



JEUNE AFRIQUE

@

PARC FERMÉ

RESTAURANT



BREAKFAST



Available daily from 06h00 to 11h00

Continental Breakfast

R120.00

A selection of fruit juices: orange, apple, strawberry, mango, fruit cocktail, pastries and Danishes [croissant, twist roll with poppy seeds, apple turnover, pain au chocolate and muffin]

A variety of cereals: All Bran, Corn Flakes, Rice Crispi's, Muesli

A selection of local and French cheeses, fresh fruit, charcuterie and yoghurt

Full Breakfast

R180.00

A selection from the continental breakfast table as well as a choice of one of our hot menu dishes

Parc Fermé Breakfast

R75.00

Two eggs: fried, poached or scrambled, crispy streaky bacon, grilled tomato gratinated with parmesan cheese, sautéed mushrooms, hash brown, beef or pork sausage and toast

Pit Stop Breakfast

R55.00

One Egg: fried, poached or scrambled, grilled tomato, beef or pork sausage, streaky bacon and toast

Eggs Benedict

R72.00

Two poached eggs served with Gypsy ham or smoked salmon on an English muffin topped with Hollandaise sauce

Omelettes

R69.00

Create your own omelette with three of the following items:

Ham, tomato, bacon, mushroom, onion, spinach, feta cheese, cheddar cheese, chicken strips and peppers

Parc Fermé Wrap

R55.00

Rolled with crispy bacon, scrambled egg and cheddar cheese, served with French fries and accompanied with a tomato relish

Pan Fried Haddock Fillet

R79.00

Accompanied by grilled tomato, sautéed mushroom and with your choice of eggs

Chef Sandwich

R55.00

Toasted with minced beef, bacon, cheddar cheese and served with French fries

Traditional French Toast

R49.00

With cinnamon sugar, streaky bacon and maple syrup

Pancakes

R59.00

Served with a choice of Nutella, cinnamon sugar, maple syrup, Chantilly cream or vanilla ice cream

Health Breakfast

R59.00

Plain Bulgarian yoghurt or fruit yoghurt layered with muesli, fruit salad and drizzled with honey

Oats

R49.00

Served with caramelized banana and honey

PARC FERMÉ RESTAURANT



LIGHT LUNCH MEALS



Available daily from 11h00 to 18h00

Parc Fermé Beef or Chicken Burger

R82.00

Served with crispy bacon, topped with a soft fried egg, melted cheddar cheese, mushroom sauce and french fries

Beef Prego and Portuguese Fries

R82.00

Grilled beef fillet marinated in white wine, garlic and bay leaves served with Portuguese roll

Chicken Panini

R82.00

Toasted with chicken, mozzarella cheese, rocket leaves and curried mayonnaise

It is a Wrap

R65.00

Crumbed chicken strips, grated cheddar cheese, sweetchilli mayonnaise and fresh coriander leaves - Filled with lettuce, tomato and onion, served with French fries

Wok Fried Noodles

R90.00

With chicken and prawn, julienne vegetables, bok choy and soy oyster sauce

Penne Carbonara

R90.00

Crispy bacon and mushroom in a creamy herb sauce, topped with parmesan cheese

Chef's Salad

R85.00

A combination of mixed leaves, avocado, crispy bacon, hard boiled eggs, Kalamata olives, feta cheese, whole kernel corn and cherry tomatoes with a cilantro lime dressing

Salmon Tartare with Smoked Salmon and Quail egg

with mixed green leaves and buttermilk dressing

R75.00

Grilled Halloumi, Avocado & Lime Salad

Mixed green leaves, bean sprouts, cherry tomato and mixed seeds & lime dressing

Soup of The Day

R65.00

[Ask your waiter]

Gourmet sandwiches

available on white bread, brown, rye, French baguette. Low GI/ & tramezzini- plain or toasted

With a choice of the following

Chicken mayonnaise	R65
Chicken tikka	R65
Tuna mayonnaise	R65
Crispy bacon and avocado	R65
Pastrami, cheese, gherkins avocado and mustard	R65
Ham, cheese and tomato	R65
Smoked salmon, cream cheese, tomato and avocado	R75
Steak, fried onions and cheddar cheese	R75
Lettuce, tomato, onion, cheese, cucumber and mayonnaise	R55
Mozzarella, pesto, tomato and rockets leaves	R65

Served with French fries or side salad





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*The drive to an exceptional culinary journey
begins at Parc Fermé... Our valuable
guests, indulge in the unique Mauritian
flair of my food.*

Starters

Prawn Tempura Japanese fried prawns, served with sweet chilli soy sauce & complimented with crunchy vegetables	R135 ⁰⁰
Skewer of Spicy Fried Calamari Flash fried with chilli flakes, lemon butter sauce & fresh coriander, served on a bed of rocket leaf salad	R105 ⁰⁰
Antipasti Aubergine parmigiana, marinated olives & feta, grilled zucchini sprinkled with parmesan shavings, baked brown mushroom with goat cheese & bread crumbs	(V) R95 ⁰⁰
Mozzarella & Parma Ham Parcels Served with rocket leaves, strawberries, cherry tomato & drizzled with balsamic vinaigrette	R120 ⁰⁰
Chef Salad A combination of mixed leaves, cherry tomato, crispy bacon, hard-boiled egg, feta cheese, crudité of beetroot & carrots	R95 ⁰⁰
Chicken Salad Chicken strips tossed with green leaves, avocado, rabiola cheese & honey mustard dressing	R105 ⁰⁰
Prawn & Soba Noodle Salad With green beans, red chilli, ribbon of cucumber, toasted sesame seeds, mint & coriander vinaigrette	R145 ⁰⁰
Tabbouleh With cucumber, tomato, feta, olives, parsley, coriander & olive oil	(V) R105 ⁰⁰

Soups OF THE DAY

Curried Cauliflower Soup With crispy tortilla chips & tomato salsa	R75 ⁰⁰
Spicy Chicken Broth Served with crunchy vegetables, deep fried chicken wonton, flavoured with sesame oil & fresh coriander	R90 ⁰⁰

Chef's

SPECIALITY FISH & SHELLFISH

Pan Fried Catch of the Day Wrapped in parma ham & complimented with a clam chowder & baby vegetables	R225 ⁰⁰
Coconut Poached Fish Poached in coconut milk, served with steamed rice, baby spinach, baby carrot, asparagus & sprinkled with chilli flakes	R220 ⁰⁰
Whole Baby Fish Marinated & roasted with creole spice, served with wok egg fried rice & salad	R215 ⁰⁰
Whole Baby Kingklip Grilled with lemon & herbs, served with steamed rice & vegetables of the day	R235 ⁰⁰
Crusted Seared Salmon With pecan nuts & herbs, served with stir fry soba noodles, broccoli, wild mushrooms & teriyaki sauce	R225 ⁰⁰
Queen & King Prawns Grilled & served with lemon butter & your choice of starch.	R275 ⁰⁰

SIDE DISHES

Amala	R55 ⁰⁰
Pounded yam	R65 ⁰⁰
Plantain	R65 ⁰⁰
Jollof rice	R45 ⁰⁰
Eba	R45 ⁰⁰
Semolina	R45 ⁰⁰
Red beans	R55 ⁰⁰
Boiled yam	R65 ⁰⁰
Okra	R65 ⁰⁰
Vegetables assorted	R75 ⁰⁰

Chef's

SPECIALITY MEAT AND POULTRY

- Parc Ferme Beef Fillet** R235⁰⁰
Served with creamy polenta gratin, sautéed asparagus, mushroom & leek ragout
- Roasted Rack of Lamb** R275⁰⁰
Marinated in tandoori spices, served with sweet potato puree, sautéed mushroom, broad beans, tomatoes, crispy lamb macon & a light curry sauce
- Crispy Pork Belly** R185⁰⁰
Roasted with five spice, accompanied with tomato marmalade, butternut gratin & steamed bokchoy & jus
- Stuffed Chicken Breast** R175⁰⁰
With apricot, spinach & goats cheese, served with roast vegetables couscous flavoured with mint, coriander leaves & honey mustard sauce
- Crispy Duck Confit** R235⁰⁰
Cooked in its own fat, served with potato parmentiers, sautéed ribbon of zucchini, fresh herbs & orange sauce
- Whole Baby Chicken** R195⁰⁰
Grilled with lemon juice, rock salt, chilli & served with Portuguese fries & side salad
- Vegetable & Thyme Wellington** R155⁰⁰
Served with sweet potato puree & plum tomato sauce

Stews & CURRIES

- Traditional Mauritian Chicken Curry** R195⁰⁰
Blended spices & curry leaves, for an authentic Mauritian curry, served with basmati rice & sambals
- Prawn Curry** R245⁰⁰
With coconut cream & served with Saffran rice
- Spicy Lamb Curry** R235⁰⁰
Complimented with steamed rice, homemade roti & pickles
- Slow Braised Lamb Shank** R245⁰⁰
Served with sweet potato puree, braised onions & button mushrooms
- Oxtail Stew** R235⁰⁰
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

African

CUISINE SPECIALS

NIGERIA

Pepper Soup

With catfish/goat/assorted meat & agidi [Pap]

R175⁰⁰

SOUTH AFRICA

Braaivleis/Shisa Nyama

Lamb chops, boerewors, drumstick & beef steak, served with grilled sweetcorn, potato & bacon salad

R205⁰⁰

ETHIOPIA

Doro Wat

Spicy chicken stew with hard-boiled egg, a variety of vegetables & berebere spices

R185⁰⁰

SENEGAL

Mafe

A traditional lamb stew simmered with vegetables & peanut sauce

R235⁰⁰

TILAPIA - GHANA

Deep fried Whole Fish

Topped with a pepper sauce gravy & served with jollof rice

R205⁰⁰

SOUTHERN AFRICA

Mogodu

Tripe stew served with dombolo or pap

R185⁰⁰

NIGERIA

Red Beef Stew

Cooked in a tomato base with thyme and curry, served with jollof rice & hard-boiled egg

R205⁰⁰

Red Goat Stew

Cooked in a tomato base, served with Jollof rice & a hardboiled egg.

R225⁰⁰

Assorted Vegetable Soup (Okra, Egusi,Obono)

Served with eba or semolina

R195⁰⁰

MOZAMBIQUE

Mozambican Prawns

With garlic, peri peri sauce, beer & served with coconut rice

R285⁰⁰

PARC FERMÉ
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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 R225⁰⁰

Cajun chicken alfredo with mushrooms R145⁰⁰

Arabiatta sauce with pitted olives, capers, toasted pine nuts, basil pesto & fresh herbs (V) R135⁰⁰

Creamy spicy beef trinchado R155⁰⁰

Chorizo, vodka & peas, served with a touch of cream R135⁰⁰

Desserts

Chocolate Fondant R105⁰⁰
Decadent hot chocolate pudding with a molten middle, served with vanilla ice cream

Crème Brûlée R85⁰⁰
Rich custard base flavoured with vanilla & topped with a contrasting layer of hard caramel

Cake of the Day R85⁰⁰
Please ask your waiter for the gâteau of the day

Baked Alaska Cake R85⁰⁰
Filled with mocha pecan caramel ice cream

Cannelloni of Coffee and Pistachio Parfait R95⁰⁰
With dusted berries

Red Wines

CABERNET SAUVIGNON

	GLASS	BOTTLE
Rustenberg Stellenbosch (Dark berries and tobacco, with well-structured palate)	R90	R280
Kanonkop (Essentially savoury, classically styled)		R980
Vergelegen (Explosive blackcurrant flavours)		R750
Plaisir de Merle (Plummy fruit with savoury notes)		R495

SHIRAZ

Boschendal 1685 (Young and lively, combining the elegant and juicy fruit)	R95	R295
Thelema (Perfumed and elegant)	R130	R390
Neil Ellis Groenekloof (Licorice aromas and hints of violets)	R80	R240

MERLOT

Lanzerac (Flavours of chocolate, dark berries and pencil shavings)		R360
Thelema (Juicy upfront red fruit and concentrated flavours)	R130	R390
Meerlust (Succulent dark plum and mineral core)	R230	R690
Flagstone Poetry (Pleasant, quaffable, fat black plums)	R65	R200

PINOTAGE

L'Avenir (Wild berry bouquet with friendly tannins)		R320
Beyerskloof (Red berry fruit, good cheer)	R75	R220
Diemersfontein (Espresso, tobacco and ripe plum, seductive)		R340

PINOT NOIR

Glen Carlou (Forest floor, farmyard richness)		R380
Haute Cabriere (Light, bright, pink)		R720
Nitida (Uncover a tango of strawberries, red cherries and wild ostrich)	R110	R385

RED BLENDS

Plaisir de Merle Petit Plaisir Cabernet Sauvignon Shiraz (Sweet spice and vanilla flavours)	R90	R280
Thelema Rabelais 2010 (Luscious dark berries, cherries and cedar wood)		R1200
Steenberg Catharina (A barrel selection of the best vineyards)	R205	R640
Vergelegen Cabernet Sauvignon Merlot (Leafy and complex)	R95	R280
Waterford "The Gem" (Big scale, superbly balanced)		R2300
Meerlust Rubicon (Boldly packed, dense)		R950
Glenelly Estate Reserve Red (Dark berry fruit laced with spice)		R500
Anthonij Rupert Optima (Berry fruit and cherry tobacco nose with hint of spice)		R485
Rupert & Rothschild Classique (Smokey oak scents, sweet fruit)		R425
Kanonkop Paul Sauer (Bordeaux blend, cranberry and blueberry flavours)		R1895
Rust en Vrede Estate (Deep piled hedgegrow fruit)		R1050
De Toren "V" (Savoury, raisiny dried fruit notes)		R1350
Boekenhoutskloof The Chocolate Block (Exotic herbs, ethereal aromas)		R480

Dessert Wines

Groot Constantia Grand Constance (Pineapple, raisins, apricots, rose petals)		R1450
Rustenberg Straw Wine (Honey characters and hints of lemon)	R50	R320

Dear Patron

We have compiled a small but comprehensive list of some local and international wines that we believe are a true reflection of what Parc Fermé is striving to achieve - a balance between good value and hints of extravagance. We hope you enjoy our selection of wines as we have enjoyed selecting them. Leon and team

Champagne

	GLASS	BOTTLE
Dom Perignon Vintage Blanc (Full taste lingers, elegance and a sappy, spicy note)		R6000
Dom Perignon Rosé Vintage (Full of personality and longevity)		R9500
Moët & Chandon Brut Imperial (Bright fruitiness, seductive palate and elegant maturity)	R310	R1550
Moët & Chandon Rosé Imperial (Spontaneous, radiant and bright fruitiness)	R375	R1750
Moët & Chandon Nectar Imperial (Density of exotic fruits and grapefruit notes)		R1750
Veuve Clicquot Yellow Label Brut (Mouth-watering fruit, splendid mousse and tremendous finish)		R1750
Veuve Clicquot Rich (Lightly sweet, fresh citrus and floral notes)		R2500
Veuve Clicquot Vintage (Light candied citrus fruit aromas)		R2500
Laurent Perrier Demi-Sec (Dried fruit, almonds and hazelnut aromas)		R1500
Cristal (Powerful and delicate, combining subtlety and precision)		R9500

Local Bubbles

Pongrácz Nectar Demi-Sec (Velvety, creamy and citrus notes)	R70	R350
Krone Night Nectar Demi-Sec (Refreshing lemon curd and subtle fruit flavour)	R85	R370
Krone Borealis Cuvée Brut (Displaying biscuity bouquet with fine persistent bubbles)	R85	R370
Steenberg Brut Chardonnay (Fresh Granny Smith apples, peach and baked biscuits)		R450
Luc Belaire Luxe (Aromas of grapefruit, peach, apricot, honeysuckle and brioche)		R1050

White Wines

SAUVIGNON BLANC

Thelema (Perfectly balanced)	R75	R230
Flagstone Poetry (Light, zesty lemoncurd)	R60	R180
Rustenberg (Lemongrass, pear and herbal)	R65	R200
Steenberg The Black Swan (Beautifully creamy with a full mouth-feel)	R215	R650

CHARDONNAY

Jordan Nine Yards (Buttered, toasty, fresh and focused)		R990
Fat Bastard (Lemon and marmalade, peach and pear middle)	R75	R230
Glen Carlou (Hints of tropical fruit, citrus and balanced oak)	R105	R320

CHENIN BLANC

De Morgenzon (Green apple, yellow stone fruit, hints of honey and floral aromas)		R290
Leeuwenkuil (Green apple, granadilla and guava character)	R65	R160

WHITE BLENDS & UNUSUAL CULTIVARS

The Beautiful Lady (Fruity litchi and pineapple notes, shimmering acidity)	R130	R390
Altydgedacht Muskarade (Sweet blend of Muscat)	R60	R180
Haute Cabriere Chardonnay Pinot Noir (Light, bright and pink)	R85	R260