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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, R59sauteed 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, R58Onion 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 R5Or **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 R66Kebabs: (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 R59Baked Butterscotch **Apple** with infused raisins, Greek Yoghurt R32**Lunch Platter**: Cheese - Brie or Camembert, Pepperdew Pate, Charcuterie Hams, R110Fruit in Season, Pickled Peppers, Almond Seed Bread OR a CroissantCrustless Spinach, Mushroom and Bacon **Quiche** with Tossed Salad R58Please note that we always have a selection of foodson hand such as Soup, etc. You may request disheswhich we can prepare for you as well.RegardsLynn |