

All eggs, pork, and beef products are free range and sourced locally. Where possible vegetables are bought from local growers to maximise the benefit tourism provides in our area.

Gluten Free Menu

This menu can all be prepared Gluten Free with either a preorder or an added touch of patience

Starters

Tomato Bruschetta - with Slow Roasted Tomatoes, Basil Pesto with a Confit Garlic & Butterbean Hummus **K40 (V)**

Grilled Halloumi & Carrot Rosti Stack - with Minted Salsa Verde **K55 (V)**

Thai Fish Cakes - Green Herb Salad & Sweet Chilli Sauce **K60**

Chicken Satay - Grilled Chicken Kebabs with Peanut Satay Sauce (no soy) **K65**

Beef Carpaccio – Mustard Cream with Capers, Parmesan and Fresh Rocket **K65**

Lighter Meals

Nachos with Beans, Salsa & Melted Cheese **K75 (V)**
plus Chilli Beef **or** Bacon

Flatdogs' Mixed Platter - Hummus, Salsa, Feta, Olives & Tzatziki & Tortilla Chips **K115**

Sandwiches- served with seasonal salads

Grilled Halloumi, Marinated Aubergine, Spinach, Sundried Tomato & Pesto **K70 (V)**

Fillet Steak, Pan Fried Onions, Tomato & Mustard Mayo **K95**

Tuna, Sweetcorn & Mayo **K80**

Coronation Chicken **K80**

Cassava Flour Pancake Wraps - Homemade Pancake with deliciousness & served with a side salad

Roasted Balsamic Vegetables with Basil and Feta **K75 (V)**

Pulled Pork & Refried Beans **K90**

Cajun Chicken with Avocado (in season) and Lemon Mayo **K85**

Salads - mixed fresh leaves & rocket with a variety of options

Greek - Tomato, Cucumber, Olives, Red Onion & Feta **K90 (V)**

Moroccan - Spicy Butternut, Chickpea & Grilled Halloumi **K90 (V)**

Niçoise - Tuna, Green Beans, Olives & Egg **K95**

Mediterranean - Chicken, Sundried Tomatoes, Olives & Grilled Vegetables **K110**

Toasted / Fresh Sandwiches on Gluten Free Bread- see board for filling choices

Bowl of French Fries **K30**

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Main Courses

Chicken or Vegetable Stir Fry - Chicken and/or Crunchy Vegetables in an Asian sauce, stir fried & served on a bed of Rice Noodles or Rice Vegetable **K95 (V)** Chicken **K115**

Flatdogs Mango Curry with steamed local Rice (*We will make this fresh and avoid curry powders with cereals*) Chicken **K115** Vegetarian **K100**

Chilli Con Carne slow cooked Ox Cheek in Mexican spices served with Rice, Salsa, Tortilla Chips, Sour Cream & Guacamole (in season) **K120**

Homemade Potato Rosti Burgers with French Fries & Side Salad

- Grilled Chicken Breast & Pesto Burger served on a crispy Potato Rosti **K125**
- Classic Beef Burger with Onion Marmalade served on a crispy Potato Rosti **K125**

The 'Infamous' Club Sandwich - a three tier monster treat on gluten Free Bread Chicken, Ham, Tomato, Mustard Mayo, French Fries & Side Salad **K135**

Nsima - our traditional meal, served with two local vegetable relishes
Vegetarian **K80 (V)** Chicken **K90** Fish **K105**

Gluten Free Pasta

- Pesto, Confit Tomatoes and Parmesan Shavings **K90 (V)**
- Chicken in a creamy White Wine & Mustard Sauce with Sundried Tomatoes, Mushrooms (seasonal) and Basil **K110**
- Beef Ragu **K115**

Pan-fried Fillet of Fish - pan fried & served with a Lemon Butter Sauce, Crushed Baby Potatoes & Steamed Seasonal Vegetables **K140**

Flatdogs Pizza - (*homemade Pizza base made with Sweet Potato and Cassava flour*) with Tomato sauce, Mozzarella & a choice of 3 extra toppings (Bacon, Olive, Pineapple, Mushroom, Peppers, Ham, Onions) **K115**

Falafel & Halloumi – Chickpea Falafel with Grilled Halloumi and Roasted Pumpkin, Minted Raita & a green salad **K95 (V)**

See blackboard for daily specials

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Desserts

Gluten Free Chocolate Brownie - with Vanilla Ice Cream **K62**

Fresh Fruit Salad - **K55**

Apple & Berry Crumble - with Custard **or** Cream **K60**

Mango Pavlova - Coconut Crème Patisserie **K60**

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Kids Menu

Lemon and Herb Chicken wings - with Rice & Salad **K60**

Pizza - Cheese & Tomato, Ham & Pineapple **or** Bacon & Mushroom **K60**

Grilled Fish- Tilapia with Sweet Potato Wedges & Salad **K60**

Spaghetti - with Meatballs & Tomato sauce **K55**

or just the Tomato sauce! **K40**

Beef Burger Patty on a Potato Rosti – with French Fries **K70**

Kiddies Salad Platter – Grilled Chicken, Tomato, Carrot Sticks, Cheese and Cucumber **K70**

Teas and Coffees

Cup of Tea or Nescafe (Decaf Nescafe available) **K15**

Pot of Tea (Earl Grey, Rooibos or regular) **K30**

Pot of Filter Coffee (Zambian freshly ground coffee) **K50**