

The menu of Jichana, "eating good" in Swahili slang embraces the flavours and aromas of the original East Coast of Africa's spice route..... Cassia, cloves, cinnamon, ginger, cardamon, turmeric and pepper.

These robustly flavoursome spices complement the grilling of meat, fish and chicken creating Jichana!

To begin with.....

- 85 **Beef carpaccio**
Sliced fillet • tomato compote • shaved parmesan • rocket • truffle oil
- 65 **Jichana's spicy livers**
Sautéed chicken livers • homemade peri-peri sauce • toasted baguette
- 110 **Prawn gratin**
Prawns • red onion • lemon scented cream • cheese
- 75 (V) **Black mushrooms**
Sliced charred black mushrooms • balsamic reduction • toasted brioche • hollandaise sauce • rocket
- 95 (H) **Beetroot and orange Norwegian salmon gravlax**
Avocado mousse • super grain dust • steamed beetroot • radish • pearl onion • grapefruit dressing
- 75 (V) **Roasted red pepper and aubergine bruschetta**
Toasted bruschetta • sundried tomato • feta • roasted red pepper • aubergine • crispy zucchini • shaved parmesan

Allergy Notice - We use ingredients in our food that some people may be allergic to. All food is stored and prepared in a common kitchen with the risk of exposure to the allergens. We cannot guarantee that any foods or beverages are allergen free even if the allergen does not appear in the name or the ingredients listing. If you have food allergies then ask Kitchen management about any specific allergens in the food before eating any food from the menu.

prices are inclusive of VAT and quoted in Rand

Signature salads prepared with only the freshest market ingredients.....

- 85 Jichana salad**
Biltong • blue cheese • mixed greens • red onion • green olives • pepper dews • toasted granola
- 85 Spicy chicken**
Pulled rotisserie chicken • avocado • cherry tomatoes • mixed greens • pepper dews • tortilla bits
- 85 (V) Caesar salad**
Cos leaves • boiled egg • garlic croutons • anchovies • parmesan shavings
- 85 Asian prawn salad**
Grilled prawns • garlic • paprika • deseeded chilli • egg noodles • rocket • cherry tomatoes • toasted sesame seeds • balsamic reduction
- 85 (V) (H) Smoked tomato capresé salad**
Buffalo mozzarella • tamarind emulsion rocket • kale flakes • basil infused extra virgin olive oil dressing

Your choice of complimentary house dressings

Honeyed pomegranate vinaigrette • Classic caesar salad dressing • Gingered citrus vinaigrette • Creamy herbed ranch style • 1000 Island

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THE
GRILL
J I C H A N A

Signature dishes.....

- 135** **Pepper crusted ostrich fillet**
250 grams grilled ostrich • roasted baby onions • button mushrooms •
sautéed spinach • creamed mash potatoes • red wine jus
- 190** **Lamb shank**
Slow braised lamb shank • root vegetables • creamy mash potatoes • chef jus
- 170** **Roast duck**
Confit leg • grilled breast • wok fried vegetable • egg noodles • cinnamon
scented citrus jus
- 110 (V)** **Haloumi stack**
Haloumi cheese • aubergine • black mushroom • red pepper •
baby marrow ribbons • garlic buttered grilled polenta • savoury red lentils •
saffron veloute • rocket pesto

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From the grill

Our steaks are carefully selected and hand cut by our butcher before being aged through a specific maturation process. This allows us to offer you the best prime cuts available seasoned with our aromatic house spice, Infused with crushed mustard seed, rock sea salt and lemon black pepper, before being flamed grilled over volcanic rock with herbed honey BBQ basting.

- 150 Rump 300 grams**
- 165 Sirloin 200 grams 200 300 grams**
- 175 Fillet 200 grams 225 300 grams**
- 275 Ribeye 300 grams**
- 310 T-bone 600 grams**
- 110 Jichana burger 200grams**
Flame grilled pure beef homemade patty • toasted bun • braised onions • tomato relish • dill pickle • sauce of your choice
- 85 Chicken burger**
Grilled chicken breast • toasted bun • lettuce • dill cucumber • grilled pineapple • mozzarella cheese • sauce of your choice
- 75 (V) Vegetarian lentil burger**
Homemade grilled lentil patty • toasted bun • lettuce • fresh red onion • tomato relish
- 220 Jichana duo of chops**
200 grams T-bone cutlet + 200 grams double loin cutlet • spiced and basted
- 95 Quarter chicken**
Grilled and basted with a choice of • lemon and herb • peri-peri
- 140 (H) Chicken supreme**
Boneless chicken breast • flame grilled
- 25 Jichana's café de Paris butter**
- 30 Your choice of sauces**
Madagascar pepper • Jichana chef jus • Roast garlic cream • Mushroom • Creamy cheese • Spicy chakalaka relish • Béarnaise

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Grilled fish and seafood

- 185 **SASSI listed line fish of the day**
- 140 (H) **Sous vide line fish**
Parsley potato • compressed apple • celery aioli • toasted almonds •
shaved fennel
- 200 **Norwegian salmon**
Mash potato • sautéed baby spinach • Lemon and dill beurre blanc
- Grilled LM tiger prawns**
- SQ **Six**
- SQ **Nine**

Your choice of one starch OR side for all main courses

- Homemade bafana potato chips • creamed potato mash • shoestring fries • baked potato
• crispy battered onion rings • sautéed button mushrooms • fresh steamed market vegetables
• creamy butternut mash • butter baby spinach braised in garlic cream

- 35 **Additional side orders**

Pasta

- 105 **Choice of: penne • tagliatelle • gnocchi**
- (V) **Alfredo**
- (V) **Mixed pepper and sundried tomato pesto**
- (V) **Napolitano**
- 40 **Add on chicken**

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Desserts

- 20** **Ice cream/sorbet** **per scoop**
Our homemade selection
- 55** **Cardamon and rose water panacotta**
Infused set cream • berry compote
- 55** **Baked lemon tart**
Toasted candied nuts • lemon sorbet
- 65** **Seasonal fruits & berries**
When available fresh!
- 110** **Local South African cheese board**
- 75 (H)** **Chocolate quinoa cake**
Rooibos jelly • grilled tropical fruit salsa • honey granola
- 95** **5 Chocolate Valrhona chocolate ball**
With fresh fruit relish great to share!

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“the most exciting wine producing country in the world”

South Africa have been termed in recent years as the most exciting wine producing country in the world by leading and influential international wine critics from leading publications* as well as the best sommeliers from around the world, a well deserve recognition leading to a bright and optimistic future for our dynamic wine industry.

Thanks to a diversity of climate and combination of unique soils, the oldest in the world. South African terroir are even older than the European continent, with maturing vineyard's and a young generation of winemakers pushing the quality boundaries, never seen before, producing wines comparable to world benchmarks, bridging the gap between 'Old World restraint and New World opulence' at a third of the price on average of a classic wine region, cult wines.

Great wines play a critical role in the overall dining experience, of Tsogo Sun hotels and restaurants, as such we have secured for your enjoyment, a limited selection of South Africa's best wines, at two of the most prestigious wine auctions and we invite you to discover these rare gems, as well as the opportunity to stock your own cellar by ordering online your favourite bottle you have enjoyed in our restaurants, delivered to your door, wherever you are in South Africa or the world.

**Wine Spectator, Robert Parker's Wine Advocate and Decanter.*

Nedbank Cape Winemaker's Guild (CWG)

Was established in 1982 with the main aim to innovate, benchmark and shared knowledge in winemaking excellence.

CWG is today, the most prestigious and successful wine auction, the wines are made by a select group of the top 49 winemaker's in South Africa, a by nomination and invite only guild.

The Limited edition bottles are made exclusively for the specific year's auction, with production rarely exceeding 900 bottles, most of the wines represent some of the finest examples of their kind in the world garnering exceptionally high scores every year when reviewed by leading sommeliers and international wine publications.

Nederburg Auction was founded in 1975, inspired by two leading European wine auctions, namely Kloster Eberbach in Germany and Hospices de Beaune in France, the aim of the auction was to launch South Africa's first Noble Late Harvest, namely Edelkeur.

Today it is recognized as one of the world's five major wine auctions, representing some of the best matured wines available in the Cape, direct from the wineries library collection following a stringent selection process by a panel predominantly composed of Master of Wine (MW's)

Under each wine there will be a rating from our Group Sommelier Miguel Chan (MC), to guide you in your choices, enjoy.

Wines are subject to availability | X – Denotes a wine temporarily out of stock

Every bottle ordered is considered sold | Thank you for your understanding | 10 March 2020

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Sparkling Wines

- 260 Boschendal MCC Rose Brut**
Multi vintage blends of Pinotage, Chardonnay and Pinot Noir, bright freshness with delicate cherry and strawberries notes, perfect anytime Cap Classique or with salads and salmon.
- 990 Moët & Chandon Nectar Imperial Champagne**
Demi Sec style. Nectar Impérial is a delicious expression of the Moët and Chandon style blends of Pinot Noir, Meunier and Chardonnay, seductively exotic, lively and rich.
- 320 Simonsig Kaapse Vonkel MCC Brut**
South Africa's first Champagne Method Cap Classique sparkling wine. Kaapse Vonkel or Cape Sparkle was first created in 1971, Brut style (dry) blends of Chardonnay, Pinot Noir and Meunier.
- 370 Valdo DOC Extra Dry Prosecco**
Extra Dry is Semi Sweet by Prosecco law. Glera grapes, delicately fruity with notes of red apples and white flowers, bright freshness, fruity, zesty finish.
- 300 Valdo Floral Edition Spumante Rose Brut**
Nerello Mascalese from Sicily and white grapes from Veneto region, delicately ripe strawberries, rose blossoms, bright freshness, trendy, perfect with seafood.
- 300 Valdo Ice Blanc de Blancs Spumante Demi Sec**
Selections of white grapes from Veneto region, intensely aromatic with notes of ripe apples apricot and honey, sweetish finish, best enjoy with a few ice cubes and seasonal fruits.
- 790 Veuve Clicquot Yellow Label Brut Champagne**
Yellow Label is the signature of Veuve Clicquot quality and style, the Pinot Noir predominance (50-55%) provides the structure with Chardonnay elegance and finesse.

Rose Wine

- 38 146 Boschendal The Garden Rose 2019**
Blends of Merlot & Pinotage, inviting fresh notes of summer berries, soft and juicy with delicate notes of ripe strawberries and raspberries, delicate and inviting crisp freshness.

White Wine

- 38 142 Boschendal Le Bouquet 2019**
Aromatic blends of Muscat, Chenin Blanc and Chardonnay, seductive perfume notes of ripe grapes, pineapples and delicate florals, delicate freshness, citrusy finish.
- 65 242 Cederberg Bukketraube 2019**
Only 60 hectares of vineyards are left in the world, Bukketraube is a rare aromatic variety with notes of rose petals, honeysuckle and ripe peach, semi – sweet bright freshness.
- 227 Haute Cabriere Chardonnay Pinot Noir 2019**
The first South African still wine produced in this style, first created in 1994 from the classic blend traditionally reserved for sparkling wines Cap Classique, citrus, white peach, seductive and sleek.
- 150 Protea Pinot Grigio 2019**
Grapes sourced from the West Coast, Stellenbosch, Franschhoek and Elandskloof. Ripe peach, lemon and apricot, delicately perfume, tangy bright freshness, zesty and lively. Ideal lunchtime.

Chenin Blanc

- 42 145 Boschendal Rachelsfontein 2019**
Fruit driven juicy Chenin packed with ripe tropical notes, red apples, apricot and mango versatile wine, touch of sugar, perfect lunchtime sipping.
- 42 145 Ken Forrester Vineyards Petit 2018**
Clear expression of a bright and crunchy Chenin with delicate quince, lemon and pear drop notes, crunchy freshness, green apple notes, flavourful, tangy finish.
- 235 KWV Classic Collection 2019**
Predominantly Swartland fruit, tropical fruit driven with ripe notes of peach, apricot and orange, juicy freshness with delicate creamy notes.
- 230 Mullineux Kloof Street Swartland 2019**
Seductive expression of Swartland Chenin Blanc, ripe red apples and pears, wet stones bright freshness with a touch of old oak, round texture.

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White Wine

Chardonnay

- 35 195 Bellingham Homestead Stellenbosch 2018**
Ripe citrus and melon, touch of oak lending spicy burnt butter notes, juicy, sleek, fresh and creamy ideal with Ceasar salad, grilled chicken and creamy dishes.
- 237 De Wetshof Estate Finesse Robertson 2018**
Robertson Valley due to their unique high limestone contents in the soils, produces world class Chardonnay. Citrus notes with delicate touch of wood, nutty layers, lush, zesty freshness.
- 240 Tokara 2018**
Grapes are from Stellenbosch and Elgin. Seductive orange blossom note and ripe grapefruit, touch of spicy oak and grilled almonds, fresh and lively creamy round texture.

Sauvignon Blanc

- 275 De Grendel 2019**
Aromatic layers of green lime, pears and passion fruit, touch of spicy green peppers, steely freshness, crisp and long invigorating finish.
- 50 197 Diemersdal 2019**
Durbanville. Classic Sauvignon, tropical fruit, ripe figs and gooseberries, crisp long fruity finish.
- 38 142 Durbanville Hills 2019**
Textbook expression of Durbanville Sauvignon, bursting with grapefruit, guava and citrus full bodied, bright and refreshing with peppery finish.
- 275 La Motte 2019**
Multi region blends of Franschhoek, Stellenbosch and Cape South Coast. Ripe gooseberries citrus and tropical notes, bright, juicy crisp textures.
- 243 Nitida Durbanville 2019**
Riper expression of Durbanville Sauvignon with pungent notes of granadilla, green pineapple and figs, juicy and generous, textural length.
- 310 Steenberg Vineyards Constantia 2018**
Seductive expression of fresh green lime, white lily and freshly cut peppers, bright freshness, crunchy and spicy, lively finish.

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Red Wines

Pinot Noir

- 80 320 **Haute Cabriere Unwooded 2019**
Lighter “thirsty wine” style, no oak, revealing pure notes of delicately ripe red fruits, cherries and strawberries, elegant, fresh and vibrant, served chilled.
- 280 **Paul Cluver Estate Elgin 2017**
Pioneers of wine growing in Elgin, Paul Cluver Estate are one of the world’s finest Pinot Noir producer, charming Pinot red fruits medley with delicate earthy aromas, touch of oak, silky.

Rhone inspired blends

- 550 **Boekenhoutskloof Swartland The Chocolate Block 2018**
The quest to understand the name of this wine and the wine itself is now the stuff of legend Syrah driven blends, seductively and intensely aromatic, ripe black fruits, spicy, powerful finish.

Cape inspired blends

- 58 230 **Alto Rouge Stellenbosch 2017**
First produced in 1922, a stylish Cape classic, five ways blends driven by Cabernet Franc and Shiraz, spicy oak, hints of chocolate, elegance within a polished full-bodied frame.
- 380 **Old Road Wine Co The Butcher and Cleaver 2016**
The components used to craft this artisanal Cape Blend are Shiraz, Pinotage and Mourvèdre, the result is a powerful, bold and beautifully expressive wine with robust flavours, a must for meat.

Pinotage

- 63 250 **Beyerskloof 2018**
South-Africa’s most popular Pinotage, made in a fruity classic style, crunchy red and black fruits, touch of oak, earthy notes with bright freshness.
- 380 **Beyerskloof Diesel Stellenbosch 2017**
This wine is made to commemorate a man’s best friend and, in this case, a local legend. Rich blackcurrant and black cherry fruit upfront combines well with the elegant cedar oak aromas.
- 52 205 **Brampton 2018**
Fruit driven style with red and blackberries, ripe, rich style, juicy, touch of oak and tobacco spiciness, savoury freshness.

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Red Wines

Shiraz / Syrah

- 356** **Alto Estate 2017**
Helderberg Stellenbosch is one of the best kept secret location for characterful Shiraz, dark and full bodied in profile with intense spice, prune and plum notes.
- 40** **160** **Laborie 2018**
Expressive, intense aromas of ripe plums, blackberries and spicy cinnamon and cloves, delicate oaking with savoury freshness, full bodied, ideal with pepper sauce.
- 53** **200** **Landskroon Paarl 2017**
Ripe red plums, toasty oak, smoky spicy earthy notes.

Merlot

- 380** **De Grendel 2017**
Consistently one of South Africa finest Merlot, intense ripe red and black, made in a polished style with spicy oak, generous, subtle tobacco note, full bodied and rich.
- 45** **164** **Durbanville Hills 2019**
From relatively old vines planted between 1985 and 1990, an elegant medium bodied red wine with notes of dark plums, spicy cinnamon, wood spice and hints of vanilla.
- 45** **165** **Protea 2018**
Fruit driven style with bright blue and black berry, seductive spicy oak, juicy and generous, plush style, savoury freshness.
- 437** **Steenberg Vineyards 2017**
Excellent expression of a Constantia valley Merlot, marked by juicy red fruits, rich with spicy herbal freshness and minty eucalyptus edge, dark chocolate, velvet texture, full bodied

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Red Wines

Bordeaux inspired blends

- 620 Kanonkop Estate Simonsberg Stellenbosch Paul Sauer 2016**
South Africa's most celebrated and sought after red blends, previous vintage was the first South African wines to receive a perfect score of 100 points, consistent and world class, no introduction.
- 380 Meerlust Estate Stellenbosch Rubicon 2016**
One of the great classic of the South African wine industry, everlasting Rubicon is one of the most famous Bordeaux inspired red blends of the world, charming freshness and savouriness, persistent.
- 450 Morgenster Estate Stellenbosch Lourens River Valley 2003**
Fruit-driven style, a true reflection of the Helderberg terroir and what can be achieved with it in any given vintage. Blackcurrant, cassis and spicy tobacco, savoury freshness.
- 380 Rupert & Rothschild Classique 2017**
Kind of a classic Medoc feel, brimming with ripe cassis and black plums, spicy oak and pencil shavings, fresh and lively with savoury textures, juicy structure driven by Merlot.

Cabernet Sauvignon

- 45 180 Franschhoek Cellar 2018**
Made in a juicy style with ripe blackcurrants and violets notes captivate on entry, followed by concentrated dark berry flavours and spicy tobacco
- 270 KWV Classic Collection 2018**
Vibrant style with brimming with ripe plums, cassis and mulberries, spicy oak and bright freshness.
- 60 240 Warwick The First Lady 2017**
The First Lady range of wines are a tribute to Norma Ratcliffe. The founder and first winemaker at Warwick estate and of the first women to make wine in South Africa.
- 655 Waterford Estate Stellenbosch 2016**
Fine expression of the Helderberg Mountain site, classic Cabernet with seductively ripe cassis and blackcurrant, spicy cedar wood and cigar note, structured with bright freshness.

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