



THE AFRICA CAFÉ

A REAL AFRICAN FEAST

COMMUNAL FEAST - WINTER 2012

Our menu takes advantage of the abundant, *fresh*, seasonal vegetables available in our *home garden* and local markets. We have included plenty of *Organic* and *Raw* ingredients in line with healthy eating trends.

Malawi Mbatata Balls

Sweet potato & cheese balls
rolled in sesame seed

Mwana wa Nkosa

Succulent Karoo lamb stew

Umngqusho

Xhosa staple of samp and beans

Grated carrot, pineapple & beetroot salad

Malawi Chicken Macadamia

Tender filleted chicken breasts in
macadamia nut sauce

West Coast Mussel Curry

Mussels in a mild coconut & lemon-grass
curry sauce

Africa Café Brown rice & Garden Vegetables

Tanzanian Mchicha wa Nazi

Spinach in groundnut sauce

Africa Café Vegetable Soup

Flavoured with seaweed

Brown Lentil Curry

Medium strength lentil curry

Ethiopian Aib

White curd cheese with home-grown herbs

Vegetable Stir Fry

Trio of desserts with South African Liqueur



THE AFRICA CAFÉ

THE RAW FEAST WINTER 2011

Our menu takes advantage of the abundant, fresh, seasonal vegetables available in our home garden and local markets.

The Raw Feast caters for those with gluten and lactose intolerances and is prepared using the finest ingredients.

Raw dishes are not cooked in order to retain all their natural vitality. Raw food is vegetarian and vegan friendly and contains no animal products.

Some foods, like crackers, may be dehydrated at 60°C which produces a crispy texture, but does not reduce the enzymes, vitamins & minerals.

Raw Vegetable stir fry with Honey Glaze

Onion Flat bread with cucumber & African Tree-nut Cheeses

white cashew & dark brazil nut cheese

Spicy Butternut, Apple & Carrot Soup spiced with cumin

Mushroom Walnut Burgers served on onion flat bread

Broccoli Almond Salad

Raw Wrap with seasonal vegetable filling & Poppy seed & pine nut dressing

Carrot Salsa with Nut Mayonnaise Mozambican Sprout Salad

alfalfa & fenugreek sprouts with avocado &
Nut Mayonnaise

Grated Carrot, Pineapple & Beetroot Salad

Congo Salad with Jungle Dressing

Fresh vegetables and fruit in season with an
orange and Palm oil dressing

Ethiopian Coconut Curry

fresh coriander, red pepper & diced
pineapple with ginger, cayenne pepper
& cinnamon sauce

Raw Cacao Chocolate Mousse
