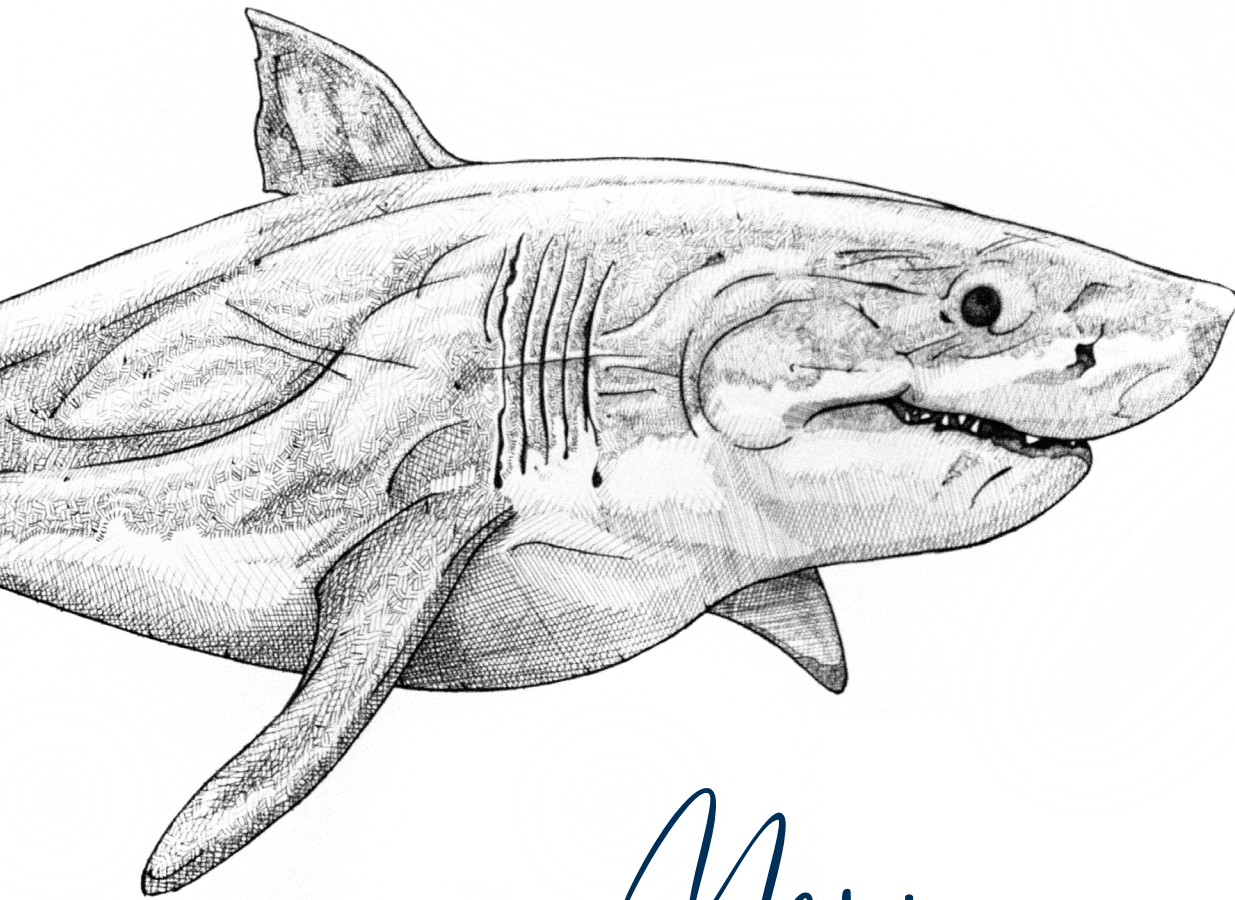
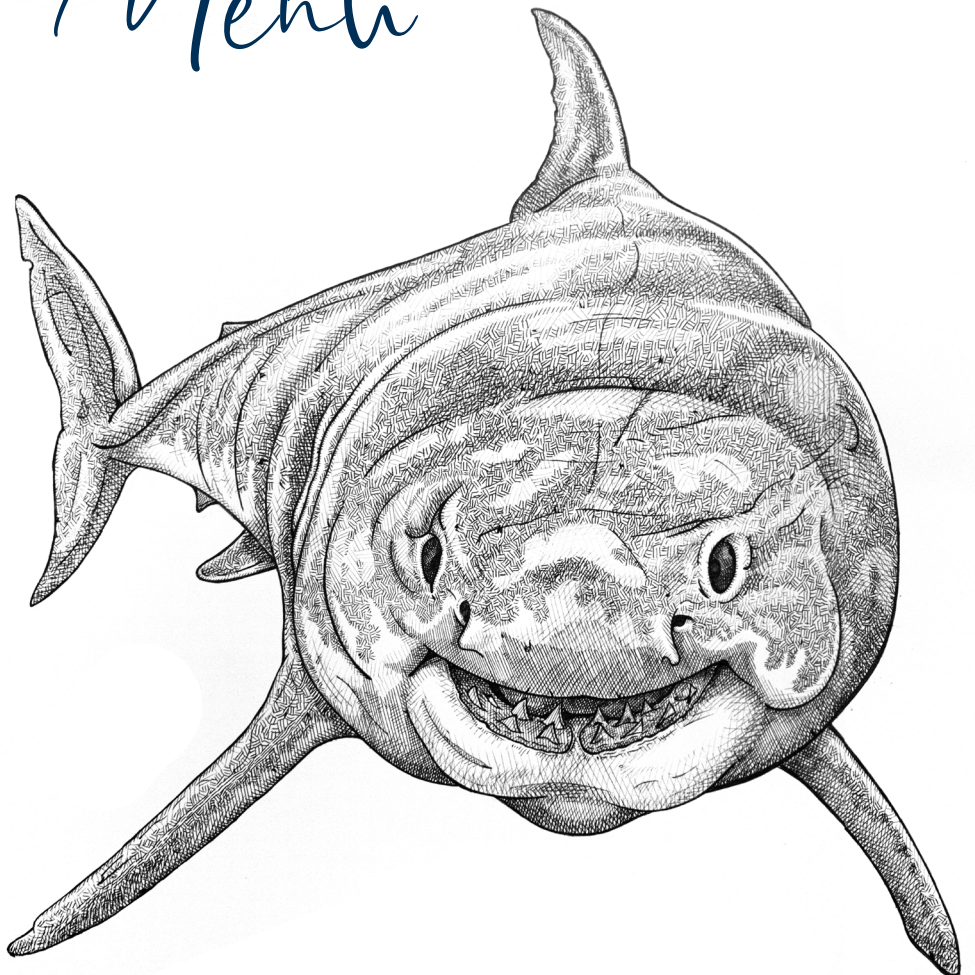




**GREAT  
WHITE HOUSE**  
RESTAURANT • SHOP • ACCOMMODATION



# 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 R98

Toasted English Muffin with Smoked Trout R125

## 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

## R145 Two-Egg Omelette with a Little Bit of Everything

## R125 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

R85

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

*Wine Pairing - Lomond SSV or Springfield Estate Miss Lucy*

### Kelp & Mussel Broth

R78

Toasted Bruschetta

*Wine Pairing - Lomond SSV or Creation Whale Pod  
Sauvignon Blanc*

### Warm Fig, Honeybush & Goat's Cheese Phyllo Parcels

R110

White Wine & Sea Lettuce Emulsion,  
Toasted Pecans

*Wine Pairing - Springfontein Chenin Blanc or  
Secateurs Chenin Blanc*

### Crispy Panko & Sesame Mushrooms

R88

Shaved Fennel, Rocket & Apple Slaw,  
Lemon Herb Aioli

*Wine Pairing - Diemersdal Estate Chardonnay or  
Stettyn Family Vineyards Sauvignon*

### Chicken Livers

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

*Wine Pairing - Lomond Merlot or Gabrielskloof The Blend*



### Triple Cheese Garlic Bread

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

*Wine pairing - Diemersdal Estate Chardonnay  
or Van Loveren Christina Chardonnay*



### 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)*



### 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)*

## R160 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)

## R150 Sliced BBQ Rump

Rocket, Avocado, Crème Fraîche,  
Caramelised Onions

*Wine Pairing - Lomond Syrah or Gabrielskloof The Blend*

## R140 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

R75



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)*

## Roasted Cauliflower & Fynbos Herb Salad

R75



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)*

## Sweet Pineapple and Avocado

R88



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)*



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)*



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*

## R195 Ostrich Fillet

Exotic Mushroom Brown Sauce, Creamy Mash

*Wine pairing - Thunderchild or  
Van Loveren Cabernet Sauvignon*



## R220 Springbok Loin (Smoked Kelp Crust)

with Creamy Polenta

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



## R165 Crispy Tofu & Wild Greens “Morogo”

Umphokoqo, Roasted Red Pepper &  
Pineapple Sauce

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



## R155 Cannellini Bean & Chickpea Schnitzel

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*

## R255 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*

## R165 Bobotie

Yellow Rice & Raisins, Banana, Apricot Chutney

*Wine pairing - Springfontein Chenin Blanc or  
Creation Whalepod Sauvignon Blanc*



## R145 Lentil & Nut Bobotie

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 Skaamgesiggie 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*

## R165 Calamari Strips (Deep-Fried)

Tartar Sauce

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

All above served with Rustic Fries & Vegetables

## R345 Seafood Platter for one

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

*Wine pairing - Lomond SSV or  
Creation Whalepod Sauvignon Blanc*



## R165 Grilled Hake

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 Skaamgesiggie 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**

**Chicken or Beef Burger & Chips R75**

**Scrambled Eggs on Toast R45**

**Macaroni and Cheese with Ham R60**

**Fish Cake and Mash R65**

**R30 Vanilla Ice Cream & Chocolate Sauce**

**R45 Kids Milkshakes**

Chocolate

Lime

Bubble-Gum

Vanilla

Strawberry

Banana



# Desserts



Dishes prepared with Seaweed



Vegetarian



Vegan



Coastal Fynbos

**Fig & Honey Pudding** R58  
Mascarpone Ice Cream

**Baked Orange Pudding** R60  
Crème Anglaise

**Lemon Tart** R50  
Chocolate Ice Cream

**Chocolate Delice** R55  
Honeycomb, Chocolate Soil, Orange Sorbet

**Banana Caramel Dessert** R60  
Honey Bush Gel

**Salted Caramel Ice Cream** R48  
Chocolate Sauce, Caramelised Pecans

**Crème Brûlée** R50

**Chocolate Fondant** R68   
Mixed Berry Sorbet

## 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

<b>Americano</b>	<b>R35</b>
<b>Caffé Latte</b>	<b>R40</b>
<b>Filter Coffee</b>	<b>R35</b>
<b>Decaf Filter Coffee</b>	<b>R40</b>
<b>Baby Chino</b>	<b>R25</b>
<b>Chocochino</b>	<b>R48</b>
<b>Hot Chocolate</b>	<b>R45</b>
<b>Chai Latte</b>	<b>R45</b>
<b>Red Cappuccino</b>	<b>R45</b>

<b>R25</b>	<b>Espresso Single</b>
<b>R40</b>	<b>Espresso Double</b>
<b>R45</b>	<b>Irish Coffee Single</b>
<b>R68</b>	<b>Irish Coffee Double</b>
<b>R28</b>	<b>Tea</b>
	Earl Grey
	Green
	Rooibos
	English Tea

# Cold Beverages

<b>Freshly Squeezed Orange Juice</b>	<b>R55</b>
<b>Add Ginger Shot</b>	<b>R25</b>
<b>Soft Drinks (300ml)</b>	<b>R28</b>
Coke   Coke Light   Coke Zero   Tab Fanta Orange   Sprite   Sprite Zero   Cream Soda	
<b>Iced Tea</b>	<b>R32</b>
<b>Appetizer &amp; Grapetizer</b>	<b>R35</b>
<b>Mixers (200ml)</b>	<b>R25</b>
Ginger Ale   Coke   Coke Light   Pink Tonic Tonic Water   Lemonade   Dry Lemon Soda Water   Sugar Free Tonic	
<b>Tomato Cocktail</b>	<b>R45</b>
<b>Cordial</b>	<b>R16</b>
Lime   Kola Tonic   Passion Fruit Rock Shandy	<b>R60</b>

	<b>Mineral Water</b>
📌 <b>R22</b>	Sparkling 350ml
<b>R35</b>	Sparkling 750ml
<b>R22</b>	Still 350ml
<b>R35</b>	Still 750ml

# Beer & Ciders

Local Draught	340ml	500ml
Birkenhead Honey Blonde	R50	R60
Birkenhead Premium Lager	R50	R60

Beer	
Heineken	R32
Windhoek Lager	R40
Castle Lager   Light	R32
Black Label	R32
Windhoek Draught	R40

Ciders	
R35	Hunters Dry   Gold
R35	Savanna Dry  Light

Non-Alcoholic	
R35	Heineken Zero
R35	Savanna Lemon
R190	JC Le Roux Sparkling Wine

# Liquor

Gins	
Gordon's	R28
Bombay	R32
Award-Winning Gin L-Gin (Elgin Valley)	R38
Inverroche Classic, Locally Produced Gin (Stilbaai)	R35

Rum	
Captain Morgan Dark	R28
Red Heart	R28
Bacardi	R28

Whiskey	
J&B   Bells	R30
Jameson	R35
Jack Daniels	R33
Johnnie Walker Black Label	R42
Glenlivet Whiskey	R65

Brandy	
R35	Bain's (Wellington)
R28	Klipdrift
R28	Olofberg   Richelieu
R28	KWV 3 year
R52	Boschendal Potstill 10 year

Other	
R48	Hennesy Cognac
R22	Cape To Rio Cane
R24	Smirnoff Vodka
R30	Olmega Gold Tequila
R30	Jägermeister
R25	Sambuca Black   Gold

Liquers	
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.

**Umphokoqo:** 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.