Nourish

RESTAURANT

MENU

NOURISH - THE RITUAL OF EVERYDAY COMFORT

At Nourish, we believe dining is a daily rhythm-an unhurried ritual of nourishment and gentle indulgence. Whether for breakfast, lunch, or a relaxed evening, our casual, family-friendly space invites you to settle in, surrounded by expansive garden views.

At the centre of our kitchen is the art of hand-prepared comfort. Whether a stone-ground pizza base, a fresh garden salad, or a wholesome breakfast, every dish respects the process. Our breads are baked fresh daily in our artisanal bakery. We source free-range eggs locally and our garden produce is picked just beyond these walls. The honey in your tea, the vegetables on your plate, the eggs in your breakfast- each chosen with care, full of flavour, and rooted in our land.

Nourish is your daily sanctuary of unhurried, garden-influenced food aligned with the rhythm of your day. Take a moment to slow down, enjoy the company, and savour honest, simple dishes-from breakfast to supper-with warmth and ease. If you need anything, just ask. We're here to make every visit natural, satisfying, and genuine.

SALADS

Trout & Avocado Gateau R210

Smoked trout and silky avocado layered into a delicate gateau, served on a bed of rocket and mixed sprouts. Finished with a mustard-lemon dressing, dehydrated cherry tomatoes and crisp crostini.

Seared Asian Beef Salad R180

Sliced Brahman beef fillet, seared and dressed in an Asian soy dressing. Served over tossed pickled carrots, roasted peanuts, baby spinach and fresh mint.

Beet & Goat's Cheese Salad R135

Roasted beetroot on a Turkish tabbouleh with candied walnuts, creamy goat's cheese and a drizzle of balsamic glaze.

Cobb Salad R180

Grilled chicken breast, hard-boiled egg, marinated feta, cherry tomatoes, English cucumber, red onion, mixed garden greens, crispy bacon, avocado and herb vinaigrette.

Quinoa Plant-Based Bowl R160

Spiced chickpeas and fluffy quinoa with red onion, marinated tomatoes, English cucumber, broccoli, roasted marinated peppers, shredded cabbage and a lemon vinaigrette.

Vegan · Vegetarian · Contains Nuts · Contains Wheat · Contains Milk / Dairy

Our menu selection is based on seasonality and the availability of fresh, local produce. Menu items may change at the chef's discretion without prior notice. Additionally, our dishes are prepared in a kitchen that handles nuts and other allergens; while we take great care, we cannot guarantee that our food is entirely allergen-free.

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LIGHT MEALS

Soup of the Day R95
A hearty soup made fresh daily. Served with bread and butter — please ask your friendly waitron for today's selection.

Quiche of the Day R125
Chef's quiche of the day. Please ask your friendly waitron for today's filling.

Gochujang Chicken Wrap R175
Spicy gochujang Korean-style BBQ chicken and sautéed garden julienne vegetables wrapped in a tortilla. Served with hand-cut fries.

Hot Honey & Sriracha Chicken Wings R165
Crispy wings tossed in our house Sriracha and hot-honey glaze. Served with tempura-battered pickled peppadews and crunchy fried onions.

Tempura Vegetables R65
Seasonal vegetables in our home-made tempura batter, served with soy-ginger dipping sauce.

Home-made Potato Croquettes R160
Golden panko-crumbed potato croquettes filled with roasted potato and torched cheese, served with roasted garlic aioli.

PASTA SELECTION

Spaghetti Bolognese R155
Perfectly cooked spaghetti coated in a rich, slow-braised beef ragù infused with tomatoes, garlic, aromatic herbs, and red wine, finished with a crisp tuile.

Forest Mushroom Alfredo R225
Wild mushrooms sautéed with garlic and white wine, folded into a creamy hickory-smoked ham sauce over fettuccine.

Basil & Parmesan Gnocchi R190
Pillowy potato gnocchi tossed in home-made basil pesto with roasted zucchini and peppers, finished with shaved Parmesan.

Garden Vegetable Japchae R185
Stir-fried sweet potato noodles with seasonal garden vegetables in a soy reduction, grilled tofu finished with spring onions and toasted sesame seeds.

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MAIN COURSE

Kashmiri Chickpea & Butter Aubergine Curry R165
Spiced aubergine and chickpeas in a rich, creamy Kashmiri curry. Served with herbed basmati rice, poppadom, traditional sambal and toasted coconut.

Free-Range Chicken Schnitzel R195
Crumbed organic free-range chicken fillet. Served with garden salad, hand-cut fries and cheese sauce.

Confit Pork Belly R255
Two-hour confit free-range pork belly, served with butternut purée, buttery mashed potato, wilted spinach, crispy broccoli, crackling and a honey-mustard reduction.

Smoky Pork Ribs R270
12 hour slow cooked 500g pork ribs glazed with home-made BBQ sauce, served with crispy onions, hand-cut fries and home-made ranch.

Lamb Shoulder R320
Roasted, deboned and rolled free-range Karoo lamb shoulder, served with potato purée, sautéed garden vegetables, pea-and-mint purée and finished with a rich jus.

Brahman Hills Veld-Reared Beef Sirloin R280
28-day dry-aged grilled beef sirloin topped with bone-marrow garlic butter. Served with hand-cut fries, sautéed wild mushrooms, crispy onions and green peppercorn sauce.

Rogan Josh R270
Free-range lamb braised in a Rogan Josh-style curry. Served with lemon pilaf basmati, traditional sambal and roti.

Pollo alla Palta R225
Marinated and grilled chicken thighs drizzled with lemon butter, topped with fresh rocket, sun-dried tomato pesto, parmesan shavings and avocado slices.

Traditional Beer-Battered Fish & Chips R210
Hake fillets in a classic beer batter, served with home-made tartare sauce, mushy peas and hand-cut fries.

Karoo Lamb Chops R325
Char-grilled lamb chops served with carrot mash, sautéed butternut and sweet potato, finished with a rich lamb jus.

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GOURMET BURGERS

Lamb & Blue Cheese Burger R195
Grilled Karoo lamb patty topped with Blue Rock cheese, garlic aioli and red onion marmalade on a toasted brioche bun. Served with rocket and hand-cut fries.

Brahman Hills Veld-Reared Beef Burger R205
180g beef patty with home-made barbecue sauce, wild rocket, mozzarella, crispy pancetta, garlic aioli and Worcestershire onions. Served with hand-cut fries.

Southern Fried Crispy Chicken Burger R225
Southern coated chicken breast with pickled cabbage, grilled pineapple, garden lettuce and a spiced Sriracha reduction. Served with hand-cut fries.

Portobello Vegetable Burger R175
Grilled portobello cap topped with sharp cheddar, creamy goat's cheese, garden rocket, fresh basil pesto and home-made relish on a toasted brioche bun.

DESSERT

Cake of the Day R110
A rotating selection of specialty cakes made by our pastry team. Please ask your friendly waitron for today's choice.

Ginger Sticky Toffee Pudding R105
A warm, moist ginger-infused sticky toffee pudding drizzled with rich toffee sauce, served with vanilla bean ice cream and finished with a crisp almond tuile.

Baked Cheesecake R105
Home-made baked Philadelphia cheesecake with coconut crumb crust and mixed berry gelato.

Lemon Meringue R90
Freshly picked lemon, baked biscuit, torched meringue served with a home-made limoncello ice cream.

Chocolate Brownie R95
Warm chocolate brownie served with vanilla ice cream.

Cheese Plate R235
A selection of artisanal cheeses served with preserves and home-made water biscuits.

Classic Milkshakes R55
Chocolate | Banana | Vanilla | Strawberry | Mixed Berry

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