

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

Fresh Spring Rolls – vegetables in rice paper with roasted sesame sauce **K175 (V)**

Tomato Bruschetta - with Slow Roasted Tomatoes, Basil Pesto
with a Confit Garlic & Butterbean Hummus **K160 (V)**

Grilled Halloumi & Sundried Tomatoes – on GF toast with Mint
Salsa Verde **K180(V)**

Potted Duck – served with toasted GF bread and homemade chutney **K210**

Lamb Koftas – lamb koftas with a tahini dip **K200 (N)**

Lighter Meals

Nachos with pickled Jalapeno, Beans, Salsa & Melted Cheese **K215 (V)**
add Chilli Soya **K255** or Chili Beef **or** Bacon **K285**

Sandwiches- on Gluten Free Bread served with seasonal salads

Grilled Halloumi, Spinach, Sundried Tomato & Peanut Pesto **K220 (V)(N)**

Fillet Steak, Pan Fried Onions, Tomato & Mustard Mayo **K285**

(see sandwich board for other filling choices)

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

“Healthy Wrap” - Crispy Cabbage, Rocket, Apple, Sundried Tomatoes, Pickles, Mint and a Garlic Cashew Creme **K195 (V)**

Haloumi, Avocado (in season), Hummus and Salad **K195 (V)**

Pulled Pork, Roasted Red Peppers, Rocket, Refried Beans & BBQ Sauce **K230**

Cajun Chicken, Lettuce, Tomato, Avocado (in season) and Spicy Mayo **K230**

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

Mexican – Roasted Corn, Black Beans, Avocado, Pickled Red Onion, Feta & Nacho Crouton with a lime and chili dressing **K250 (V)**

Mediterranean Veg - Spicy Butternut, Chickpeas, Charred Peppers & Aubergine with Parmesan shavings **K250 (V)**

Vietnamese Chicken – with pickled and chopped vegetables, roasted peanuts and Vietnamese dressing **K315 (N)**

Bowl of French Fries K75

We cannot guarantee that Zambian produce is 100% nut free

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Main Courses

Chicken or Vegetable Stir Fry - marinated Chicken and/or Crunchy Vegetables in a rich Asian sauce, stir fried & served on a bed of rice Noodles or Rice (no soy sauce)
Vegetable **K250 (V)** Chicken **K315**

Flatdogs Chicken Mango Curry rich Curry with Mfuwe Mango & local Rice **K315**

Sweet Potato & Spinach Curry with Black Bean Dahl & Rice **K265 (V)**

Chana Masala - Chickpea Curry with our own Masala, Rice & Lentil Dahl **K265 (V)**

Homemade Potato Rosti Burgers with French Fries & Side Salad

- Lentil & Veg Burger with tzatziki, humus, rocket & tomato on Potato Rosti **K255 (V)**
- Grilled Chicken Breast & Peanut Pesto Burger served on a Potato Rosti **K335(N)**
- Classic Beef Burger with Cheese, lettuce, tomato, pickles & fried onions served on Potato Rosti **K315** add Bacon **K25**

Nsima - our traditional meal, served with local vegetable relishes & Beans **K160 (V)** or Chicken **K245** or Fish **K310**

Gluten Free Pasta

- Peanut Pesto, Confit Tomatoes and Parmesan Shavings **K250 (V)(N)**
- Chicken in a creamy White Wine & Mustard Sauce with Sundried Tomatoes, Mushrooms (seasonal) and Basil **K315**
- - Roasted Vegetable, Tomato and Feta **K250 (V)**

Pan-fried Fillet of Fish - pan fried & served with a Lemon Butter Sauce, Crushed Baby Potatoes & Steamed Seasonal Vegetables **K370**

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) **K315**

Falafel & Halloumi - Crispy Chickpea Falafel & Grilled Halloumi served on a Flatbread with fresh Leaves, sundried tomato, apple, mint & garlic yoghurt **K245 (V)**

See blackboard for daily specials

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Desserts

Gluten Free Chocolate Brownie - with Vanilla Ice Cream **K180 (N)**

Fresh Fruit Salad – **K150**

Apple & Berry Crumble - with Custard **or** Cream **K155**

Mango Pavlova – mango, yoghurt and honey on meringue shards **K180**

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Kids Menu

BBQ Chicken wings - with sweet potato wedges & Salad **K155**

Pizza - Cheese & Tomato, Ham & Pineapple or Bacon & Mushroom **K155**

Grilled Fish- Tilapia with Sweet Potato Wedges & Salad **K195**

Pasta - with Meatballs & Tomato sauce **K155**

or just the Tomato sauce! **K125**

Beef Burger Patty on a Potato Rosti – with French Fries **K195**

Teas and Coffees

Cup of Tea or Nescafe (Decaf Nescafe available) **K60**

Pot of Tea (Earl Grey, Rooibos or regular) **K85**

Pot of Filter Coffee (Zambian freshly ground coffee) **K200**