

The menu of Jichana, "eating good" in Swahili slang, embraces the flavours and aromas of the original East Coast of Africa's spice route.....cassia, cloves, cinnamon, ginger, cardamom, turmeric and pepper.

These robustly flavoursome spices complement the grilling of meat, fish and chicken creating **Jichana!**

to begin with.....

beef carpaccio	65
raw sliced fillet • tomato compote • shaved parmesan • rocket truffle oil	
creamy garlic & saffron mussels	60
half shell Saldanha mussels • saffron • garlic cream • vegetable mirepoix	
Jichana's spicy livers	55
sautéed chicken livers • homemade peri peri sauce • toasted baguette	
prawn gratin	70
peeled prawn tails • red onion • lemon scented cream • cheese	
escargot trio	60
blue cheese sauce • garlic cream • cafe de paris butter • toasted baguette	
black mushrooms	50
sliced charred black mushrooms • balsamic reduction • toasted brioche • hollandaise sauce • rocket	

prices are inclusive of VAT and quoted in Rand

signature salads prepared with only the freshest market ingredients.....

Jichana salad

biltong • blue cheese • mixed greens • red onion • green olives • peppadews • toasted granola

fiery beef

hot as hell spiced char grilled beef strips • rocket • tomatoes • cucumber • avocado • onion tobacco

spicy chicken

pulled rotisserie chicken • avocado • cherry tomatoes • mixed greens • peppadews • tortilla bits

the naked caesar

cos leaves • boiled egg • garlic croutons • anchovies • parmesan shavings

greco

black olives • feta • mixed greens • tomatoes • cucumber • red onion • peppers

seafood

steamed prawn tails • avocado • mixed greens • cherry tomatoes • cucumber • citrus segments (surcharge 10/20)

veggie

grilled peppers • zucchini • aubergine • rocket • sprouts • sundried tomatoes • feta • toasted granola

small

45

large

75

your choice of complimentary house dressings

honeyed pomegranate vinaigrette

classic caesar salad dressing

gingered citrus vinaigrette

creamy herbed ranch style

spiced 1000 island

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from the grill

All our **beef** is premium grade and sourced from Karan Beef, established in 1974 by Ivor Karan, raised on farmland just outside Heidelberg. Through specialized farming Karan Beef is able to supply and maintain their distinction as a premier supplier of quality beef in South Africa.

Our steaks are carefully selected and hand cut by our butcher before being aged through a specific maturation process. This allows us to offer you the best prime cuts available seasoned with our **aromatic house spice**, infused with crushed mustard seed, rock sea salt and lemon black pepper, before being flame-grilled over volcanic rock with **herbed honey BBQ basting**.

rump

300 grams

140

500 grams

170

fillet

200 grams

150

300 grams

165

primerib

500 grams

180

t-bone

600 grams

195

Jichana burger 200 gram

100

flame-grilled pure beef homemade patty • toasted signature bun • braised onions
• tomato relish • dill pickle

Jichana's café de Paris butter 20 ingredient recipe

25

whipped butter • cayenne pepper • paprika • curry powder • turmeric • black pepper
• sea salt • garlic • onion • mustard • lemon • worcestershire sauce • ketchup • saffron
• tarragon • chives • clove • parsley • capers • anchovy

all sauces

30

madagascar pepper demi-glaze

jichana chef jus

roast garlic cream

truffle scented mushroom

creamy cheese

spicy chakalaka relish

béarnaise

blue cheese

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Our **lamb** is farmed, free range in De Aar, the heart of the Karoo. Dressed by our butcher to unique menu specifications.

Jichana duo of chops **175**
200 grams t-bone cutlet + 200 grams double loin cutlet • spiced and basted

lamb skewer **165**
250 grams lamb rump pieces from a tandoori spiced yoghurt marinade

Our free range farm **chicken and duck** is raised in the Dargle Valley, Kwazulu-Natal Midlands. **Flame** grilled with lemon and herbs or experience our Dar-es-Salaam restaurant **Baraza's** pili-pili basting!

one quarter **95**
one half **125**

supreme chicken **125**
boneless chicken breast • flame grilled

grilled fish and seafood

SASSI listed fresh linefish **155**
at the oceans mercy-our fisherman's catch • an east coast spice rub • lemon butter

norwegian salmon **180**
with lemon butter sauce and savoury mango salsa

grilled LM tiger prawns
six **SQ**
nine **SQ**
jollof rice • lemon butter • peri-peri sauce

your choice of one starch OR side for all main courses

home made bafana potato chips • creamed potato mash • shoestring fries • baked potato

OR

crispy battered onion rings • caramelized baby onions and button mushrooms
fresh steamed market vegetables • curried butternut mash with coriander butter
baby spinach braised in garlic cream • rocket, red onion and tomato salad

additional side orders **35**

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signature dishes.....

pepper crusted ostrich fillet	185
250 grams grilled ostrich • roasted baby onions • button mushrooms • sautéed spinach • creamed mash potatoes • red wine jus	
lamb shank	165
slow braised lamb shank • root vegetables • creamy mash potatoes • chef jus	
roast duck	165
confit leg • grilled breast • wok-fried veggie strip noodles • cinnamon scented citrus basting	
vegetarian	
haloumi stack	110
haloumi cheese • aubergine • black mushroom • red pepper • baby marrow ribbons garlic buttered grilled polenta • savoury red lentils • saffron veloute • rocket pesto	

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desserts

ice cream/sorbet our homemade selection	per scoop 20
baked lemon tart toasted candied nuts • lemon sorbet	50
seasonal fruits & berries when available fresh!	45
5 chocolate Valrhona chocolate ball with fresh fruit relish • great to share!	80
Midlands cheese board handmade in the KwaZulu-Natal Midlands • preserves • biscuit	75
cardamon and rose water panacotta infused set cream • berry compote	50
espresso chocolate tart white chocolate shavings • fresh seasonal berries	65

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