

# Forest

SAVOUR A TASTE  
OF THE WILD

  
kingfisher  
RESTAURANT

# breakfast

Served from 07h30 - 10h00

## COLD BREAKFAST SELECTION

- Selection of cereals** R40  
Corn flakes, Coco pops, All bran Flakes or home-made muesli. Served with hot/cold milk or plain/strawberry yoghurt
- Seasonal fresh fruit platter** **V** **GF** R60  
Served with plain or strawberry yoghurt
- Healthy sunrise cup** R75  
Fresh fruit salad of the day topped with plain yoghurt, topped with homemade muesli and drizzled with honey
- Cold meat & cheese platter** **GF** R120  
Consisting of Gypsy ham, pepper salami, 1 soft cheese, 1 hard cheese, preserves  
Served with bread of your choice
- Pastry duo** R60  
Muffin and a freshly baked croissant

## HOT BREAKFAST MENU

- Eggs to order** R50  
Fried, scrambled, boiled or poached
- Omelette to order** R110  
Selection: ham, cheese, mushroom, tomato, onion, peppers.
- Breakfast Burrito** **GF** R110  
Scrambled eggs, bacon, cheddar cheese and avocado served in a tortilla wrap
- Full English Breakfast** R130  
Fried eggs, crispy bacon, mushrooms, baked beans, beef or pork sausage, hash brown (rosti) served grilled tomato.
- Eggs Benedict** R95  
Smoked ham and poached eggs topped with Hollandaise sauce.
- Eggs Florentine** **V** R75  
Sauteed spinach, poached egg topped with hollandaise sauce

*Hot meals above served with bread of your choice.*

**V** VEGETARIAN **GF** GLUTEN FREE

*Gluten-free options available on prior notice (48 hrs).*

[www.mongena.co.za](http://www.mongena.co.za)  
a place where nature and true luxury meet

*Tray charge of R100 applicable for room service*

Please remember to consult our weekly specials board for off-menu items

# light meals

- CAESAR SALAD** **GF** R90  
Crisp lettuce with croutons, Parmesan shavings, boiled egg, smoked trout and a creamy dressing  
*Optional add-ons: grilled chicken, bacon, avocado (seasonal) @ R20 each*
- VENISON CARPACCIO SALAD** **GF** R130  
Mixed lettuce, red onion, radish, mandarin segments, feta cheese, croutons
- GREEK SALAD** **V GF** R110  
Tomatoes, cucumber, onions, feta cheese, bell peppers, and olives served with a Greek dressing on the side
- MEDITERRANEAN HALLOUMI SALAD** **V GF** R110  
Fried halloumi on rocket with roasted capsicums, cucumber ribbons, crispy paprika chickpeas, rosa tomatoes, red onion with a caperberry dressing
- MONGENA QUICHE** **V** R120  
Caramelized onion, feta cheese and baby spinach in a rich egg custard, baked in a home-made crust and served with a side salad
- BUTTERNUT GNOCCHI** **V** R120  
Served with a three-cheese sauce
- OLD FASHIONED FISH AND CHIPS** **GF** R160  
Fried or grilled hake fillet in beer batter, presented with a home-made tartar sauce served with chips or side salad
- BOBOTIE** **GF** R160  
Traditional South African oven-baked beef mince dish infused with Cape Malay spices, topped with an egg custard served with scented cumin, turmeric rice and a pineapple salsa
- PASTAS** **GF**  
Choice of sauces with either linguine, penne pasta topped with grated Parmesan cheese. GF options available.
- Chicken Alfredo** R130  
Chicken, bacon in a creamy cheese sauce
- Al Blanco** R150  
Steamed mussels, prawns and Marinara mix cooked in a white wine and herb sauce
- Mediterranean** **V** R120  
Roasted butternut, mushrooms, caramelized onion, sundried tomato, mixed bell peppers in a rich tomato sauce topped with Parmesan
- WOODLANDS BURGER** **GF** R150  
Toasted sesame bun with home-made beef patty, cheddar cheese, caramelized onion, crispy bacon, grilled black mushroom and burger relish, served with chips
- GRILLED OR FRIED CHICKEN BURGER** **GF** R140  
Fresh toasted in-house sesame bun with grilled or fried chicken breast, coleslaw, cheddar cheese, pickled dill cucumber, served with chips
- MONGENA CLUB SANDWICH** **GF** R115  
Choice of toasted, sliced ciabatta, rye, health or gluten free bread. Grilled chicken breast, crispy bacon strips, basil mayo, lettuce, tomato, fried egg layered between 3 slices of bread, served with chips or side salad.

**SEAFOOD SNACK PLATTER FOR 2** R390

Mussels in a creamy white wine sauce, fried calamari strips, tempura prawns, hake goujons. Served with chips and tartare sauce

**MEAT SNACK PLATTER FOR 2** R380

Cheese grillers, BBQ pork ribs, mini beef sosaties, chicken strips. Served with chips, barbeque sauce & mayo dip

**SIDE SALAD** **V** R60

Mixed greens, rosa tomatoes, cucumber, bell peppers, carrots, radishes and shredded cabbage with a home-made vinaigrette

**POTATO CHIPS** **V** R60

Served with a mayo dip

**TOASTED DELIGHTS** **GF**

**A choice of tramezzini, ciabatta, health bread, white, brown, or rye bread with 1 of the following fillings:**

Honey mustard chicken mayo R95

Ham, cheddar cheese and tomato R95

Salami & mozzarella cheese R95

Grilled mediterranean vegetables with balsamic reduction, topped with melted Mozzarella cheese R90

**KINGFISHER BURRITOS** **GF**

Grilled tortilla served with chips or side salad:

**Chicken Burrito** R120

Cajun grilled chicken strips, julienne carrots, red cabbage, lettuce, red onion, pineapple and tomato salsa, tzatziki and Romesco sauce

**Beef Burrito** R130

Grilled beef strips, cucumber, lettuce, tomato, feta, sweet chilli mayo and hummus

**Vegan Burrito** **V** R115

Vegan tortilla, hummus, julienne carrots and peppers, red cabbage, red onion, spiced black beans, avocado and non-dairy sour cream

**SOUR DOUGH FOCACCIA'S****Garlic Focaccia** **V** R70

Garlic, olive oil, Italian herbs & coarse salt

**Cheesy Focaccia** **V** R75

Mozzarella cheese & Italian herbs

**Venison carpaccio Focaccia** R105

Deep-fried capers, grated parmesan, balsamic glaze

**SOUR DOUGH PIZZA'S WITH A TOMATO BASE****Margarita** **V** R80

Mozzarella, rosa tomatoes & sweet basil

**Mongena harvest Pizza** **V** R130

Roasted butternut, caramelized onion, mushrooms, sundried tomato & feta topped with mozzarella cheese & sweet basil

**Carnivore** R140

Ham, bacon, pepperoni, salami & sweet peppadews

**Marinara** R150

Shrimps, crabsticks, mussels, calamari strips, feta & 1000 island seafood sauce

**Pizza pollo** R130

Grilled chicken pieces, sweet chilli sauce, fresh avocado and feta cheese

**Additional toppings price per topping** R30

Bacon, salami, ham, feta, olives, avocado, mushroom, extra cheese

Chillies, pineapple, red onion R15

# tapas snack menu


(available from 11h30 till 18h00)

All portions serve 1 person



## VEGETARIAN

<b>Patatas Bravas</b>	R65
<i>Potato wedges infused with smoked paprika served with wholegrain vegan mustard mayo</i>	
<b>Crumbed Mushrooms</b> served with roast garlic aioli	R80
<b>Spinach and Mozzarella potato croquette</b>	R85
<i>served with a Romesco sauce</i>	
<b>Cheese and corn samoosas</b>	R80
<i>served with a sweet chilli sauce</i>	
<b>Fried or grilled halloumi</b>  	R75
<i>served with a cranberry relish</i>	

## FISH AND SEAFOOD





<b>Fried calamari strips</b> served with tartare sauce 	R70
<b>Panko crumbed prawns (3)</b>	R80
<i>served with a sweet chilly or honey soya sauce</i>	
<b>Fish goujons</b>	R90
<i>battered hake served with a tartare sauce</i>	



## MEATY TAPAS

<b>Crispy chicken tenders</b> served with a basil lemon mayo	R70
<b>Peruvian chicken wing skewers</b> in a spicy green sauce	R80
<b>Crispy pork belly bits</b> 	R70
<i>with a honey, soya and sesame dipping sauce</i>	
<b>BBQ pork ribs</b> 	R80

# kiddies menu

## FOR KIDS UNDER 11 YEARS

<b>CHEESE TOASTIE</b>	R60
<i>Your choice of bread</i>	
<b>CHEESY MINI BEEF BURGER</b> 	R90
<i>Served with chips</i>	
<b>MINI CHICKEN BURGER</b> 	R80
<i>Served with chips</i>	
<b>CRUMBED CHICKEN STRIPS</b> 	R90
<i>Served with chips</i>	
<b>BATTERED FISH FINGERS</b>	R90
<i>Served with chips</i>	
<b>LINGUINE PASTA</b> 	R70
<i>Served with a tomato sauce</i>	
<b>KIDS VANILLA ICE CREAM AND CHOC SAUCE</b>	R45
<i>Topped with sprinkles</i>	

 VEGETARIAN  GLUTEN FREE

*Gluten-free options available on prior notice (48 hrs).*

# starters

## SOURDOUGH FOCACCIA **V**

Garlic R70  
Cheesy R75

## SOUP OF THE DAY **V GF**

Served with fresh bread R90

## GREEK SALAD **V GF**

This starter portion contains traditional chunky tomato, feta cheese, olives, onions and green peppers with a home-made herb vinaigrette R60

## AUBERGINE INVOLTINI **V GF**

Grilled baby marrow, sun-dried tomato and mozzarella wrapped in roasted aubergine slices, finished in an aromatic tomato sauce R80

## VENISON CARPACCIO SALAD **GF**

Mixed lettuce, red onion, radish, mandarin segments, feta cheese, croutons R80

## CAJUN CALAMARI

Fried, sliced calamari strips, coated in Cajun infused flour, served with home-made basil lime aioli and Basmati rice R120

## CAPE MUSSEL POT **GF**

Steamed mussels in a white wine and cream sauce served with fresh bread R75

## MONGENA CHICKEN LIVERS **GF**

Well-seasoned chicken livers braised with onions and white wine, finished in a creamy chilli tomato sauce mild or hot, served with fresh bread R80

# mains

## FROM THE GRILL

Chicken breast fillet (300g)	R130
Ostrich fillet (250g)	R190
Beef Rump (250g)	R190
Beef Sirloin (250g)	R190
T-Bone steak (500g)	R295

Served with one sauce and one side from the list below:

### SIDES **GF**

- Pan-fried potatoes with onions and mixed peppers
- Biltong potato mash
- Potato chips
- Potato wedges
- Steamed Basmati rice
- South African mielie pap
- Vegetable of the day **V**
- Deep-fried onion rings *not gluten free*

### SAUCES **GF**

- White wine lemon cream
- Creamy mushroom
- Creamy cheese
- Black pepper
- Red wine Bordelaise
- Peri peri
- Tomato and onion

Additional sauces or sides may be ordered at R30 each

# in house specialities

- PEA AND TRUFFLE RISOTTO** **V** **GF** R120  
Arborio rice infused with truffle oil and finished with mushrooms and pea puree topped with Parmesan cheese
- CATCH OF THE DAY** **GF** R205  
Served on potato dauphinoise with a white wine lemon cream sauce and vegetables of the day
- SPATCHCOCK CHICKEN** **GF** R180  
Half baby chicken chargrilled in your choice of peri-peri OR lemon and herb sauce, served with chips or a side salad and vegetables of the day
- THAI CHICKEN AND PRAWN CURRY** **GF** R195  
Prawns and chicken fillet strips prepared in either MILD or HOT yellow curry sauce served in a traditional potjie with Basmati rice, poppadum and sambals
- BUTTERNUT AND CHICKPEA VEGAN CURRY** **V** **GF** R110  
Prepared in a yellow curry sauce with coconut cream served with Basmati rice, poppadum and sambals
- PORK BELLY** **GF** R170  
Slow-cooked, roasted pork belly nestled on potato dauphinoise finished with a butternut puree and a honey mustard sauce served with vegetables of the day
- CHEESY BEEF FILLET (200G)** **GF** R280  
Topped with Camembert cheese and berry coulis, served with biltong potato mash, red wine jus and vegetables of the day
- LAMB SHANK** **GF** R295  
Braised and slow cooked lamb shank served with creamy mashed potato and vegetables of the day

## dessert

- ALMOND CHOCOLATE TORTE** **GF** R80  
Served with vanilla ice cream (*contains nuts*)
- BAKED GERMAN CHEESECAKE** R80  
Accompanied by a berry coulis
- HOME-MADE APPLE CRUMBLE** **GF** R75  
Granny Smith apples with raisins and mixed spice, topped with crumbled pastry and served with vanilla ice cream
- CHOCOLATE SUNDAE** **GF** R70  
Vanilla ice cream layered with chocolate sauce, topped with whipped cream and choc sprinkles
- CRÈME BRÛLÉE** R80
- MALVA PUDDING THE TRADITIONAL WAY** R80  
Served with your choice of vanilla custard or -ice cream
- FRESH FRUIT PAVLOVA** with whipped cream **GF** R65

### SPECIALITY COFFEES FOR DESSERT

- Espresso Martini**  
Chilled Espresso shot, Vodka and Kahlua R90
- Traditional Irish coffee** R65
- Kahlua coffee** R65
- Don Pedro** Traditional alcoholic milkshake Single R65  
Whisky/Kahlua liqueur Double R85