

*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**

**Nsimá** - 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**