



FROM ALL OVER THE **AFRICAN CONTINENT**

Food is one of the most direct and delicious ways to experience authentic culture. In Africa, the culture of food and eating is as fascinating and varied as the continent itself. Contrary to popular perception of a mainly meat-based diet, many traditional African dishes consist of organically produced whole grains and beans, fresh fruit and vegetables. Geographically and from a culinary point of view, Africa can be divided into three principal regions. These are North Africa, sub-Saharan Africa, and the expanse of Southern Africa. Each of Africa's 54 countries is home to various cultural traditions, ethnic groups and cooking practices. A dining experience at GOLD Restaurant is all about taking you through a country-to-country culinary adventure of taste and discovery.

While African cuisine has been influenced by centuries of traders, invaders, colonists and migrants many traditional dishes have been preserved. Our menu is a reflection of Africa's diversity and a celebration of our culinary heritage. You will get to taste new dishes, discover unusual ingredients and enjoy the hospitality for which African people are famous.

SPRING-SUMMER 2015-2016 **SET MENU**

START YOUR SAFARI HERE:

SA BEEF BILTONG & PEPPADEW SALAD

Organic salad leaves tossed with biltong, peppadews and toasted seeds. Biltong is a centuries-old cured beef snack. Peppadew is a peppery yet sweet pepper discovered on an errant bush growing in a South African garden.

SOUTH AFRICAN XHOSA POT BREADS (V)

Individual, slightly sweet breads traditionally baked in a pot over an open fire.

Gluten free option – Cassava bread (made from a delicious and nutritious root vegetable)

ETHIOPIAN IAB (V)

Light and refreshing, this traditional dip is prepared with cured cheese, yoghurt, garlic and fresh herbs. Enjoy with the spicy chicken wings, as a salad dressing or with your pot bread.

TUNISIAN POTATO AND GARLIC BRIOUATS (V)

Popular in North Africa, briouats are small, crispy pastry parcels stuffed with a variety of fillings.

MOZAMBICAN PERI-PERI (PIRI-PIRI) CHICKEN WINGS

Introduced by the Portuguese, the hot chilli pepper, which originated in South America is also known in Southern Africa as "African birds eye" or "African red devil".

Vegetarian option – Kenyan Irio patties (maize meal and spinach)

MALAWIAN KANDALO BALLS (V)

Bite-sized street food snack made with sweet potato, cheese, ground spices and sesame seeds.

ZAMBIAN ZOMBOZZA WITH LAMB AND OSTRICH

Delicately spiced lamb and ostrich mince wrapped in a phyllo pastry parcel.

Vegetarian option – South African Pea & Potato samosas (crisp pastries with various fillings)

DISCOVER OUR MAINS:

TANZANIAN MANGO AND LIME CHICKEN

Free-range chicken breasts prepared with a tropical infusion of mango, lime, coriander and ginger.

CAPE MALAY SEAFOOD CURRY

Malay slaves introduced to the Dutch settlers the delicate spices reflected in this subtly flavoured curry prepared with fresh kingklip and prawns.

Vegetarian option – Vegetable curry

EGYPTIAN KUSHARI (V)

Generally acknowledged as the ultimate Egyptian street food, kashuri is a blend of pasta, lentils and chickpeas in a tangy tomato-based sauce.

NORTH AFRICAN TABBOULEH (V)

Inspired by the original bulgur wheat version, this dish is prepared with raw broccoli, cauliflower, mint, tangerine and a blood orange olive oil dressing.

CAMEROON COCONUT RICE

Widely used in African cuisine, coconut flesh and milk is used to prepare this fragrant basmati rice dish.

END YOUR SAFARI WITH:

MOZAMBICAN BOLO POLANA

Gluten-free potato and cashew nut cake with a rich and smooth flavour.

AFRICAN SEASONAL FRUIT KEBABS

Seasonal fruit skewers served with a decadently sweet dipping sauce.

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