



**JEUNE AFRIQUE**  
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PARC FERMÉ  
RESTAURANT

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*The drive to an exceptional culinary journey  
begins at Parc Fermé... Let's indulge our  
valuable guests into the uniqueness  
of my food and its twist of Mauritian flair.*

# Starters

<b>Prawn Tempura</b> Japanese fried prawns, served with sweet chilli soy sauce & complimented with crunchy vegetables	R120 <sup>00</sup>
<b>Skewer of Spicy Fried Calamari</b> Flash fried with chilli flakes, lemon butter sauce & fresh coriander	R90 <sup>00</sup>
<b>Antipasti</b> Aubergine parmigiano, green cabbage dumplings with chilli soy sauce, grilled zucchini sprinkled with parmesan cheese, baked brown mushroom with goats cheese & bread crumbs	(V) R85 <sup>00</sup>
<b>Mozzarella &amp; Parma Ham Parcels</b> Served with rocket leaves, strawberries, cherry tomato & drizzled with balsamic vinaigrette	R110 <sup>00</sup>
<b>Chef salad</b> A combination of mixed leaves, cherry tomato, crispy bacon, hard-boiled egg, feta cheese, crudité of beetroot & carrots	R75 <sup>00</sup>
<b>Chicken Salad</b> Chicken strips tossed with green leaves, avocado, rabiola cheese & honey mustard dressing	R95 <sup>00</sup>
<b>Prawn &amp; Soba Noodle Salad</b> With green beans, red chilli, ribbon of cucumber, toasted sesame seeds, mint & coriander vinaigrette	R110 <sup>00</sup>
<b>Thai Style Papaya Salad</b> With rocket leaves, feta cheese, toasted nuts & bean sprouts	(V) R85 <sup>00</sup>

## *Soups* OF THE DAY

### **Traditional French Onion Soup**

Topped with a thick slice of toasted French baguette loaded with melted cheese

R75<sup>00</sup>

### **Spicy Chicken Broth**

Served with crunchy vegetables, chicken wonton flavoured with sesame oil & garnished with fresh coriander leaves

R85<sup>00</sup>

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## *Chef's* SPECIALITY FISH AND SHELLFISH

### **Baked Catch of the Day**

Wrapped in zucchini, topped with pan fried seared scallops, honey roasted almonds & served with red pepper sauce

R215<sup>00</sup>

### **Fish en Papillote**

Steamed in a parcel with ginger, lemon grass, tomato concasse, asparagus, white wine & served with quinoa flavored cumin & fresh coriander

R205<sup>00</sup>

### **Whole Baby Fish**

Marinated & roasted with Creole spice, served with Wok Egg fried rice & salad

R195<sup>00</sup>

### **Whole Baby Kingclip**

Grilled with lemon & herbs served with steamed rice & vegetables of the day

R230<sup>00</sup>

### **Crusted Seared Salmon**

With herbs served with wasabi mash, citrus salad, sake & miso beurre blanc

R225<sup>00</sup>

### **Queen & King Prawns**

Grilled & served with lemon butter

R260<sup>00</sup>

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# Chef's

## SPECIALITY MEAT AND POULTRY

<b>Parc Ferme Fillet</b> Served with polenta gratin, sautéed asparagus & a morel jus	R225 <sup>00</sup>
<b>Roasted Rack of Lamb</b> Marinated in tandoori spices served with sweet potato puree, sautéed mushroom, broad beans, tomato, crispy lamb macon & a light curry sauce	R245 <sup>00</sup>
<b>Seared Kudo Loin</b> Wrapped in Parma ham complimented with butternut squash mousseline, sautéed green beans, red wine & chocolate sauce	R205 <sup>00</sup>
<b>Stuffed Chicken Breast</b> With apricot, spinach & goats cheese served with roast vegetables couscous flavoured with mint, coriander leaves & honey mustard sauce	R155 <sup>00</sup>
<b>Crispy Duck Confit</b> Served with potato parmentiers, sautéed ribbon of zucchini, fresh herbs & an orange sauce	R235 <sup>00</sup>
<b>Whole Baby Chicken</b> Grilled with lemon juice, rock salt, chilli & served with Portuguese fries & side salad	R170 <sup>00</sup>
<b>Vegetable &amp; Thyme Wellington</b> Served with white onion puree & plum tomato sauce	R135 <sup>00</sup>

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# Stews

## & CURRIES

<b>Traditional Mauritian Chicken Curry</b> Blended spices & curry leaves, for an authentic Mauritian curry, served with basmati rice & sambals	R175 <sup>00</sup>
<b>Prawn Curry</b> With coconut cream & served with Safron rice	R235 <sup>00</sup>
<b>Spicy Lamb Curry</b> Complimented with steamed rice, homemade roti & pickles	R220 <sup>00</sup>
<b>Slow Braised Lamb Shank</b> Served with sweet potato puree, braised onions & button mushrooms	R235 <sup>00</sup>
<b>Oxtail Stew</b> Slow cooked in the oven with red wine, baby onions, carrots, baby marrow & potato dumplings served with a choice of savoury rice, pap or buttered mash	R210 <sup>00</sup>

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# African

## CUISINE SPECIALS

### NIGERIA

**Pepper Soup** R125<sup>00</sup>  
With goat meat & Agidi [Pap]

### SOUTH AFRICA

**Braaivleis/Shisa Nyama** R185<sup>00</sup>  
Lamb chops, boerewors, drumstick & beef steak  
Served with grilled sweetcorn, potato & bacon salad

### ETHIOPIA

**Doro Wat** R175<sup>00</sup>  
Spicy chicken stew  
With hard-boiled egg, a variety of vegetables & berebere spices

### SENEGAL

**Mafe** R220<sup>00</sup>  
A traditional lamb stew  
Simmered with vegetables & peanut sauce

### TILAPIA - GHANA

**Red-Red with grilled whole fish** R185<sup>00</sup>  
African stew with black eye peas, red palm oil & served with fried plantain

### SOUTHERN AFRICA

**Mala Mogodu** R175<sup>00</sup>  
Curried tripe & dumplings served with hot pap

### NIGERIA

**Beef stew** R175<sup>00</sup>  
Cooked in a tomato base with thyme & curry served with jolof rice or yam

### MOZAMBIQUE

**Mozambican Prawns** R260<sup>00</sup>  
With garlic, peri peri sauce, beer & served with coconut rice

## Pasta

Build your own pasta dish: Linguine, Penne, Tagliatelle & Spaghetti

Sautéed prawns with cherry tomato, garlic, chilli & a touch of cream,  
topped with parmesan shavings R185<sup>00</sup>

Cajun chicken alfredo with mushrooms R125<sup>00</sup>

Arabiatta sauce with pitted olives, capers, toasted pine nuts and basil pesto & fresh herbs (V) R110<sup>00</sup>

Creamy Spicy beef trinchado R135<sup>00</sup>

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## Desserts

**Chocolate Fondant** R85<sup>00</sup>  
Decadent hot chocolate pudding with a molten middle,  
served with vanilla ice cream

**Duo of Crème Brule** R80<sup>00</sup>  
Rich custard base flavoured with vanilla & dark chocolate topped with a  
contrasting layer of hard caramel

**Cake of the Day** R75<sup>00</sup>  
Please ask your waiter for the gâteau of the day

**Baked Alaska Cake** R85<sup>00</sup>  
Filled with mocha pecan caramel ice cream

**Fresh Seasonal Fruit Salad** R70<sup>00</sup>  
Gratinated with a champagne sabayon