Nourish

RESTAURANT

GARDEN DINING MENU

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.

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

Quinoa Plant-Based Bowl R160
Spiced chickpeas and fluffy quinoa with red onion, marinated tomatoes, English cucumber, broccoli, roasted marinated peppers, shredded garden cabbage and lemon vinaigrette.

Trout & Avocado Gateau R210
Smoked trout and silky avocado layered into a delicate gateau on a bed of rocket and mixed sprouts. Finished with 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 carrot, snap peas, roasted peanuts, baby spinach and fresh mint.

Beet & Goat's Cheese Salad R135
Roasted beetroot on Turkish tabbouleh with candied walnuts, creamy goat's cheese and a drizzle of balsamic glaze.

SANDWICHES

Pulled Pork on Ciabatta R175
Smoked and braised free-range Boston butt, pulled and tossed in Texan-style BBQ sauce, topped with citrus slaw on grilled Windmills ciabatta. Served with fries.

Steak Sandwich R220
Windmills-grilled Brahman Hills veld-reared beef, black-pepper sear, red onion marmalade, rocket, mozzarella and grain-mustard aioli on toasted Windmills baguette.

Cheese & Tomato R125
Heirloom tomato, sharp cheddar and homemade basil pesto on your choice of artisanal Windmills bread. Served with fries.

Smoked Chicken Mayo R140
House-smoked free-range chicken mayo on your choice of artisanal Windmills bread. Served with fries.

Freshly prepared artisanal bread selection: *white | brown | rye | sourdough | ciabatta | seed bread*
Additions: salad R55 · free-range fried egg R15 · streaky bacon R55 · avocado R35 · sharp cheddar R30

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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DESSERT

Cake of the Day R110
A rotating selection of specialty cakes from our pastry team — please ask your friendly waitron for today's choice.

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

Assorted Muffins R60
Scones R40
Croissant R55

Condiments Tray R45
Butter, berry compote, chantilly cream, cheese and confiture.

Cheese Plate R235
Assorted artisanal cheeses served with preserves and crackers.

HOT BEVERAGES

Plant-based milk available on request.

Filter Coffee	R25	Babycino	R30	Macchiato	R30
Americano	R35	Red Cappuccino	R45	Flat White	R40
Espresso	R30	Iced Coffee	R35	Café Mocha	R50
Double Espresso	R40	Caramel Iced Coffee	R35	Chai Latte	R50
Cappuccino	R40	Café Latte	R40	Hot Chocolate	R40
Milo	R40				

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

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