



Summer Duck slide

Sliced duck breast served on fine greens with a sherry or brandy butter reduction.
Choose 3 quenelles of vegetable mash to accompany your meal
190

Poached fish of the day

Fish poached in flavourful coconut milk with vegetables and pineapple.
Served with rice or a choice of vegetable carbohydrate from our board.
98

No Carb pasta

Made from baby marrow ribbons. Served with the following sauces:

- Creamy seasonal veg with exotic herbs
- Shrimp with black pepper, cream and whiskey
 - Tomato based beef sauce
- Organic Bacon cream and mushroom

90

Beef lasagne

Baked with layers of caulie rice with a rich tomato base, mozzarella cheese, a herb pesto and Parmesan shavings.
130

Autumn Pork fillet medallions

Served with a sweet plum and tamarind sauce served with your choice of vegetable mash and a side salad from our board.
165

Moussaka

A delicious melding of aubergine, organic beef, cheese and traditional Greek herbs.
Served with an olive and rocket pesto.
140

Grilled butterfly prawns

8 butterfly prawns drizzled with lemon butter. Served on top of fine marinated ribbon vegetables.
170

Please see our daily board for sauce options.
35

Select additional carbohydrates from our board.

Desserts

Poached apple

Stuffed with nuts. Served with a date sauce and a light lavender flavoured cream.
85

Oriental

Pineapple with mint palm sugar. Served with double thick yoghurt.
40

Seasons delight

An intriguing fruit salad with apple, pineapple, citrus, cucumber and young tomato.
Dressed with coriander leaves, cummin seeds and served with fresh cream or double thick yoghurt.
52

Toulouse

Strawberries served with lemon sorbet with Kirshwasser, whipped cream and black pepper.
65

Mad Hatter

3 scoops of basil ice-cream sprinkled with roast almond flakes.
45

Chocolate Mouse

Our way rich, creamy and healthy.
70

Butter cream berry pafait

Berries set in a light fluffy butter cream. with frozen berries.
65



Hot drinks and beverages are on our drinks menu



keto - paleo - natural
S e a s o n s
C U I S I N E



From our farms to your table

All our dishes are made with the freshest ingredients we can find.
Where possible, organically grown produce is used from our farms.

Our meats are sourced from organic farms.

We use organic eggs when where possible.

Our dressing oils are pure and free from heat treating.

Our butter is made from grass fed cows cream.

We use bone broth as a base for most of our soups.

We avoid wheat in our sauces and gravies.

We use full natural fats in our meals.

We promote a banting and natural style paleo diet.



Starters

Earth Wraps

Healthy wraps with a fine cut seasonal vegetable filling, Served with a lemon crushed herbs and honey dressing. Wraps are made from spinach leaves. or wheat tortilla.
spinach wrap 50 Tortilla wrap 55
Add organic beef strips 40 or organic pork strips 30

Seasons fresh quarter slices, choose from our display

Banting slice 40 Wheat slice 35

Hand made wood oven pizza see our board banting base or wheat

Items priced from our board.

Baked Terrine Vegetables

Baked and set in slices with cheese and served with fresh yoghurt. Infused with eastern style herbs and spices.
45

Venison Carpaccio

Thin slices of venison dressed with olive oil, lemon juice, Himalayan salt. Topped with rocket and Parmesan shavings with a chunky cottage cheese and spring onion.
85

Mushroom Ensemble

A warm salad of mushrooms served on a choice of vegetable rösti or spinach wheels, a micro green topping with creamed basil pesto and truffle oil.
Rosti Ensemble 75 Spinach 70

Melanzane Parmigiana

Aubergine slices baked with layers of tomato and onion. Parmesan cheese, herbs mozzarella cheese and a gluten free crema di pasticcera.
65

Tropical prawn cocktail

Prawns served with an avocado and seasonal topical fruit base with micro greens and dressed with rocket and a green onion banting mayonnaise.
115

Please see our daily board for breads on offer
Individually priced

Soups

Spanish Butternut soup (Crema de Calabaza)

Served with cream and flavoured with mild clove, cinnamon, cumin, Seville orange and fine chilli flakes. Optional organic bacon.
75 Add organic bacon 15

Farmers soup meat based

Thick seasonal veg soup with grass fed beef.
100

Oriental chicken lime coconut soup

Chicken, lime and coconut soup with essence of lemon grass, garlic and spring onion.
70

Polish style Borsch (Barsch)

Made from beetroot with pepper and raw apple cider vinegar. Served with a soft poached egg (optional) in the centre and a whirl of cream.
48

Kale and sweet potato (Caldo verde)

A mild and soothing creamed soup with hints of ginger and turmeric. Served with a wisp of turmeric cream and fresh basil .
35
Optional organic bacon
15

Cream of tomato soup

Tomato combined with cream, flavoured with sage and topped with a broccoli puree.
45

Tom yum style prawn soup

Hot and sour flavours of ginger, chilli and lime leaves with mushrooms
80

Please see our daily board for breads on offer



Salads

Cucumber cottage cheese rolls

Served with a spicy tomato salsa and seasonal raw veg salad and avocado oil.
67

Huzzarensia

A medley of beetroot, cabbage, onion, apple, lettuce and beef. Packed with our home made mayonnaise.
80

Seasons superfood salad

tomato, carrot, spring onion, lettuce and micro greens topped with nuts, nasturtium flowers fennel or cellery, wild berries avocado and blue cheese. dressed with our house dressing and nuts
85
Add fatty biltong
20

Cucumber and citrus salad

Served a sweet white wine maple syrup and coriander dressing.
45
Optional glazed organic bacon
15

Santorini salad

With cucumber, lettuce, tomato, onion, olives, feta or haloumi.
Served with a thick Greek style minted tzatziki.
70

Seasons Waldorf

Spinach and celery salad with crispy apple, pineapple dressed with banting mayonnaise and pecan nuts.
56
Add organic bacon 15

Mains

Baked stuffed veg zucchini

Carrot, onion, cabbage and red pepper, kidney beans, lentils and sunflower seeds Topped with cherry tomato and herbs. Served with a delicately spiced cottage cheese and yoghurt dressing.
75

Mexican festival

Veg based nachos with greens, tomato, onion, peppers and tomato salsa. Non GMO corn chips. Served with a melted cheese topping. and avocado guacamole and thick cummin whipped cream.
68
Add Beef 30

Seared venison

Sweet wine and bay leaf reduction with a touch of garlic and creamed spinach. Served with a choice of 3 mashes from our board.
190

Beef rolls

Filled with roast veg and served with a red wine and beef sauce.
Served with 3 quenelles of vegetable mash or veg fries from our board.
165

Cambodian style beef curry

A rich rewarding curry with many levels of flavour. Can be served with cauliflower rice.
135
See board for other vegetable carbohydrates.

Venison Medallions

Dressed with a deep sherry gravy. Served with mash and a side salad from our board.
190

Spring Organic Steak

Served with vegetable fries or conventional fries and a choice of sauce.
195
Add side salad
20

Vegetable mash, vegetable chips or a side salad all go well with these dishes
see our board for side dishes

Our selection board sauces are options for our red meat dishes
35

