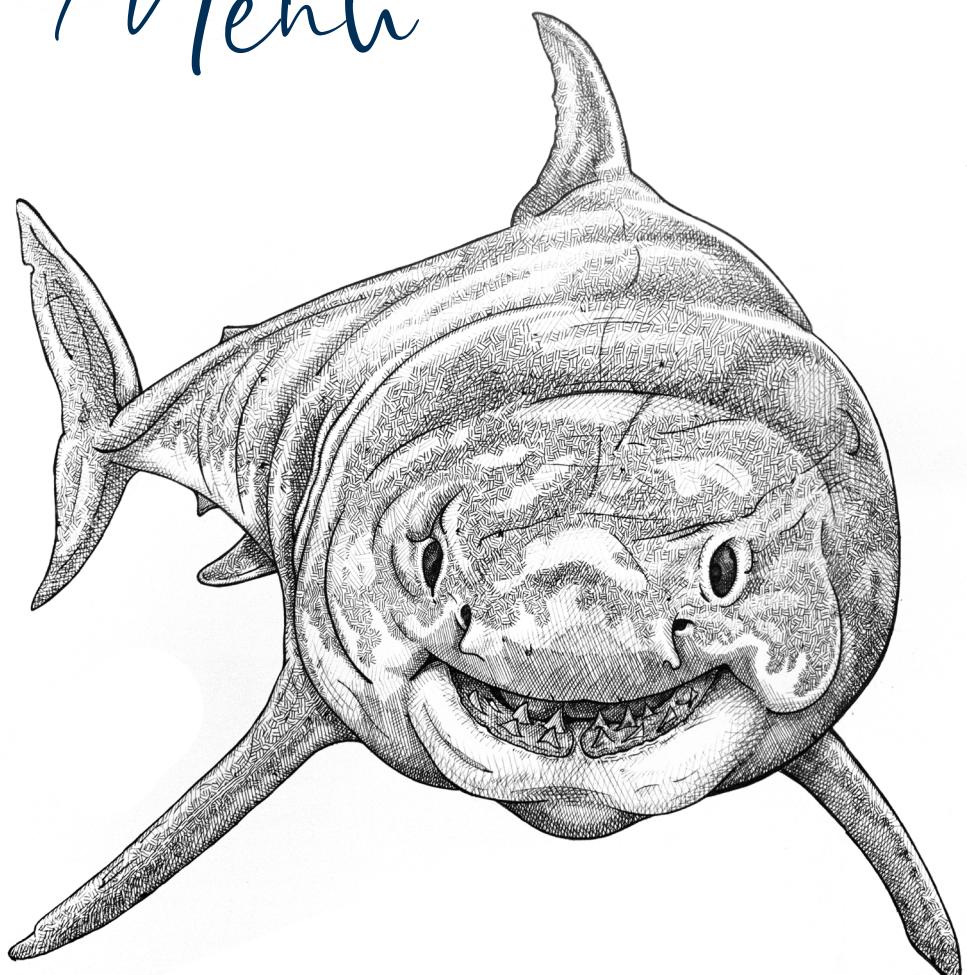




GREAT
WHITE HOUSE
RESTAURANT • SHOP • ACCOMMODATION



Menu



The Great White House restaurant is committed to local and ethical sourcing and we strive to accommodate diverse dietary preferences. We offer creative vegetarian and vegan options alongside traditional favourites and our sustainably sourced seaside fare that includes farmed abalone and unique kelp and seaweed dishes.

*All our meals are lovingly prepared by our dedicated team, and with the support of our valued patrons, who we consider part of our family, we continue to grow and innovate. Your trust allows us to create a dining experience that honours both the environment and the community. **Thank you for being an integral part of our journey.***

Breakfast

served until 11am

All menu items are prepared with free-range, non-GMO Eggs



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Granola Bowl R90

Fruit, Yoghurt, homemade Granola

Warm French-Style Ham Toast Stack R155

Gypsy Ham, Three-Cheese Gratin, Spekboom Chutney

Full English R155

2 Eggs, 2 Rashers of Bacon, Grilled Herb Tomato, Pork or Beef Sausage, Sauté Potatoes served with Toast

Small English R78

2 Rashers of Bacon, 1 Egg, Grilled Tomato, Sauté Potatoes served with Toast

Savoury Mince on Golden Toast R95

Garden-Fresh Salsa and Ripe Avocado Slices

Eggs Benedict

Toasted English Muffin with Bacon

Toasted English Muffin with Smoked Trout

French Toast R80

Bacon, Caramelised Banana, Maple Syrup Drizzle

Vegan Croissant R115

Cocktail Tomatoes, Avocado, Basil Pesto Drizzle

Vegan Eggs Benedict R98

Carrot Lox, Grilled Tofu, Vegan Hollandaise

French Toast in Chickpea Custard R75

Caramelised Banana, Maple Syrup

Two-Egg Omelette

with a Little Bit of Everything

Spinach and Mushroom Vegan Open "Omelette"

Omelettes Options served with Toast and Jam

R90 Folded Three-Egg Omelette with Cheese

R72 Open Two-Egg Omelette with Cheese

Extra Fillings

R15 Cheddar

R15 Mozzarella

R17 Feta Cheese

R20 Bacon

R22 Salami

R15 Ham (Gypsy)

R15 Peppadew

R15 Mixed Peppers

R25 Mushrooms

R15 Spinach

R12 Tomato

R10 Onion

R10 Chillies on the side

Main Menu

From 11h00 until Close

All chicken dishes can be upgraded to pasture-raised chicken for an additional cost of R30



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Starters

Smoked Trout Tartare

Cape Dill Crème Fraîche, Potato Crisp Triangle, Sea Lettuce Dust

Wine Pairing - Lomond SSV or Springfield Estate Miss Lucy

R85



Kelp & Mussel Broth Toasted Bruschetta

Wine Pairing - Lomond SSV or Creation Whale Pod Sauvignon Blanc

R78



Warm Fig, Honeybush & Goat's Cheese Phyllo Parcels

White Wine & Sea Lettuce Emulsion, Toasted Pecans

Wine Pairing - Springfontein Chenin Blanc or Secateurs Chenin Blanc

R110



Crispy Panko & Sesame Mushrooms

Shaved Fennel, Rocket & Apple Slaw, Lemon Herb Aioli

Wine Pairing - Diemersdal Estate Chardonnay or Stettyn Family Vineyards Sauvignon

R88



Chicken Livers

Savoury Brown Sauce, Umphokoqo, Baby Spinach, Red Onion Chilli Jam

Wine Pairing - Lomond Merlot or Gabrielskloof The Blend

R65



Triple Cheese Garlic Bread

Honeybush & Wild Rosemary Infused (Cheddar, Mozzarella & Goat's Cheese)

Wine pairing - Diemersdal Estate Chardonnay or Van Loveren Christina Chardonnay

R95



Shimeji, Shiitake, Black Bean & Tofu Pastry Roll

Aromatic Asian Dipping Sauce, Pickled Radish Salad

Wine pairing - Lomond Sugarbush Sauvignon Blanc (Vegan Friendly) or Secateurs Chenin Blanc (Vegan Friendly)

R95



Cauliflower Wings

Fennel, Orange, Beetroot & Pistachio Salad, Dukkha, Lemon Pelargonium Dressing

Wine pairing - Lomond Sugarbush Sauvignon Blanc (Vegan Friendly) or Springfontein Chenin Blanc (Vegan Friendly)

Bistro Favourites



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Beef Burger R155

Cheddar, Bacon, Rustic-Cut Chips

Wine Pairing - Lomond Syrah or Stettyn Pinotage

Crumbed Chicken Fillet Burger R150

Crème Fraîche, Mozzarella, Smashed Avocado, Chilli & Red Onion Jam

Wine Pairing - Diemersdal Estate Chardonnay or Van Loveren Christina Chardonnay

BBQ Pea Protein Burger R150

Rocket, Vegan Mozzarella, Caramelised Onions

Wine Pairing - Springfontein Chenin Blanc (Vegan Friendly) or Hermanuspietersfontein Bloos Rosé (Vegan Friendly)

Cajun Crumbed Chicken Strips R140

Aromatic Asian Dipping Sauce, Rustic Fries & Salad

Wine Pairing - Creation Whale Pod Sauvignon Blanc or Springfield Estate Miss Lucy

Prawn Spring Roll R155

Coconut Rice, Asian Cabbage Salad, Sweet Chilli Sauce (Hot)

Wine Pairing - Lomond SSV or Stanford Hills Pink Sauvignon Blanc

Cauliflower Wings R125

Aromatic Asian Dipping Sauce, Rustic Fries & Salad

Wine Pairing - Springfontein Chenin Blanc (Vegan Friendly) or Raka Happiness Brut (Sparkling Sauvignon Blanc)

Beef Lasagne

Side Salad, Mini Garlic Roll

Wine Pairing - Springfield Estate – Thunderchild or Lomond Merlot

R95

Lentil, Kelp & Chilli Bowl and Flat Bread

Garlic, Oyster Sauce, Dill, Savoury Butter Quenelle

Wine Pairing - Creation Whale pod Sauvignon Blanc (Vegan Friendly) or Lomond Merlot (Vegan Friendly)

Filled Wraps

(Wheat / Gluten Free add R15.00)

Sliced BBQ Rump

Rocket, Avocado, Crème Fraîche, Caramelised Onions

Wine Pairing - Lomond Syrah or Gabrielskloof The Blend

Dijon Pulled Pork Neck

Rocket, Coleslaw, Apple Jam

Wine Pairing - Perdeberg Cabernet Sauvignon or Van Loveren Cabernet Sauvignon

R125

Curry Tofu

Spicy Chickpeas, Coconut Cream, Coriander, Pickled Onions

Wine Pairing - Lomond Sugarbush Sauvignon Blanc (Vegan Friendly) or Creation Merlot (Vegan Friendly)

R125

Chicken Thigh

Pineapple & Fig Glaze, Rocket, Feta, Cheddar

Wine Pairing - Raka Pinotage or Diemersdal Chardonnay

Add Rustic Fries - R26

Garden and Coastal Salads



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Citrus & Coastal Herb Salad

Mixed Greens, Fresh Orange, other Seasonal Citrus, Radish, Cucumber Ribbons, Wild Sage, Samphire, Sunflower Seeds

Dressing: Lemon & Wild Sage Vinaigrette

Wine pairing – Secateurs Chenin Blanc or Lomond Sauvignon Blanc (Vegan Friendly)

R75



R95



Zesty Mango & Cucumber Salad

Mango, Cucumber Ribbons, Pea Shoots, Mixed Greens, Cranberry, Chilli, Mint, Cashews

Dressing: Zesty Ginger—Tamarind

Wine pairing – Creation Whale Pod Sauvignon Blanc (Vegan Friendly) or Lomond MCC Brut (Vegan Friendly)

R75



Roasted Cauliflower & Fynbos Herb Salad

Roasted Cauliflower, Mixed Greens, Grilled Corn, Carrots, Red Onion, Dill, Wild Rosemary, Pine Nuts

Dressing: Creamy Fynbos Tahini

Wine pairing - Diemersdal Chardonnay (Vegan friendly) or Springfontein Chenin Blanc (Vegan Friendly)

R88



Sweet Pineapple and Avocado

Carrot Ribbons, Red Onion, Tomato Cocktail, Cucumber, Mixed Lettuce, Basil, Chia Seeds, Grilled Baby Marrow Ribbons

Dressing: Garlic and Cumin Dressing

Wine pairing - Raka Sauvignon Blanc (Vegan Friendly) or Lomond Sugar Bush Sauvignon Blanc (Vegan Friendly)

R85



Sea Greens & Glass Noodle Salad

Glass Noodles, Sea Lettuce, Red Laver, Kelp, Codium, Peppers, Onion, Tomatoes with Asian Dressing

Wine pairing – Springfield Estate Miss Lucy (Vegan Friendly) or Lomond SSV (Vegan Friendly)

Choices to add to Salad

R75 Rump Steak (125g) R75

R68 Prawn Meat

R45 Grilled Chicken

R68 Smoked Trout

R75 Warm Goat's Cheese (Panko Crumbed)

R70 BBQ Tofu

Main Meals



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Pork Belly with Crackling R195

Rooibos & Orange Jus, Mash, Seasonal Vegetables

Wine pairing – Perdeberg Cabernet Sauvignon or Lomond Merlot

Grilled Chicken Breast R165

Smoky Pineapple & Red Pepper BBQ Sauce, Mozzarella & Parmesan Gratin, Rustic Fries

Wine pairing - Diemersdal Chardonnay or Lomond Sugarbush Sauvignon Blanc

Grilled Lamb Leg Steak R255

Rosemary and Codium Demi-Glace, Golden Maize Croquettes

Wine pairing - Gabrielskloof – The Blend or Van Loveren Cabernet Sauvignon

Pork Ribs R245

Sweet Sticky Glaze, Rustic Fries

Wine pairing - Creation Whale Pod Merlot or Springfield Estate Thunderchild

Coffee Roasted pulled Lamb R185

with Toum and Flatbread, Moroccan Style Salad (Rocket, Beetroot, Mint, Dates, Feta, Pomegranate)

Wine pairing - Lomond Syrah or Perdeberg Cabernet Sauvignon

Ostrich Fillet

Exotic Mushroom Brown Sauce, Creamy Mash

Wine pairing - Thunderchild or Van Loveren Cabernet Sauvignon

Springbok Loin (Smoked Kelp Crust) R220

with Creamy Polenta

Wine pairing - Strandveld – Navigator or Diemersdal Cabernet Sauvignon – Merlot

Crispy Tofu & Wild Greens “Morogo” R165

Umphokoqo, Roasted Red Pepper & Pineapple Sauce

Wine pairing – Lomond Sugarbush Sauvignon Blanc (Vegan Friendly) or Secateurs Chenin Blanc (Vegan Friendly)

Cannellini Bean & Chickpea Schnitzel R155

Rustic-Cut Chips, Mushroom Coconut Cream Sauce

Wine pairing – Springfontein Chenin Blanc (Vegan Friendly) or Lomond Sauvignon Blanc (Vegan Friendly)

Steaks

Beef Rump (250g) R220

Wine pairing – Lomond Syrah or Springfield Thunderchild

Beef Sirloin (250g) R215

Wine pairing – Lomond Merlot or Gabrielskloof The Blend

Beef Fillet (220g)

with Creamy Pepper or Mushroom Sauce, Seasonal Vegetables & Potatoes of the Day

Wine pairing - Perdeberg Cabernet Sauvignon or Lomond Syrah

Curry Dishes



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Yellowtail Green Curry R155

Coconut Milk, Spinach, Sea Lettuce, Lemongrass, Glass Noodles

Wine pairing – Lomond SSV or Springfield Chenin Blanc

Chicken and Mango Curry R155

Steamed Basmati Rice, Tomato and Onion Salsa, Flat Bread

Wine pairing – Stettyn Chardonnay/Pinot Noir Rosé or Stettyn Chenin Blanc

Lamb Curry R185

Steamed Basmati Rice, Tomato and Onion Salsa, Flat Bread

Wine pairing – Gabrielskloof – The Blend or Van Loveren Christina Chardonnay

Bobotie R165

Yellow Rice & Raisins, Banana, Apricot Chutney

Wine pairing - Springfontein Chenin Blanc or Creation Whalepod Sauvignon Blanc

Lentil & Nut Bobotie R145

Yellow Rice & Raisins, Banana, Apricot Chutney

Wine pairing - Secateurs Chenin Blanc (Vegan Friendly) or Springfontein Chenin Blanc (Vegan Friendly)

Add

R30 Vegetables

R45 Salad

Seafood

All Fish enhanced with our Coastal Seaweed & Herb Spice Blend. If allergic to Seaweed, request without

Herb-Battered Hake R175

Tartar Sauce

Wine pairing – Springfield Estate Miss Lucy or Lomond Sauvignon Blanc

Hake & Calamari Combo R238

Wine pairing – Lomond SSV or Standveld Skaamgesiggi Pinot Noir Brut

Grilled Line Fish R195

Garlic Butter or Tartar Sauce

Wine pairing – Diemersdal Chardonnay or Life from Stone Sauvignon Blanc

Line Fish & Calamari Combo R260

Wine pairing – Lomond Sauvignon Blanc or Springfield Estate Miss Lucy

Calamari Strips (Deep-Fried) R165

Tartar Sauce

Wine pairing - Raka Happiness Brut (Sparkling Sauvignon Blanc) or Lomond SSV

All above served with Rustic Fries & Vegetables

Seafood Platter for one R345

2 Prawns, 3 Cream Mussels, Calamari, ½ Hake, ½ Linefish, Rustic Cut Chips

Wine pairing - Lomond SSV or Creation Whalepod Sauvignon Blanc

Grilled Hake R165

Fynbos Cream Sauce, SA Lemon Pickle, Mielie Meel Puffs, Side Salad

Wine pairing - Springfontein Chenin Blanc or Stettyn Sauvignon Blanc

Seafood



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Mussels in Cream or Marinara Sauce R155

Herbed Bruschetta

Wine pairing – Springfield Estate Miss Lucy or Lomond SSV

Oven Roasted Garlic, Lime & Chilli Prawns R285

Seaweed Rice, Garden Salad

Wine pairing – Stettyn Chenin Blanc or Eenzaamheid vin Blanc

Mixed Seafood & Kelp Linguine R230

Prawns, Calamari, Mussels, Line Fish, Tomato—
Kelp Marinara, Side Salad

*Wine pairing – Diemersdal Sauvignon Blanc or
Lomond Sugarbush*

Abalone with Red Laver Rice & Salad

Full R560

Half R355

*Wine pairing – Lomond SSV or
Bouchard Finlayson Sans Barrique Chardonnay*

Oysters (each)

R30 Fresh with Lemon & Tabasco

R45 With Kelp Umami Jam, Pickled Ginger,
Japanese Dressing

*Wine pairing – Strandveld Skaamgesigge Pinot Noir Brut or
Springfield Estate Miss Lucy*

R190 Crispy "Hake" Tofu

Goujons, Rustic Fries, Asian Cabbage Salad,
Ginger Soy Dressing

*Wine pairing – Lomond Sugarbush Sauvignon Blanc
(Vegan Friendly) or Diemersdal Sauvignon Blanc
(Vegan Friendly)*

R180 Linguine in Coastal Seaweed Pesto

Shimeji Mushrooms, Baby Courgettes,
Side Salad

*Wine pairing – Springfontein Chenin Blanc (Vegan Friendly) or
Lomond SSV (Vegan Friendly)*

Kids Menu

Chicken Strips & Chips R70

R30 Vanilla Ice Cream & Chocolate Sauce

Chicken or Beef Burger & Chips R75

R45 Kids Milkshakes

Chocolate

Lime

Bubble-Gum

Vanilla

Strawberry

Banana

Scrambled Eggs on Toast R45

Macaroni and Cheese with Ham R60

Fish Cake and Mash R65

Desserts



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

Fig & Honey Pudding
Mascarpone Ice Cream

R58

Baked Orange Pudding
Crème Anglaise

R60

Lemon Tart
Chocolate Ice Cream

R50

Chocolate Delice
Honeycomb, Chocolate Soil, Orange Sorbet

R55

Banana Caramel Dessert
Honey Bush Gel

R60

Salted Caramel Ice Cream
Chocolate Sauce, Caramelised Pecans

R48

Crème Brûlée

R50

Chocolate Fondant
Mixed Berry Sorbet

R68



Slices of Cake

R75 Cheese Cake

R78 Carrot Cake

R65 Apple Crumble

SQ Cake of the Day

R85 Sugar-Free Cake

R55 Milkshakes (Large)

Banana

Strawberry

Chocolate

Lime

Bubble-Gum

Vanilla

Cookies and Cream

Salted Caramel

Rum and Raisin

Hot Beverages

Americano	R35	R25	Espresso Single
Caffé Latte	R40	R40	Espresso Double
Filter Coffee	R35	R45	Irish Coffee Single
Decaf Filter Coffee	R40	R68	Irish Coffee Double
Baby Chino	R25	R28	Tea
Chocochino	R48		Earl Grey
Hot Chocolate	R45		Green
Chai Latte	R45		Rooibos
Red Cappuccino	R45		English Tea

Cold Beverages

Freshly Squeezed Orange Juice	R55	Mineral Water
Add Ginger Shot	R25	⌚ R22 Sparkling 350ml
Soft Drinks (300ml)	R28	R35 Sparkling 750ml
Coke Coke Light Coke Zero Tab Fanta Orange Sprite Sprite Zero Cream Soda		R22 Still 350ml
Iced Tea	R32	R35 Still 750ml
Appletizer & Grapetizer	R35	
Mixers (200ml)	R25	
Ginger Ale Coke Coke Light Pink Tonic Tonic Water Lemonade Dry Lemon Soda Water Sugar Free Tonic		
Tomato Cocktail	R45	
Cordial	R16	
Lime Kola Tonic Passion Fruit		
Rock Shandy	R60	

Beer & Ciders

Local Draught	340ml	500ml	Ciders
Birkenhead Honey Blonde	R50	R60	R35 Hunters Dry Gold
Birkenhead Premium Lager	R50	R60	R35 Savanna Dry Light
Beer			
Heineken	R32		R35 Heineken Zero
Windhoek Lager	R40		R35 Savanna Lemon
Castle Lager Light	R32		R190 JC Le Roux Sparkling Wine
Black Label	R32		
Windhoek Draught	R40		

Liquor

Gins		Brandy	
Gordon's	R28	R35	Bain's (Wellington)
Bombay	R32	R28	Klipdrift
Award-Winning Gin L-Gin (Elgin Valley)	R38	R28	Olofberg Richelieu
Inverroche Classic, Locally Produced Gin (Stilbaai)	R35	R28	KWV 3 year
		R52	Boschendal Potstill 10 year
Rum		Other	
Captain Morgan Dark	R28	R48	Hennesy Cognac
Red Heart	R28	R22	Cape To Rio Cane
Bacardi	R28	R24	Smirnoff Vodka
Whiskey		R30	Olmega Gold Tequila
J&B Bells	R30	R30	Jägermeister
Jameson	R35	R25	Sambuca Black Gold
Jack Daniels	R33		
Johnnie Walker Black Label	R42	Liquers	
Glenlivet Whiskey	R65	R25	Amarula
		R28	Kahlua
		R28	Peppermint
		R23	Sally Williams
		R50	Cointreau

Glossary of Culinary and Coastal Terms

Aioli: A garlic-flavored emulsion similar to mayonnaise, often used as a dipping sauce.

Amarula: A South African cream liqueur made from the marula fruit.

Avocado Smash: Freshly mashed avocado, lightly seasoned with lemon and salt.

Bain's: A premium South African single-grain whisky from Wellington.

Basil Pesto: Italian sauce made from basil, nuts, cheese, and olive oil; vegan versions use nutritional yeast.

Béchamel Sauce: A smooth white sauce made from butter, flour, and milk.

Birkenhead Brewery: Local craft brewery producing Honey Blonde and Premium Lager.

Bobotie: Traditional Cape Malay spiced mince dish topped with an egg-based custard.

Cajun: A spicy seasoning blend with paprika, garlic, and cayenne pepper, inspired by Louisiana cooking.

Cannellini Beans: Small white Italian beans with a mild flavor and creamy texture.

Caramelised: Cooked with sugar or heat until golden brown and sweet.

Carrot Lox: A vegan alternative to salmon lox, made from thinly sliced, marinated carrots.

Chai Latte: A sweet, spiced tea with milk, flavored with cardamom, cinnamon, and cloves.

Chia Seeds: Tiny seeds rich in omega-3s, fiber, and protein, often used for texture or garnish.

Codium: A soft, dark green seaweed with mild salinity and a distinctive umami flavor.

Crème Anglaise: A light vanilla custard sauce served with puddings and tarts.

Crème Brûlée: Creamy custard dessert with a crisp, burnt sugar crust.

Crème Fraîche: Thick, tangy cultured cream used in sauces or as a topping.

Croquette / Pavé Potatoes: Pressed or layered potato dishes baked or fried until crisp and golden.

Dukkha: An Egyptian nut and spice blend used for texture and crunch.

Fynbos: The unique plant kingdom of the Western Cape, source of edible herbs and aromatics.

Fynbos Herbs: Indigenous aromatic shrubs from the Cape region (e.g., wild sage, honeybush, pelargonium).

Gordon's: Classic London dry gin with juniper-forward flavor.

Gypsy Ham: Lightly smoked, delicately spiced ham with a mild sweetness.

Honeybush: An indigenous plant from the Cape, related to rooibos, with a soft honey aroma.

Inverroche Gin: South African gin infused with Fynbos botanicals.

Kelp: A large brown seaweed high in minerals and natural umami; used in sauces, rice, and crusts.

Kelp Umami Jam: Sweet and savory condiment made from kelp and soy flavors.

Kinkelbos: Wild coastal shrub with resinous, citrusy leaves, used as an aromatic herb.

Lasagne: Layers of pasta sheets baked with meat, tomato, and béchamel sauce.

Laver (Red Laver): A red seaweed with a savory, oceanic taste, used fresh or dried.

Lemon Pelargonium: South African herb with lemon-scented leaves, used to flavor dressings and desserts.

Lemongrass: A tropical herb with a lemony fragrance, used in Asian-style curries and broths.

Linguine: Long, flat pasta noodles similar to spaghetti but wider.

Mascarpone: A creamy Italian cheese used in desserts like tiramisu or served with puddings.

Mielie Meel: Coarse South African maize meal used for porridge or fried puffs.

Morogo: Traditional African dish of wild greens, similar to spinach.

Mushroom 'Risotto': A creamy, rice-like dish made using brown mushrooms and local grains instead of rice.

Panko: Japanese-style breadcrumbs known for their light, crisp texture.

Pastry Roll (Phyllo): Thin, flaky pastry baked until golden, filled with savory or sweet ingredients.

Peppermint Liqueur: A sweet mint-flavored spirit often used in dessert cocktails.

Phyllo (Filo) Pastry: Paper-thin pastry layers used for light, crisp bakes such as parcels or pies.

Red Laver: A type of red Seaweed with a savory, oceanic taste.

Rooibos: Caffeine-free South African red tea known for its nutty, slightly sweet flavor.

Rooibos & Orange Jus: Sweet, aromatic pan sauce infused with rooibos tea and orange zest.

Samp: Coarsely ground maize kernels, a traditional African starch.

Samphire: A crisp, salty coastal succulent often blanched or pickled for salads.

Sea Lettuce: Bright green, delicate Seaweed with a clean ocean flavor.

Seaweed Pesto: A coastal twist on pesto made with sea lettuce, kelp, and local herbs.

Smoked Kelp Crust: A seaweed-based crust used to enhance flavor in game meats like springbok.

Spekboom: Edible succulent with tangy, citrusy leaves; often added to chutneys and salads.

Tamarind: A tropical fruit used for its tangy flavor in sauces and dressings.

Tartar Sauce: A creamy condiment made from mayonnaise, capers, pickles, and herbs.

Tessies Water: Locally sourced still and sparkling mineral water.

Toum: A Lebanese garlic emulsion that's creamy and intensely garlicky.

Umami: The 'fifth taste' describing a deep, savory flavor found in Seaweed, mushrooms, and meat.

Umpokoko: Traditional coarse maize porridge, crumbly in texture, often served with sauces.

Verjuice: A tart juice made from unripe grapes, used in dressings and sauces.

Wild Sage: A native Fynbos herb with a soft, aromatic flavor similar to Mediterranean sage.

(v): Indicates vegetarian dishes.

(GF): Indicates gluten-free dishes.