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| Noakes’s Low or No-Carb Diet a La Cafe D’ Arts!  Oven-baked **Omelette**, topped with Balsamic Tomatoes & Onion braise, R59  sauteed Mushroom, Bacon and Rocket   * Chicken in place of Bacon R62 * Add Avo R65     **Scrambled Egg** topped with Spring Onion and Feta or Cottage Cheese  served with Balsamic Baby Tomatoes R35  (optional – Cauli/Broccoli Flourless ‘Bread’ / Slab ) R 8  **Poached Egg on a bed of Spinach**, Hollandaise Sauce, Sauteed Mushrooms  served with Balsamic Baby Tomatoes R55  (optional – Cauli/Broccoli Flourless ‘Bread’ / Slab) R 8  **Frittata** – Baked Creamy Mushroom Egg with Chives served with Bacon, Tomato, R58  Onion Marmalade and Rocket  **Bunless Beef Burger**: Home-made Lean Beef Burger on Cauli Flourless Slab,  Braised Onion, Lettuce, Tomato and served with Roasted Veges R68  Add a Lightly Fried Egg extra R5  Or **Chicken Burger** with same R68  **Salads:**   * Sesame Soya Chicken Strips, on a bed of mixed Salad R58 * Salmon and Avo on a bed of mixed Salad R65 * Tuna and Apple on a bed of mixed Salad R52 * Curried Chicken and pecan Nuts with Papina (subq) R66 * Roasted Vegetables on a bed of Salad R59 * Duck Salad with Nectarines and Pecans R72   **Vegetable Casserole** – Butternut, Peppers, Onion, Carrot and Mushrooms  in a Cheese Sauce and topped with Cheddar Cheese R58   * With Bacon R66 * With Sirloin Steak Strips R70     Honey Mustard **Chicken Fillet** served with Roasted Veges, Salad R66  Kebabs: (served with Roasted Veges and Salad   * **Sirloin Kebabs** with Onion, Peppers & served with Roasted Vege R68 * **Chicken**, Peppers, Courgettes , “Cauliflower Bread”, Tomato, Sweet Potato R64     Chicken Veg **Stir-Fry** topped with a Poached Egg R59  Baked Butterscotch **Apple** with infused raisins, Greek Yoghurt R32  **Lunch Platter**: Cheese - Brie or Camembert, Pepperdew Pate, Charcuterie Hams, R110  Fruit in Season, Pickled Peppers, Almond Seed Bread OR a Croissant  Crustless Spinach, Mushroom and Bacon **Quiche** with Tossed Salad R58  Please note that we always have a selection of foods  on hand such as Soup, etc. You may request dishes  which we can prepare for you as well.  Regards  Lynn |