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\*\*\* Please inform your waiter of any dietaries when placing your order \*\*\**

## *Starters*

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

**Olive Ciabatta Bruschetta** - with Sundried Tomatoes and a confit Garlic & Butterbean hummus **(V)**

**Halloumi, Pea & Mint Fritter** - with tomato salsa **(V)**

**Potted Duck** – served with toasted Sour Dough and homemade chutney

**Chicken Gyoza** - fried Chicken Dumplings with an Asian dipping sauce **(N)**

**Koftas** – lamb or vegan koftas with a tahini dip **(N)**

## *Nachos, Baguettes, Wraps and Salads*

**Nachos** our homemade nachos topped with jalepenos, beans, salsa & melted Cheese **(V)** add Chilli Soya or Chili Beef **or** Bacon

**Baguettes** - Freshly Baked Baguette served with a side Salad

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

Fillet Steak, Pan Fried Onions, Tomato & Mustard Mayo

Banh Mi with Pate, BBQ Pork, pickled veg and Vietnamese mayo

**Wraps** - Homemade Tortilla filled with deliciousness & served with a side salad

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

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

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

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

**Salads** - mixed fresh leaves & rocket with a variety of options. Half portions available

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

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

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

**Toasted / Fresh Sandwiches** - see choices after mains **Bowl of French Fries**

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## *Main Courses - Half portions available*

**Chicken or Vegetable Stir Fry** - Soy, Lemon and Honey marinated Chicken and/or Crunchy Vegetables in a rich Asian sauce, stir fried & served on a bed of rice Noodles or Rice  
Vegetable **(V)(N)**      Chicken **(N)**

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

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

**Chana Masala** - Chickpea Curry with our own Masala, local rice, Lentil Dahl & chapatti **(V)**

**Homemade Burgers** packed with flavour & served with French Fries & Salad

- Lentil & Veg Burger with tzatziki, humus, rocket & tomato in a Pita Pocket **(V)**
- Southern Style Chicken Thigh with lettuce, pickles, coleslaw & mayo
- Classic Beef Burger with Cheese, lettuce, tomato, pickles & fried onions served in a fresh Sesame Roll **(N)** add Bacon

**Vegetarian Lasagne** Soya in a Bolognese sauce with Bechamel layered between homemade pasta and served with a large salad and garlic baguette **(V)**

**Nsimá** - our traditional meal, served with local vegetable relishes & Beans **(V)** or Chicken or Fish

### **Homemade Pappardelle Pasta**

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

**Fish & Chips** – battered Tilapia deep fried, served with Chips and tartare sauce

**Flatdogs Pizza** - Homemade Pizza with Tomato sauce, Mozzarella & a choice of 3 extra toppings (bacon, olive, pineapple, mushroom, peppers, ham, onions)

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

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## *Sandwiches. Toasted or Fresh*

**Hummus** with salad

**Cheese** with chutney or salad

**Salad** with lettuce, tomato, cucumber, onion and Mayo

**BLT** with Mayo

**Ham Salad**

**Ham, Cheese and Tomato**

**Chicken Mayo**

All served with a side salad

## *Desserts*

**Chocolate Brownie** - with vanilla ice cream

**Vegan Chocolate Brownie** - with mango sorbet

**Fresh Fruit Salad** -

**Sticky Toffee Pudding** - with Caramel Ginger Ice Cream (N)

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

## *Kids Menu*

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

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

**Fish Goujons** - breaded strips of Tilapia with Sweet Potato Wedges & Salad

**Spaghetti** - with Meatballs & Tomato sauce

or just the Tomato sauce!

**Lion Cub Burger** - Beef or Chicken with French Fries

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