



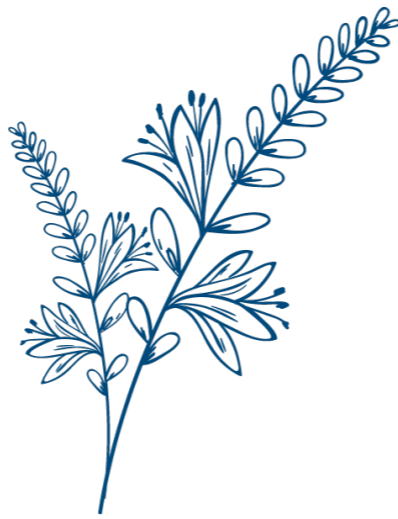
la vie lente

B I S T R O • V E N U E

BISTRO MENU
2020



DRINKS



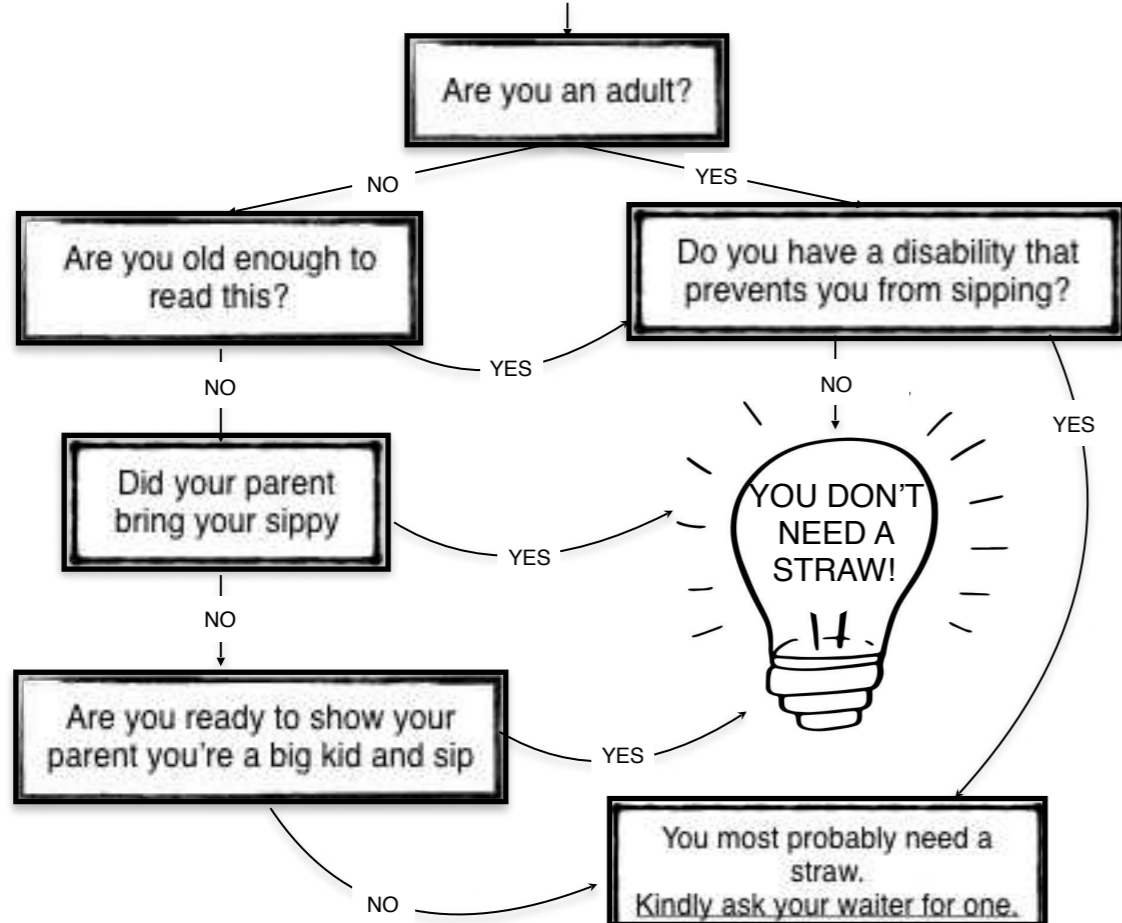
WE DECIDED TO DO OUR PART BY

GOING STRAW-LESS

BECAUSE WE NEED HEALTHIER OCEANS & WILDLIFE MORE THAN STRAWS!

But we recognise that a straw is sometimes needed, and therefore we will make straws available on request after you have considered the following:

DO I NEED TO USE A STRAW?



SOMETHING TO WARM YOU UP

	Regular	Tall		
Cappuccino	R25	R32	Dilmah Tea	R19
Red cappuccino	R27	R34	(Ceylon; Rooibos; Earl Grey; English Breakfast)	
Americano	R22	R29	Irish coffee	R48
Single espresso	R21		Hot Chocolate	R33
Double espresso	R29		Milo	R33
Macchiato	R23			
Baby-cino	R16			
Warm Latte	R36			
Plain Iced Latte		R38		
Milktart Latte		R40		
Vietnamese Iced Latte		R38		

Decaf R4 extra Cream R5 extra

SOMETHING TO COOL YOU DOWN

Juice (Apple, Orange, Grape or Fruit Cocktail)	R24	BOS Ice Tea (berry; lemon; peach)	R27
Milk	R16	Milkshakes (strawberry; choc; vanilla & lime)	R42
Seasonal Cooler (Passion fruit & rooibos)	R24	Kids milkshakes	R25
Cordials (passion fruit; lime; cola tonic)	R8	Iced coffee	R45
Sodas 300ml	R19	Dom Pedro	R49
Mixers 200ml	R16	Still water 1.5L	R30
Red Bull Energy Drink	R35	Still water 500ml	R14
Tizers (apple/white & red grape)	R27	Sparkling water 1L	R26
Rockshandy	R37	Sparkling water 500ml	R16
Steelworx	R34		

SMOOTHIES

Discover the benefit of our Superfood Smoothies:

Immune booster & anti-inflammatory

Rich in vitamins & anti-oxidants

Great source of dietary fibre

Aids in digestion & weight loss

Boosts metabolism

R50



Red

Raspberries • Banana • Beetroot • Apple • Chai seeds • Organic Rolled Oats

Green

Pineapple • Kiwi • Spinach & Kale • Lemon • Coconut

Yellow

Mango • Blueberries • Carrot • Ginger • Lemon • Coconut

Peanut Butter

Peanut butter • Organic cocoa powder • Honey • Rolled Oats • Banana

COCKTAILS

Blue Burst

Just Juniper Berry Triple 3 Gin • Fitch & Leedes Blue Tonic • berries

Pink Patience

The Pink Lady Cape Town Gin • Fitch & Leedes Pink Tonic • strawberries
(sugar-free option available)

Crimson Compliments

Rooibos Red Cape Town Gin • Fitch & Leedes Ginger Ale • cucumber & mint

Sassy Citrus

Citrus Infusion Triple 3 Gin • Fitch & Leedes Bitter Lemon • lemon slices
(sugar-free option available)

Bold Botanicals

African Botanicals Triple 3 Gin • Fitch & Leedes Indian Tonic • cucumber
(sugar-free option available)

R60



WINE LIST

Sparkling wine

Swartland Non-alcoholic Sparkling White Grape R100

Vintales Espantaneo Sparkling Sweet Rose R130

A pleasantly sweet sparkling Rosé bursting with flavours of ripe red berries.

Swartland Cuvee Extra Dry Sparkling Wine R150

Refreshing sparkling wine with mineral flavours. Round and not too dry, with fresh and crisp acidity.

Pierre Jourdan MCC Belle Rose R235

The Belle Rose has a voluptuous nose of strawberries and cream, followed by fresh acidity and red fruit on the palate

Pongracz MCC Rose R280

Delicate yeasty tones, layered with toast and ripe fruit. It imparts a wonderful foamy mouthful of black berry fruit flavours with a lingering brut aftertaste.

Laborie MCC Brut R250

This pale straw coloured Méthode Cap Classique shows a vibrant intensity, yet remains elegant and fine in style. On the nose it shows slight perfume and berry aromas with hints of subtle yeastiness and brioche.

Rose/Blush

Vintales BEST of BOTH Natural Sweet Rose R40 (glass) R110

Rose pink colour, hints of cherry and strawberry on the nose as well as balanced sweetness.

Louisvale Stone Road Cinsault Rose R45 (glass) R125

A dry rose with vibrant red berry and watermelon flavours.

Pierre Jourdan Tranquille R150

Tranquille is an elegant wine with a shy salmon colour followed by a beautiful bouquet of fine berries ending off with an amazing freshness. Its low alcohol makes this an ideal companion for a hot summer's day or a lunch time meal.

Haute Cabriere Chardonnay Pinot Noir R230

This enticing blend of Chardonnay and Pinot Noir shows elegant fruit underlined by firm acidity. An abundance of zesty fruit flavours will be found – most notably white peach, lychee and red fruit – with a delectable full mouth feel and balance.

White wine

HOUSE WHITE: Louisvale Stone Road Sauvignon Blanc	R45 (glass)	R135
A fresh, crisp, well-structured wine. It has a well-integrated acidity on the palate and a smooth, lingering aftertaste.		
Vintales HEAD OVER HEELS Natural Sweet Wine	R40 (glass)	R110
Pale straw colour, grapy and muscat nose.		
Sophie te'Blanche Sauvignon Blanc		R165
Vibrant pure fruit of cut green apples, zesty limes, gooseberries and tropical notes with white flowers and subtle mineral undertones. Sophie is fresh, crisp, balanced, accessible, playful and delicious!		
Kleine Zalze Chenin Blanc		R155
Aromas of ripe pineapple and guava jump out of the glass. This is followed by a rich and ripe palate, beautifully balanced by lemon-lime freshness on the back palate.		
Louisvale Chavant Chardonnay (lightly oaked)		R195
A fine balance of fresh citrus, vanilla and white peach flavours, this Chardonnay offers hints of butterscotch and citrus on the nose		
Saronsberg Earth in Motion White		R150
It has prominent tropical aromas with the Sauvignon Blanc contributing delicate gooseberry, exotic fruit and a hint of minerality; the Chenin Blanc provides white pear, litchi and floral notes. It is a clean, fresh wine with ample body, a succulent fruit core and generous aftertaste.		

Red wine

HOUSE RED: Railroad Red	R47 (glass)	R145
Sweet red berry fruit flavours and spiciness with layers of subtle fruit tannins on the palate. A cheerful and juicy red wine with lively drinkability.		
Louisvale Stone Road Cabernet Sauvignon		R140
A well-matured wine for easy drinking! Full-bodied with delicious fruit aromas of black currant and plum.		
Kanonkop Kadette Pinotage		R265
<i>A complex wine with hints of red fruit and mocha flavours. Elegant tannin structures with a good length and dry finish</i>		
Rustenberg Shiraz		R270
This Shiraz has plenty of natural brambly red and black fruit on the well-defined nose. The palate is medium-bodied with a fine line of acidity, crisp tannins and expressive red berry fruit mixed with spice and cloves on the finish.		
Raka Quinary Bordoux Blend		R280
Intense deep red colour with blackcurrant and cherry on the nose. The palate is well structured and pure with soft tannins and a lingering fruity aftertaste.		
Louisvale Dominique		R245
An elegant blend of Cabernet Sauvignon, Merlot and Cabernet Franc. Intense fruit aromas of black currant and plum are underpinned by toasted oak. The palate is medium to full bodied and rich.		
Hermanuspietersfontein Posmeester		R215
Posmeester is a fresh Bordeaux-style blend that promises pleasant everyday drinking experience. It has generous length, smooth tannins, medium body, pure intensity, supple consistency, open structure, dry finish and flowing balance.		

OTHER ALCOHOLIC BEVERAGES

Craft Beer

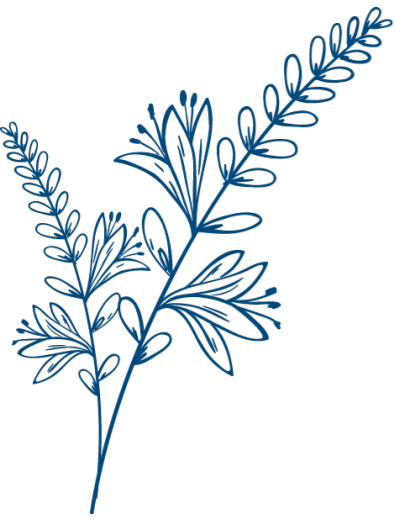
KRAFFT .33 Lager	R40	CBC Lager 340ml	R37
CBC Amber Weiss 340ml	R37		
CBC Pilsner 340ml	R37		

Other Beers and Ciders

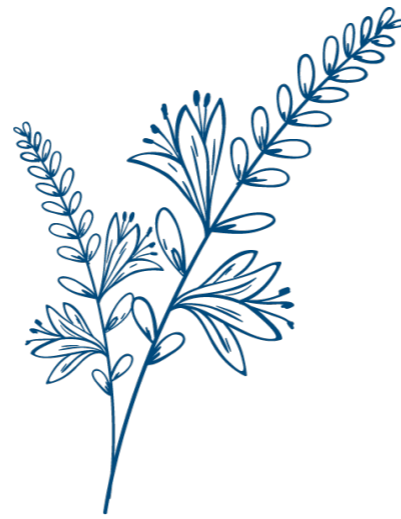
Amstel Lager	R28	Heineken	R33
Black Label	R26	Peroni	R31
Castle Lager	R26	Hunters Dry	R31
Castle Lite	R27	Hunters Gold	R31
Castle Free	R25	Hunters Extreme	R39
Millers Draught	R31	Savanna Light	R35
Windhoek Draught	R31	Savanna Dry	R39
Windhoek Lager	R29	Red Square Energy	R41

Spirits and Shooters

	Single shot		Single shot
Bells	R24	Gordons Gin	R20
J&B	R24	Smirnoff Vodka	R19
Jameson	R35	Mainstay Cane	R19
Jack Daniels	R31	Grappa	SQ
Johnnie Walker RED	R26	Old Brown Sherry	R23
Glenfiddich 12yrs	R51		
Olof Bergh Brandy	R21	Jägermeister	R33
Richelieu	R21	LOVOKA caramel	R33
KWV 5 years	R23	Jose Cuervo Tequila Gold	R29
		Po-10-C	R26
Bacardi	R23	Cookies & Cream	R26
Malibu	R21	Strawberry Lips	R26
Spiced Gold Rum	R22		
Captain Morgan	R24		



FOOD

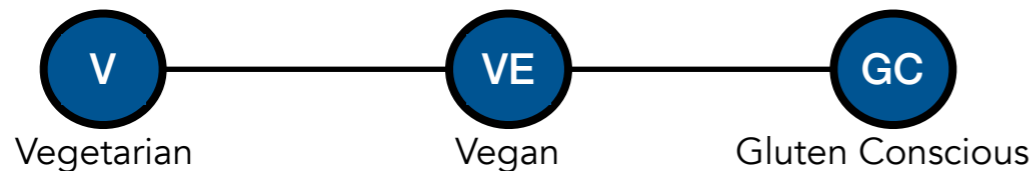


LA VIE LENTE was born from the dream and desire to live a simple and slow life, hence our name, meaning “the slow life” in French, which epitomises our yearning for an unpretentious, wholesome and slowed-down lifestyle.

And slow & simple is exactly our aim for 2020. Not simple as in unexciting. Simple as in appreciative of what is right in front of us. As in one doesn't have to glitz and glamour already amazing stuff - simply enjoy it!

We are giving you fewer options and more opportunity. Put away that mobile phone and appreciate the company at your table. Taste the food! Order that bread basket and Gin before your main meal - you deserve it. We invite you to discover the magic of simplicity when indulging in what we have to offer.

We wish you a pleasant, slow- & simple-life experience!



BREAKFAST

last order taken at 11:30

- GC
VE
Breakfast Smoothie R50
 Yellow, Green, Red or Peanut (Peanut is non-vegan)

- Avo & Salmon Toast** R95
 Choose between toasted health/rye bread
 Avocado slices, smoked Salmon & cucumber ribbons, wild rocket & lemon chive cream cheese

- VE
Forages Bowl R110
 Nacho's, crispy spinach, spicy lentils, Hummus, seed mix, radish & cucumber salsa, Chipotle beans, avo & pickled beetroot

- Petit Déjeuner** R75
 Croissant served with Gypsy ham, scrambled egg & burst tomatoes served with grated Cheddar cheese & homemade pestos' and preserves
 Add bacon R16
 Replace ham with salmon trout R30

- V
Turkish Poached Eggs R90
 Roasted sweet potato, poached eggs, Haloumi, fresh cucumber, baby tomatoes, tender stem broccoli, wild rocket, pita & flavoured yoghurt
 Add bacon for a non-vegetarian option R16

- Big Ben Breakfast** R120
 2 fried eggs, crispy bacon, 100g beef fillet, fresh tomato, rustic fries, stuffed mushroom and toasted ciabatta

- Sunrise Burger** R100
 Cheesy beef burger with crispy bacon, caramelised onions and mustard, topped with a fried egg, lettuce and fresh tomato on a sesame seed bun served with rustic fries

LUNCH

served from 11:30 onwards

GC V	Mediterranean Garden Salad Bocconcini cheese, cherry tomatoes, chargrilled artichokes, marinated olives, popped capers, mixed seeds and salted cashew nuts with a side of basil pesto	R90
GC	Lemon & Herb Chicken Salad Grilled chicken breast, cucumber, lettuce, tomato, avocado & red onion served with Caesar dressing	R90
	Italian Sandwich Ciabatta, baby spinach, tomato, Parmesan shavings, Salami & Prosciutto with Basil pesto & cream cheese (Choice of side salad or rustic fries)	R90
	Roast Beef Sandwich Ciabatta, roast beef slices, radish, crispy potato chips, garlic aioli, caramelised onions, fresh lettuce & herb cream cheese (Choice of side salad or rustic fries)	R110
	Pulled Pork Burger BBQ pulled pork, pickled baby onion, coleslaw & baby spinach For a Vegetarian burger, replace pork with fried Peppers (R85)	R95
VE	Vegan Puttanesca Linguine Linguine pasta, baby tomatoes, olives, popped capers, crushed Napoli sauce, tenderstem broccoli, chilli flakes & lemon zest	R85
	Butternut Pancetta Linguine Linguine pasta, butternut pureé, pine nuts, crispy Pancetta with lemon zest & mint oil	R120
GC	Chicken Roulade Wrapped with Bacon Spinach & Feta stuffed chicken breast, served with cheesy polenta, basil cream sauce, burst cherry tomato & basil oil	R130
GC	Pork Belly Honey glazed pork belly served on a bacon & chives mash, with broccoli and topped with fresh coleslaw and sweet mustard sauce	R160
	500g T-Bone T-Bone served with basil butter, garlic aioli, fresh tomato salsa, roasted garlic, chilli chimichurri, bruschetta & rustic fries	R175

TABLE PLATTERS

served all day

	SINGLE	TO SHARE
Holiday Platter White wine & fennel mussel pot, lemon & garlic prawns with toasted Ciabatta	R110	R210
Charcuterie & Fromage Platter Variety of 3 cheeses, selection of 3 cured meats, seasonal fruits, marinated olives, peppadew, roasted garlic served with bread rolls, seed crackers, dips & preserves	R180	R290
Tapas Platter Beef Carpaccio & avo bruschetta, beef meatballs, chicken kebabs, anti pasti kebabs, spinach & Feta cheese bombs, marinated olives, Jalapeño pockets, pitas & Muhammara dip	R150	R300
Familia Platter (designed for six people) Spinach & Feta cheese bombs, meatballs, chicken kebabs, anti pasti veggie kebabs, beef trinchado, Jalapeño pockets, olives, tzatziki, pitas and bread with butter		R700

SWEET TREATS

served all day

Passionfruit Cheesecake Baked passionfruit cheesecake served with Chantilly cream & passionfruit glaze	R60
Mini Carrot Cake Mini carrot cake served with cream cheese frosting & Pecan nuts	R50
Chocolate Ganache Tart Chocolate ganache tart served with pouring cream & fresh berries and salted caramel drizzle	R65

FOR THE LITTLE ONES

Toasted Chicken Mayo with fries	R45
Linguine Alfredo	R45
Chicken strips & fries	R45
Scrambled egg & toast Add bacon (R16)	R30
Kiddies Vegetarian Platter cucumber; carrots; cherry tomato; Cheddar cheese; variety fruit	R55
Ice Cream Tubs Chocolate Strawberry Vanilla	R20

KIDS activity books for sale

Please
ask your waiter for
more info

