

THE LOUNGE



SOUTH AFRICAN AIRWAYS



Discovery

A LA CARTE
MENU

BREAKFAST

(served from 05h30 to 10h45)

Free range soft poached eggs on seeded whole grain bread with peppadew olive oil sabayon sauce, baby spinach and roasted nut crumble

Coconut yoghurt verrine with fresh fruit ceviche, lime mint syrup, spiced pistachio crumb and edible petals

Almond and banana beignets with grilled stone fruit and vanilla crème

Sunrise bowl organic sunny side up eggs, ancient grains, sweet potato, grilled portobello, avocado, cilantro pumpkin seed pesto

LUNCH

HORS D'OEUVRES

(served from 11h00 to 17h45)

Poached rainbow trout and brown rice kedgeree, with edamame beans, wild rocket, and an onion and coriander salad

Fresh herb flat bread topped with cajun spiced ostrich fillet, chargrilled corn and red pepper salsa, and coriander pesto

Seeded wholegrain croute with za'atar spiced hummus, avocado, grilled halloumi and sprouts

Coconut crusted kingklip fillet in a fragrant ginger turmeric coconut sauce, with a quinoa walnut and wild mushroom pilaf

Salmon fillet grilled asparagus and a basil and orange sauce verde

Aubergine piccata served with saffron leek and lentil rice pilaf, smoked paprika wild mushroom mélange, and herbed hummus dressing with petit herb salad

Seared ginger chili chicken supreme with butternut and quinoa timbale, turmeric spiced chicken velouté

Asparagus, green pea terrine, with ginger pickled watermelon, carrot confit and pea shoot salad, served with an almond tuille cracker



DINNER

(served from 18h00)

Butternut and lentil ragout with green split pea dhal puri

Venison moussaka with Turkish salad and pomegranate dressing

Grilled courgette, cannellini beans and feta lasagna with olive and tomato sauce

Fillet of beef with rainbow ratatouille and smoked paprika hummus

Chicken roulade filled with whole-wheat Moroccan spiced couscous served
with broccoli stems and spiced curry "cream" sauce

DESSERTS

(served from 11h00)

Summer pineapple, ginger and turmeric tart served with raspberries

Chocolate date slice with salted caramel and fresh seasonal berries
(gluten and sugar free) and pistachio crumb

Classic chilled strawberry cheesecake with vanilla bean crème

Almond orange cake with granadilla sorbet

