

## WELCOME TO LA VIGNA RESTAURANT

“Simplicity is key... quality ingredients, cooked well with multilayered flavours – nothing complicated, that is my philosophy on food.”

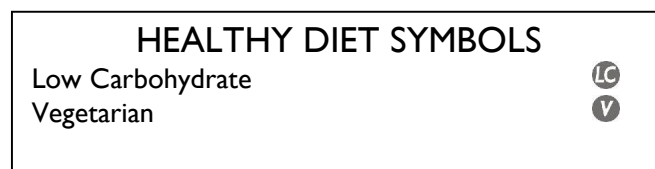
People around the world are increasingly embracing the importance of a nutritious diet and a healthy lifestyle. Here at NH The Lord Charles we are dedicated to providing our guests with delicious “Healthy Diet” alternatives to suit your lifestyle.

We prepare our meals using only the freshest local ingredients, guided by my passion for good, wholesome food. Herbs, spices and only natural flavourants are used to enhance our cuisine.

We prefer to use cooking methods like steaming, grilling, roasting and broiling to maintain the food’s natural nutrients, flavour and juices, ensuring that our new “Healthy Diet” inspired menu offers delicious, alternative choices. So look out for the symbols that point out our low carbohydrate dishes for an even healthier option.

Bon appétit!

Paul Executive Chef



**STARTERS AND SOUPS**

**ROASTED PLUM TOMATO AND CAPSICUM SOUP R40**  
basil oil, olive palmier **V**

**RED ONION TART TATIN R50**  
walnut and parsley pesto **V**

**ROASTED CAPRÉSE SALAD R55**  
reduced balsamic and basil **V LC**

**LA VIGNA CAESAR SALAD R55**  
grilled chicken, quail egg, parmesan, anchovy

**FRANSCHHOEK SALMON TROUT R70**  
pickled cucumber, wasabi yoghurt **LC**

**GRILLED PRAWNS AND HALOUMI R50**  
tomato salsa, mint sour cream

**CHICKEN LEMON GRASS SKEWERS R55**  
mango and coriander salad, coconut dressing **LC**

**CONFIT OF PORK BELLY R65**  
fine beans, pine nut relish

**HERBED KUDU CARPACCIO R75**  
red onion marmalade, pecorino cheese **LC**

**MAIN COURSES**

**PASTA**

**BROCCOLI LINGUINI** **R70**  
rocket pesto, parmesan cheese 

**ROASTED TOMATO RISOTTO** **R85**  
reduced balsamic 

**SMOKED SALMON WITH TAGLITELLI**  
**Ninty5**  
Fresh peas, crème Fraiche

**CHICKEN AND PEANUT EGG NOODLES STIR FRY** **R80**  
Vietnamese mint satay sauce

**FISH**

**PISTACHIO CRUSTED LINE FISH** **R105**  
mange tout, baby corn, sautéed potato, coriander oil

**SEARED RED SNAPPER** **R110**  
scallop's, fennel purée, bisque sauce

Served with mascarpone cheese and garden herbs

**GRILLED**

**TANDORI CHICKEN SUPREME** **R80**  
herbed basmati, courgette fritters, cucumber pomegranate  
raïta

**ROASTED RACK OF KAROO LAMB**  
**Hundred28**  
ratatouille tian, olive oil mash

**PORK LOIN AND CURED HAM** **R90**  
celeriac puree, roasted roots, beurre noisette

**FILLET OF CHALMER BEEF** **R135**  
crushed champ potatoes, crispy onions, béarnaise sauce

**LA VIGNA'S BUTCHER BLOCK** **SQ**  
enquire regarding our select cuts from our trusted butcher

**TWO HUNDRED50 GRAM SIRLOIN BURGER** **R80**  
sautéed onions, blue cheese, bacon, grain mustard  
mayonnaise, French fries

**SIDES ORDER**

**Basmati rice** **R25**

**Shoestring fries** **R20**

**Olive oil mashed potatoes** **R25**

**Sauté baby corn and mange tout** **R25**

**Dressed mixed salad** **R20**

**DESSERTS**

<b>TIRAMISU</b> piped chocolate truffles, kahlula Anglaise	<b>R45</b>
<b>CRANACHAN CHEESECAKE</b> oatmeal biscotti, raspberry coulis	<b>R40</b>
<b>BAKED NEAPOLITAN ALASKA</b> grenaille sauce	<b>R45</b>
<b>CHOCOLATE AND MINT PARFAIT</b> mandarin and white chocolate	<b>R40</b>
<b>THREE SORBETS</b> grilled orange, macerated berries, shortbread	<b>R30</b>
<b>GORGONZOLA CHEESE</b> roasted pears, vanilla syrup	<b>R45</b>
<b>THREE LOCAL CHEESES</b> preserves, biscuits, nuts	<b>R60</b>