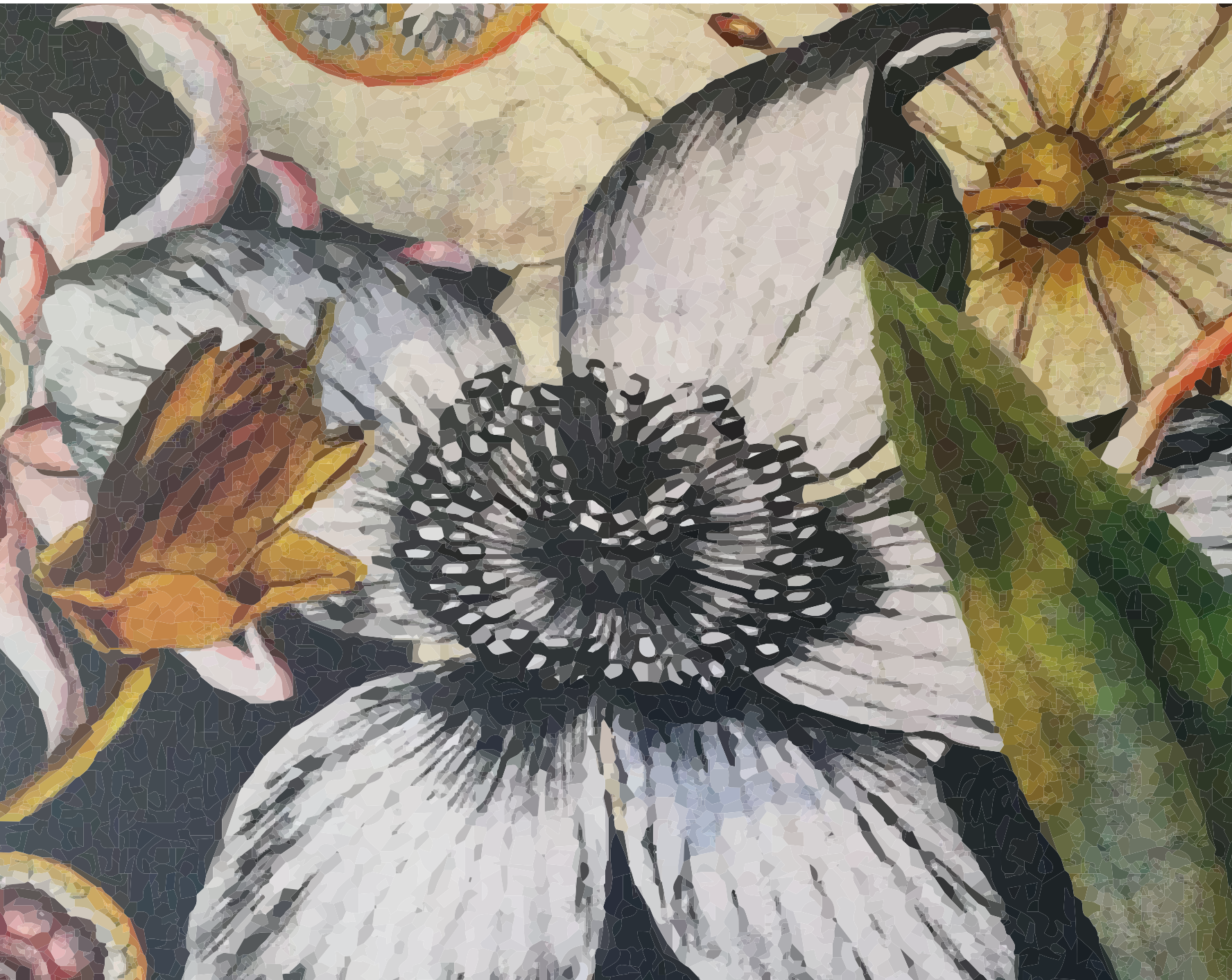




FORDOUN

Shye Bistro Menu



A Warm Welcome

TO SKYE BISTRO AT FORDOUN HOTEL & SPA

We have taken great care in sourcing the freshest local ingredients and supporting our local farmers and artisans. Please kindly advise your waitron on any food allergies or special dietary needs before ordering.

Our menu has been compiled with the vision to satisfy the contemporary discerning palate as well as those hankering for a more simple, hearty bistro fare. Fordoun is going back to its roots and strives to be as earth friendly as possible. We use eggs from our own chickens, local dairy and meat products, herbs from our mini vegetable garden and support as many boutique suppliers as possible.

Please note that as some of our boutique suppliers work with seasonal vegetables, fruits, herbs and livestock, some menu items may be unavailable at times.

**On behalf of the culinary team; we trust you will enjoy your
Skye Bistro experience with us!**



Breakfast

CONTINENTAL BREAKFAST

- A selection of pastries, these include croissants, Danishes and muffins
 - Locally sourced cheeses and cold meats, fresh fruit
- A selection of mini yogurts and kefir, brought in from Indezi River
 - Assorted fresh fruit juice

R140

TRADITIONAL COOKED OATS

Finished with cream and accompanied with fresh berries and assorted nuts - **R70**

EGGS BENEDICT

A lightly toasted English muffin, layered with fresh rocket leaves, sliced avocado, slivers of smoked trout or hickory ham, topped with two poached eggs and finished with a generous helping of caper lemon hollandaise sauce - **R120**

VEGAN FRENCH TOAST

Vegan friendly sourdough rye, served with freshly sliced banana, toasted pecans, a generous drizzle of honey and finally dusted with icing sugar - **R70**

FORDOUN'S FARM-STYLE FAVOURITE

Lightly pan fried sourdough rye, starting with a delightful smear of cream cheese, fresh rocket, thinly sliced avocado, steamed spinach and finally topped with sautéed mushrooms - **R90**

MEANDER BREAKFAST

Consisting of the following, two fried eggs, crispy bacon, pork sausage, pan fried tomato, spicy beans and sautéed mushrooms (Lamb sausages available on request) - **R120**

BREAKFAST BAGEL

A multi seeded bagel toasted and smeared with peppered cream cheese, fresh rocket topped with slivers of smoked trout, lemon slices and capers - **R90**

CLASSIC OMELETTES

All our omelettes are topped with cheddar cheese

Traditional three egg omelette started in the pan and finished in the oven.

Please choose three of the following fillings:

Crispy bacon, hickory ham, sautéed mushrooms, spinach, sautéed onion rings, diced tomato, sliced sweet peppers or diced chillies - **R80**

BREAKFAST CREPES

One for the sweet tooth, our crêpes are homemade and served with either of the following toppings:
Nutella, whipped cream, honey or sliced banana - **R70**

Light Meals

BURGERS

Please note all our burgers are served with crispy fries or a side salad

GOURMET BEEF BURGER

A homemade beef patty made with fresh herbs, garlic and spices, brushed with a homemade basting sauce topped with a brown mushroom, local cheddar cheese, gherkins and finished with crispy bacon - **R160**

CRUNCHY CHICKEN BURGER

A buttermilk marinated chicken breast, dipped in seasoned flour and then crisply fried served with mozzarella cheese, Thai style slaw, and topped with sliced red onion and jalapeños - **R140**

VEGAN BURGER

A homemade vegan pattie that consists of the following, red beans, black beans, chickpeas, finely diced garlic and red onions and mixed fresh herbs finished with an avocado and coriander salsa - **R120**

WRAPS

Please note that the wraps are served with rustic chips or garden salad

SPICY LAMB WRAP

Tender strips of lamb, on a bed of shredded lettuce, sweet tomatoes, sliced red onions, Sriracha mayo, diced chilli, cheddar cheese and toasted - **R140**

CRISPY CHICKEN WRAPS

Crispy chicken strips, guacamole, crisp lettuce, diced tomato, red onion and sweet chilli mayonnaise topped with mozzarella cheese - **R120**

VEGAN WRAP

Fragrantly spiced butternut, roasted marinated chick peas, spicy guacamole, shredded lettuce, sliced red onions on fresh rocket leaves topped with a green pesto vegan mayonnaise on a vegan wrap - **R110**

Light Meals

POKE BOWLS

SALMON POKE BOWL

A beautiful bowl consisting of the following sliced seared salmon, cocktail tomatoes, homemade hummus, sliced avocado, roasted chickpeas, julienne carrots, red onion, assorted sprouts, mixed greens and quinoa topped with homemade salsa verde - **R160**

GRILLED CHICKEN POKE BOWL

A beautiful bowl consisting of the following, sliced grilled chicken fillet, cocktail tomatoes, homemade hummus, sliced avocado, roasted chickpeas, julienne carrots, red onion, assorted sprouts, mixed greens and quinoa topped with homemade green pesto - **R140**

VEGETABLE POKE BOWL

A beautiful bowl consisting of sweetcorn, black beans, red kidney beans, cocktail tomatoes, homemade hummus, sliced avocado, roasted chickpeas, julienne carrots, red onion, assorted sprouts and quinoa topped with homemade green pesto - **R120**

TOASTED SANDWICHES

Please note we use Panini's for our sandwiches

Steak with caramelised red onion and whole grain mayonnaise - **R90**

Grilled chicken, avocado and rocket - **R80**

Crispy bacon and egg - **R70**

Chicken and mayonnaise - **R70**

Hickory ham, cheese and tomato - **R70**

Tuna and mayonnaise - **R70**

Cheddar cheese and tomato - **R60**

Please note that we offer the following breads:

Fordoun homemade bread, sourdough rye and ciabatta

BEER BATTERED FISH AND CHIPS

Hake fillets, lightly dusted in seasoned flour then dipped in a beer batter, fried till crisp and served with fries, tartare sauce and fresh lemon wedge - **R125**

CHEESE BOARD - SERVES 2

A careful selection local cheeses, preserves, fresh berries, pates just enough for two accompanied by homemade seed bread and crackers - **R200**

Light Meals

SALADS

BACON CAESAR SALAD

Classic Caesar salad with pan fried chicken, topped with crispy bacon, zesty croutons, one poached egg and a traditional Caesar dressing - **R95**

SALAD CAPRICE

Cocktail tomatoes, buffalo mozzarella, fresh basil leaves served on a bed of mixed micro greens and drizzled with basil pesto - **R80**

MEXICAN QUINOA SALAD (VEGAN)

Sweetcorn, black beans, avocado, cherry tomatoes, red onion with quinoa dressed with a coriander and lime vinaigrette and a dash of smoky chipotle dressing - **R80**

TEMPURA PRAWNS WITH ASIAN SALAD

Tempura prawns on a bed of Asian salad that includes shredded red and white cabbage, julienne carrots, sugar peas, ginger and red cabbage marinated in a soya and rice wine syrup - **R90**

TRADITIONAL GREEK SALAD

Greek salad served with olives, feta, mixed green lettuce, cocktail tomatoes and finely sliced red onions drizzled with a Greek dressing - **R80**

Lunch and Dinner

STARTERS

SOUP OF THE DAY

Please ask your waiter for our selected soup of the day.
Soup of the day is served with freshly baked Fordoun seed bread, and garnished with fresh cream and herb oils topped with micro greens - **R80**

BURNT GOATS CHEESE AND BEET THREE WAYS

This delectable starter is set on a beet splash, accompanied by hydrated beetroot with the goat's cheese snuggled between poached red wine beets and topped with fresh micro greens and finished with a balsamic reduction - **R80**

BIJOU OF PORK BELLY

Petite pork belly, slow cooked and then browned with crispy skin, atop apple puree topped with a pine and jalapeño salsa - **R90**

WRAPPED HALLOUMI AND FIG

Locally sourced halloumi cheese marinated in lemon zest and parsley then wrapped in pastry and fried till crisp, set on a bed of micro greens, drizzled with honey accompanied by preserved figs - **R85**

Lunch and Dinner

STARTERS

GREEN PEPPERCORN FILLET OF BEEF CARPACCIO

Served with fresh micro greens, shaved parmesan, toasted pine nuts, diced scallions and finally drizzled with a homemade pesto - **R85**

CHICKEN LIVER PARFAIT

Served with strawberry paste, sliced radishes, grapefruit segments, burnt baby onions and finished with seed crackers - **R80**

OVEN ROASTED SOYA AND SESAME SEED LAMB RIBLETS

Soy-marinated lamb riblets cooked to perfection in the oven, topped with toasted sesame seeds set on a bed of Tzatziki sauce topped with micro greens - **R110**

GARLIC AND WHITE WINE MUSSEL HOT POT

Half shell mussels cooked in garlic, scallions and white wine finished with cream and served with toasted ciabbata bread - **R85**

CRISPY PATAGONIAN CALAMARI

Deep fried seasoned crispy calamari heads and tubes served on homemade herb tomato ketchup, Ponzu mayonnaise finished with slivers of lemon slices - **R95**

Mains

CURRIES

Please note that all our curries are served with traditional accompaniments:

Handmade roti, curried pickles, sambals, riata, chutney, popadums and coconut

FORDOUN LAMB CURRY

Fragrantly spiced, slow cooked lamb curry, not too spicy and not too mild, this firm favourite is served with the basmati rice - **R210**

VEGETABLE CURRY

Traditional vegetable curry includes fresh greens and vegetables harvested out of our vegetable garden and added to chick peas, lentils and basmati rice - **R170**

CHICKEN AND PRAWN CURRY

A delicious South Indian curry, spicy and fragrant boneless chicken and prawn curry, cooked to order and served with basmati rice - **R215**

Mains

GRILLED KINGKLIP

Grilled kingklip with herbed mash potato served with seasonal vegetables and finished with a Buerre Blanc sauce and capers - **R210**

STUFFED MEANDER TROUT

A delicate whole trout (please note this is from head to tail), stuffed with a mix of herbs, red onions, sliced tomatoes, lemons, capers and spices pan fried till golden brown, served with seasonal vegetables, savoury cous-cous and topped with an exquisite butter and white wine reduction - **R165**

GREEN PEA AND ARTICHOKE RISOTTO

Poached green peas and artichokes cooked in a herb infused risotto, topped with homemade vegan parmesan finished with a green oil and micro herbs - **R150**

TOMATO AND BASIL PESTO PASTA

Oven roasted cocktail tomatoes, tossed in basil pesto added to tagliatelle pasta and finished with feta and toasted chopped cashews - **R140**

PUTTANESCA SEAFOOD LINGUINE

Traditional puttanesca sauce including olives and capers tossed with line fish, calamari, prawns and mussels added to linguine pasta and served with grated parmesan - **R210**

RACK OF LAMB ON GREEN PEA AND MINT RISOTTO

Perfectly cooked, individually cut lamb rack set on green pea and mint risotto accompanied by seasonal vegetables and a red wine jus (*please note lamb is served pink - medium*) - **R205**

GRILLED T-BONE STEAK

Grilled T-bone steak (350-400gr), served atop seasonal greens, accompanied by a fresh green salsa verde sauce finished with crispy potato rounds - **R200**

CLASSIC BEEF SHORT RIB

Beef short rib slow cooked for 3 hrs in a rich dark jus, served with herb polenta, carefully selected garden vegetables and covered in a rich jus - **R205**

FORDOUN TRADITIONAL BEEF FILLET

A firm favourite, beef fillet accompanied by a potato fondant, rich red wine jus, seasonal vegetables and topped with our marrow bone butter - **R195**

SLOW ROASTED PORK BELLY

Served with a buttery herb mashed potato, seasonal vegetables topped with pickled peppercorn, red cabbage and whole grain cider reduction - **R185**

Dessert

CHOCOLATE MOUSSE

Covered in chocolate ganache and served with rum and coconut truffles - **R75**

CHOCOLATE FONDANT

Dark chocolate fondant served with either whipped cream or vanilla ice cream - **R75**

LIME AND STRAWBERRY SORBET

Homemade lime and strawberry sorbet served with berries and mint leaves - **R75**

SUMMER PANNA COTTA

Served with berry compote - **R75**

CREME BRULEE

Served with ginger biscotti - **R75**

TRADITIONAL CHEESE CAKE

Served with mixed berry drizzle - **R75**

Kiddies Menu

Please allow 25 minutes prep time

SPAGHETTI BOLOGNAISE	R65
FISH GUJONS <i>with tartare sauce and crispy fries</i>	R65
CRISPY CHICKEN STRIPS	R75
BANGERS AND MASH <i>with jus</i>	R65
VEGETABLE RATATOUILLE SAUCE <i>with spaghetti</i>	R65
MACARONI AND CHEESE	R65