



**JEUNE AFRIQUE**

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PARC FERMÉ  
RESTAURANT

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*The drive to an exceptional culinary journey  
begins at Parc Fermé... Let's indulge our  
valuable guests into the uniqueness  
of my food and its twist of Mauritian flair.*

# Starters

<b>Prawn Tempura</b> Japanese fried prawns, served with sweet chilli soy sauce & complimented with crunchy vegetables	R120 <sup>00</sup>
<b>Skewer of Spicy Fried Calamari</b> Flash fried with chilli flakes, lemon butter sauce & fresh coriander	R90 <sup>00</sup>
<b>Antipasti</b> Aubergine parmigiana, green cabbage dumplings with chilli soy sauce, grilled zucchini sprinkled with parmesan cheese, baked brown mushroom with goats cheese & bread crumbs	(V) R85 <sup>00</sup>
<b>Mozzarella &amp; Parma Ham Parcels</b> Served with rocket leaves, strawberries, cherry tomato & drizzled with balsamic vinaigrette	R110 <sup>00</sup>
<b>Chef salad</b> A combination of mixed leaves, cherry tomato, crispy bacon, hard-boiled egg, feta cheese, crudité of beetroot & carrots	R75 <sup>00</sup>
<b>Chicken Salad</b> Chicken strips tossed with green leaves, avocado, rabiola cheese & honey mustard dressing	R95 <sup>00</sup>
<b>Prawn &amp; Soba Noodle Salad</b> With green beans, red chilli, ribbon of cucumber, toasted sesame seeds, mint & coriander vinaigrette	R110 <sup>00</sup>
<b>Thai Style Papaya Salad</b> Stuffed with sautéed spinach, crispy bacon, gratinated mozzarella cheese & served with tomato & pineapple salsa	(V) R85 <sup>00</sup>

## *Soups* OF THE DAY

- Traditional French Onion Soup** R75<sup>00</sup>  
Topped with a thick slice of toasted French baguette loaded with melted cheese
- Spicy Chicken Broth** R85<sup>00</sup>  
Served with crunchy vegetables, chicken wonton flavoured with sesame oil & garnished with fresh coriander leaves
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## *Chef's* SPECIALITY FISH AND SHELLFISH

- Baked Catch of the Day** R215<sup>00</sup>  
Wrapped in zucchini, topped with pan fried seared scallops, honey roasted almonds & served with red pepper sauce
- Fish en Papillote** R205<sup>00</sup>  
Steamed in a parcel with ginger, lemon grass, tomato concasse, asparagus, white wine & served with quinoa flavored cumin & fresh coriander
- Whole Baby Fish** R195<sup>00</sup>  
Marinated & roasted with Creole spice, served with Wok Egg fried rice & salad
- Whole Baby Kingklip** R230<sup>00</sup>  
Grilled with lemon & herbs served with steamed rice & vegetables of the day
- Crusted Seared Salmon** R225<sup>00</sup>  
With herbs served with wasabi mash, citrus salad, sake & miso beurre blanc
- Queen & King Prawns** R260<sup>00</sup>  
Grilled & served with lemon butter

# Chef's

## SPECIALITY MEAT AND POULTRY

<b>Parc Ferme Fillet</b> Served with polenta gratin, sautéed asparagus & a morel jus	R225 <sup>00</sup>
<b>Roasted Rack of Lamb</b> Marinated in tandoori spices served with sweet potato puree, sautéed mushroom, broad beans, tomatoes, crispy lamb macon & a light curry sauce	R245 <sup>00</sup>
<b>Seared Kudo Loin</b> Wrapped in Parma ham complimented with butternut squash mousseline, sautéed green beans, red wine & chocolate sauce	R205 <sup>00</sup>
<b>Stuffed Chicken Breast</b> With apricot, spinach & goats cheese served with roast vegetables couscous flavored with mint, coriander leaves & honey mustard sauce	R155 <sup>00</sup>
<b>Crispy Duck Confit</b> Served with potato parmentiers, sautéed ribbon of zucchini, fresh herbs & an orange sauce	R235 <sup>00</sup>
<b>Whole Baby Chicken</b> Grilled with lemon juice, rock salt, chilli & served with Portuguese fries & side salad	R170 <sup>00</sup>
<b>Vegetables &amp; Thyme Wellington</b> Served with white onion puree & plum tomato sauce	R135 <sup>00</sup>

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# Stews

## & CURRIES

<b>Traditional Mauritian Chicken Curry</b> Blended spices & curry leaves, for an authentic Mauritian curry, served with basmati rice & sambals	R175 <sup>00</sup>
<b>Prawn Curry</b> With coconut cream & served with Safran rice	R235 <sup>00</sup>
<b>Spicy Lamb Curry</b> Complimented with steamed rice, homemade roti & pickles	R220 <sup>00</sup>
<b>Slow Braised Lamb Shank</b> Served with sweet potato puree, braised onions & button mushrooms	R235 <sup>00</sup>
<b>Oxtail Stew</b> Slow cooked in the oven with red wine, baby onions, carrots, baby marrow & potato dumplings served with a choice of savory rice, pap or buttered mash	R210 <sup>00</sup>

# African

## CUISINE SPECIALS

### NIGERIA

**Pepper Soup** R125<sup>00</sup>  
With goat meat & Agidi [Pap]

### SOUTH AFRICA

**Braaivleis/Shisa Nyama** R185<sup>00</sup>  
Lamb chops, boerewors, drumstick & beef steak  
Served with grilled sweetcorn, potato & bacon salad

### ETHIOPIA

**Doro Wat** R175<sup>00</sup>  
Spicy chicken stew  
With hard-boiled egg, a variety of vegetables & berebere spices

### SENEGAL

**Mafe** R220<sup>00</sup>  
A traditional lamb stew  
Simmered with vegetables & peanut sauce

### TILAPIA - GHANA

**Red-Red with grilled whole fish** R185<sup>00</sup>  
African stew with black eye peas, red palm oil & served with fried plantain

### SOUTHERN AFRICA

**Mala Mogodu** R175<sup>00</sup>  
Curried tripe & dumplings served with hot pap

### NIGERIA

**Beef stew** R175<sup>00</sup>  
Cooked in a tomato base with thyme & curry served with jolof rice or yam

### MOZAMBIQUE

**Mozambican Prawns** R260<sup>00</sup>  
With garlic, peri peri sauce, beer & served with coconut rice

# Pasta

Build your own pasta dish: Linguine, Penne, Tagliatelle & Spaghetti

Sautéed prawns with cherry tomato, garlic, chilli & a touch of cream,  
topped with parmesan shavings R185<sup>00</sup>

Cajun chicken alfredo with mushrooms R125<sup>00</sup>

Arabiatta sauce with pitted olives, capers, toasted pine nuts and basil pesto & fresh herbs (V) R110<sup>00</sup>

Creamy Spicy beef trinchado R135<sup>00</sup>

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# Desserts

**Chocolate Fondant** R85<sup>00</sup>  
Decadent hot chocolate pudding with a molten middle,  
served with vanilla ice cream

**Duo of Crème Brule** R80<sup>00</sup>  
Rich custard base flavored with vanilla & dark chocolate topped with a  
contrasting layer of hard caramel

**Cake of the Day** R75<sup>00</sup>  
Please ask your waiter for the gâteau of the day

**Baked Alaska Cake** R85<sup>00</sup>  
Filled with mocha pecan caramel ice cream

**Fresh Seasonal Fruit Salad** R70<sup>00</sup>  
Gratinated with a champagne sabayon



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# BREAKFAST



Available daily from 06h00 to 11h00

## Continental Breakfast

R120.00

A selection of fruit juices: orange, apple, strawberry, mango, fruit cocktail, pastries and Danishes [croissant, twist roll with poppy seeds, apple turnover, pain au chocolate and muffin]

**A variety of cereals:** All Bran, Corn Flakes, Rice Crispi's, Muesli

A selection of local and French cheeses, fresh fruit, charcuterie and yoghurt

## Full Breakfast

R180.00

A selection from the continental breakfast table as well as a choice of one of our hot menu dishes

## Parc Fermé Breakfast

R75.00

Two eggs: fried, poached or scrambled, crispy streaky bacon, grilled tomato gratinated with parmesan cheese, sautéed mushrooms, hash brown, beef or pork sausage and toast

## Pit Stop Breakfast

R55.00

One Egg: fried, poached or scrambled, grilled tomato, beef or pork sausage, streaky bacon and toast

## Eggs Benedict

R72.00

Two poached eggs served with Gypsy ham or smoked salmon on an English muffin topped with Hollandaise sauce

## Omelettes

R69.00

Create your own omelette with three of the following items:

Ham, tomato, bacon, mushroom, onion, spinach, feta cheese, cheddar cheese, chicken strips and peppers

## Parc Fermé Wrap

R55.00

Rolled with crispy bacon, scrambled egg and cheddar cheese, served with French fries and accompanied with a tomato relish

## Pan Fried Haddock Fillet

R79.00

Accompanied by grilled tomato, sautéed mushroom and with your choice of eggs

## Chef Sandwich

R55.00

Toasted with minced beef, bacon, cheddar cheese and served with French fries

## Traditional French Toast

R49.00

With cinnamon sugar, streaky bacon and maple syrup

## Pancakes

R59.00

Served with a choice of Nutella, cinnamon sugar, maple syrup, Chantilly cream or vanilla ice cream

## Health Breakfast

R59.00

Plain Bulgarian yoghurt or fruit yoghurt layered with muesli, fruit salad and drizzled with honey

## Oats

R49.00

Served with caramelized banana and honey

# PARC FERMÉ RESTAURANT



## LIGHT LUNCH MEALS



Available daily from 11h00 to 18h00

## Parc Fermé Beef or Chicken Burger

R82.00

Served with crispy bacon, topped with a soft fried egg, melted cheddar cheese, mushroom sauce and french fries

## Beef Prego and Portuguese Fries

R82.00

Grilled beef fillet marinated in white wine, garlic and bay leaves served with Portuguese roll

## Chicken Panini

R82.00

Toasted with chicken, mozzarella cheese, rocket leaves and curried mayonnaise

## It is a Wrap

R65.00

Crumbed chicken strips, grated cheddar cheese, sweetchilli mayonnaise and fresh coriander leaves - Filled with lettuce, tomato and onion, served with French fries

## Wok Fried Noodles

R90.00

With chicken and prawn, julienne vegetables, bok choy and soy oyster sauce

## Penne Carbonara

R90.00

Crispy bacon and mushroom in a creamy herb sauce, topped with parmesan cheese

## Chef's Salad

R85.00

A combination of mixed leaves, avocado, crispy bacon, hard boiled eggs, Kalamata olives, feta cheese, whole kernel corn and cherry tomatoes with a cilantro lime dressing

## Salmon Tartare with Smoked Salmon and Quail egg

R75.00

with mixed green leaves and buttermilk dressing

## Grilled Halloumi, Avocado & Lime Salad

Mixed green leaves, bean sprouts, cherry tomato and mixed seeds & lime dressing

## Soup of The Day

R65.00

[Ask your waiter]

## Gourmet sandwiches

available on white bread, brown, rye, French baguette. Low GI/ & tramezzini- plain or toasted

### With a choice of the following

Chicken mayonnaise	R65
Chicken tikka	R65
Tuna mayonnaise	R65
Crispy bacon and avocado	R65
Pastrami, cheese, gherkins avocado and mustard	R65
Ham, cheese and tomato	R65
Smoked salmon, cream cheese, tomato and avocado	R75
Steak, fried onions and cheddar cheese	R75
Lettuce, tomato, onion, cheese, cucumber and mayonnaise	R55
Mozzarella, pesto, tomato and rockets leaves	R65

Served with French fries or side salad

