

The logo features a stylized, golden, feather-like or sunburst-like graphic above the word "GOLD" in a bold, serif font. Below "GOLD" is the text "IMMERSIVE AFRICAN EXPERIENCE" and "CAPE TOWN" in a smaller, sans-serif font.**GOLD**
IMMERSIVE AFRICAN EXPERIENCE
CAPE TOWN



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Welcome to your Spring/Summer African Taste Safari

OUR ENTIRE SET MENU IS SERVED AT YOUR TABLE IN SHARING AND INDIVIDUAL PORTIONS. 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.

Namibian Grilled Ostrich Fillet Salad with Toasted Seeds

Marinated ostrich fillet served on baby spinach, beetroot and mixed seeds with a mustard dressing
(Vegetarian option: Summer garden salad with roasted seeds and cauliflower)

Moroccan Zeilook (V)

A traditional dip from Morocco consisting of roasted aubergine, tomato, garlic and olive oil

South African Roosterkoek (V)

Traditionally roasted over a fire during a braai - crispy on the outside, soft in the inside
(Gluten free option: Cassava toast)

Malawian Kandolo Balls (V)

Sweet potatoes are grown in most homes in Southern Africa and can be prepared as dessert, cakes and vegetable. Ours are given a modern twist with the addition of sesame seeds

Mozambiquan Chili chicken Wings

Portuguese in origin, Peri is the Swahili word for chili
(Vegetarian option: Kenyan Imfino Patties)

Cape Malay Bobotie Samosas

Samosas filled with bobotie-spiced mince creates a perfect balance of sweet and savoury flavours
(Vegetarian: South African Pea and Potato Parcels)

Namibian Venison Pie

A rich and savoury pie filled with organic springbok (that could not run faster than our chef...)
(Vegetarian: Egyptian Red Lentil Dahl)

Zanzibar Tamarind Fish and Prawn Curry

Traditionally prepared with endemic Mukeke or Ndagala fresh water fish found in Lake Tanganyika. We make ours with prawns and fresh local hake in an aromatic tamarind sauce
(Vegetarian: Tanzanian Vegetable Curry)

East African Mchicha w'Nazi (V)

A traditional dish from East Africa featuring spinach cooked in coconut milk, flavoured with garlic, onions, and spices, a nutritious and comforting meal

Ethiopian Sorghum with Mixed Vegetables (V)

Nutritious sorghum grains, typically used in the preparation of injera, served with roasted butternut.

Rainbow Slaw with Roasted Corn (V)

A crunchy mix of shredded cabbage, carrots and roasted corn with a sesame dressing

Congo Mango and Lime Chicken

Free Range chicken breast in a zesty blend of mango, lime, and spices combines in a refreshing and flavourful dish bursting with tropical flavours

(Vegetarian: Ethiopian Pilau Rice)

Cape Town Flavoured Ice Cream

Cape Malay Karamonk Biscuit

Crisp and spicy Malay biscuits are traditionally flavoured – as tradition dictates – with cardamom and orange zest

FOOD ALLERGIES and INTOLERANCES: We take utmost care with our dietary requirements however our dishes may contain nuts, wheat, egg, dairy, soy, or fish allergens unless noted at time of your booking. Please speak to our staff about any allergies you might have.

VISIT OUR SISTER RESTAURANT



SPYCED

QUINTESSENTIAL CAPE FLAVOUR

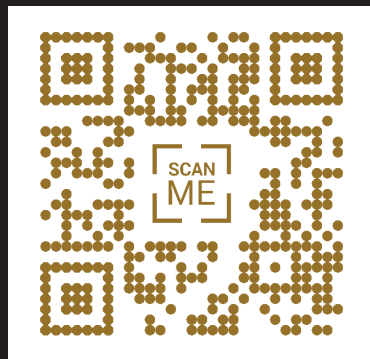
At SPYCED we tell the unique story of Cape Town's diversity in culture, cuisine and people through aromatic flavours, unique entertainment and memorable experiences.

Cooking classes during the day / Live jazz at night

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V&A WATERFRONT, CAPE TOWN, SOUTH AFRICA

SPYCED.CO.ZA
@SPYCEDRESTAURANT



OUR ENTERTAINMENT

First Performance

Drawing from the rich traditions of Malian culture, a puppet and a Praise singer greet you with a vibrant African song and dance as you enter the restaurant. Crafted by the renowned master puppeteer Yaya Coulibaly, our Mali puppets exemplify the symbolic and non-narrative performance style of the Bamana people. In the animistic Bamana belief, puppets and masks serve as intermediaries between the human and spirit worlds. These performances celebrate the deep connection between man and nature, as well as the harmony between human and spiritual forces. The puppets, often jesters and entertainers, play a significant role in ceremonies marking the changing seasons and rites of passage. Stay tuned, as the night holds a special performance you won't want to miss.

Second Performance

The second act is a lively contest between two male warriors and female dancers, representing the strength and vitality of African men and women. Through their energetic dance moves, the warriors and dancers strive to impress one another, highlighting the dynamic interplay of attraction and admiration.

Last Performance

In the final performance, we pay tribute to African royalty with a piece dedicated to Kings and Queens. The arrival of the Queen Mother from the Akhan tribe, adorned in gold and sprinkling 24-carat gold dust, symbolizes wealth and power. Her gold eyeglasses, traditionally worn to avoid direct eye contact with ordinary people, add an aura of majesty and reverence.

Finally...

Guests are invited to join our entertainers in a lively dance to cap off the evening.