



OUR ENTIRE MENU IS SERVED AT YOUR TABLE IN SHARING AND INDIVIDUAL PORTIONS AND YOU ARE WELCOME TO ORDER MORE OF ANY OF THE DISHES.

Africa is the second largest land mass on earth and home to hundreds of tribes, ethnic and social groups. This diversity is reflected in our cuisine. Geographically and from a culinary point of view, the continent can be divided into three principal regions: North Africa, sub-Saharan and Southern Africa. Contrary to popular western perceptions of a predominantly meat-based diet many traditional African dishes contain very little meat. In fact, authentic African cooking consists largely of organically produced whole grains and beans, fresh fruit and vegetables. In an increasingly health-conscious society, African cuisine may well become the new healthy way of cooking.

## MENU

### CAMEROON BENNE CHICKEN SALAD

(Free range chicken breasts covered with crispy sesame seeds - sesame seeds are thought to have originated in Africa - served with fresh greens and palm oil coriander and orange dressing)

### SIERRA LEONE RED PEPPER RELISH (V)

(Inspired by a traditional red pepper chicken dish, this relish can be enjoyed with the salad and the bread)

### XHOSA POT CORN BREAD (V)

(Baby pot breads baked with fresh corn)  
*gluten free option - casava bread*

### MALAWI SWEET POTATO CAKES (V)

(One of the staples of Malawi, sweet potato, receives a modern twist)

### SOUTH AFRICAN LAMB and OSTRICH BABOTIE SAMOOSAS

(South Africa's unofficial - and much loved - national dish is a Cape Malay creation of spiced minced meat)  
*Vegetarian substitute - Lentil Bobotie*

### SOUTH AFRICAN CHUTNEY (V)

("Biatjang" or chutney is the pride of Cape Malay cuisine - a mixture of chopped dried fruits and vinegar. We mix ours with crème fraîche to make it the ideal dipping sauce for the finger foods.)

### TUNISIAN BRIOUATS

(North African Pastries filled with either savoury or sweet. Our briouats are filled with potato and garlic)

### TANZANIAN FRIED FISH WITH COCONUT AND SPINACH

(Traditionally prepared with endemic Mukeke or Ndagala found in Lake Tanganyika which is the world's longest fresh water lake dividing 4 countries - Tanzania, DRC, Burundi and Zambia)

### SOUTH AFRICAN TOMATO BREDIE

(Usually prepared with lamb, our healthier version is prepared with organic Springbok. Bredies were introduced to SA by our Cape Malay descendants and are slow cooked for rich flavours)  
*Vegetarian option - chickpea and olive tagine*

### CAPE MALAY YELLOW RICE (V)

(Turmeric and saffron are added to give basmati rice an exotic look and is traditionally prepared with Bredies)

### TIMBUKTU TABBOULEH (V)

(This fresh take on the traditional Arab bulgur wheat version consists of raw broccoli, cauliflower, cucumbers and Andante Olive oil - gluten free)

### EGYPTIAN RED LENTILS AND YOGHURT (V)

(Inspired by a traditional Egyptian soup, this vegetarian side dish invokes all the spices and fragrances of North Africa)

### MOZAMBICAN CHILLI CHICKEN WINGS

(Introduced by the Portuguese, the hot chili pepper is also known in Southern Africa as "African Birds Eye" or "African Devil". These free range chicken wings are hot)

### SOUTH AFRICAN MANDAZI

(Traditional cinnamon and sugar coated pumpkin fritters)

### EGYPTIAN ALMOND CIGARS

(Almond and pistachio nuts, with rose water rolled in pastry and sprinkled with 24 carat gold dust)

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