

Bowl Food Menu

£4.50 each

Hot

Steak & Chips

Cape Malay Chicken Curry

Mechoui Lamb
with Chakalaka


Grilled Calamari
with peanuts & chillies

Fish Baked in Banana Leaves
with chermoula, preserved lemon & olives

Bobotie - Curried Minced Beef Casserole
with a baked egg crust and cinnamon

Slow Roast Pork Belly
with apple, ginger & dukkah spice

South African Sausage & Mash
with a mustard sauce


Butternut Squash Risotto 
& creamy gorgonzola

Kingklip Fish & Chips
served with aioli dip

Ostrich Burger
served with tomato relish


Garbanzos chickpea and Swiss chard 
with chilli & coriander

Sousboontjies 
sweet & sour braised beans

African Bissara 
split pea soup with, cumin, coriander, tomato & garlic
Senegalese sweet potato, rice and beans stew

Cold


Grilled Sweet Potato 
with ginger & lime dressing


Green Lentil & Banana Salad 
with roasted bell peppers,
balsamic, coriander & chilli

Crayfish Cous Cous
with coriander & lime

Green bean & roasted pumpkin
seed salad 

Grilled leeks 
with rosemary & harissa mayonnaise

North African aubergine salad 
with cumin & tahini yoghurt dip

Futari 
a tasty combination of squash, yams,
and coconut milk & coriander

Desserts

Melktert
baked vanilla custard tart
with roasted cinnamon

Koeksisters
deep fried braided doughnuts then
dipped in a honey sugar syrup

Sago pudding
with rosewater & Madagascan vanilla

Rooibos brulee
with honeyed orange

Malva pudding
& apricot ice cream