

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.....

- 95 **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 • tomato • 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
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Signature dishes.....

- 200** **Pepper crusted ostrich fillet**
250 grams grilled ostrich • roasted baby onions • button mushrooms •
sautéed spinach • creamed mash potatoes • red wine jus
- 235** **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.

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|---------|---|-----|-----------|
| 200 | 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 | | |
| 100 | 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 | | |
| 275 | 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**
- 170 (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

- 145 **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!
- 155** **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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