



# MOUNT NELSON

A BELMONT HOTEL  
CAPE TOWN

LUNCH AND DINNER  
LOUNGE MENU

## **LUNCH AND DINNER LOUNGE MENU**

Served daily from 12h00

Welcome to the Lounge, the hub and heart of our hotel.

Our lounge menu offers a selection of simple informal choices, however if there is something specific you would like to order, or if you have specific nutritional requirements or allergens, please do let us know and we will do our best to accommodate your preferences. This menu subject to change with our Chef's seasonal recommendations.

Please do look out for our daily chalkboard menu for dinner.

Bon appetit!

### **FOOD ALLERGY INFORMATION**

We have indicated vegan, vegetarian, dairy, gluten free and nut allergies on the menu. For any other allergens, intolerances or special dietary requirements please communicate these to your waiter.

- VG - Vegan
- V - Vegetarian
- N - Nuts
- F - Fish
- S - Shellfish
- GF - Gluten Free
- GL - Gluten
- D - Dairy
- P - Peanuts

All prices are quoted in ZAR.

## SALADS

CAESAR SALAD - F - E - G - D - GL - V Baby gem lettuce, garlic croutons, shaved Parmesan with a Caesar dressing	180
GRILLED VEGETABLE AND CHICKPEA SALAD - G - VG - GF - N Hummus, rocket, sun dried tomatoes, artichokes, with falafel and an olive & caper vinaigrette	180
GREEK SALAD - D Tomato, feta, lettuce, onion, cucumber, olives (contains pips), peppers and a light herb vinaigrette	180
ROASTED BUTTERNUT QUINOA SALAD - V - N - GF - VG Millet, barley, sunflower seeds, sesame, cashew nuts, goji berries, dried cranberries, apple, parsley, spring onions, sprouts and pea shoots	150
CAPRESE SALAD - D - V Buffalo mozzarella, tomato, basil with balsamic dressed rocket	190
GREEN SALAD - D - VG - N - VG Rocket, baby gem lettuce, broccoli, cucumber, green beans, baby marrow, avocado and a toasted sunflower seed dressing	180
TOMATO SOUP - D - V - G Served with herbed croutons and homemade breads	145
BEEF CARPACCIO - D Fresh lemon, rocket, Parmesan, black pepper, olive oil	185
SMOKED SALMON - N - F - D - GL Horseradish cream with a caper and fennel salad served with seed loaf	215
SELECTION OF LOCAL CHEESE - N - D - GL Preserves and biscuits	205
CHARCUTERIE PLATTER - N - D - G - E - GL Selection of cold meat, roasted bone marrow, olive & caper salsa, chicken liver parfait, served with a bread selection and pickles	215
RICE PAPER WRAP - GF - VG Served with a soya, chili and lime dipping sauce	125

## STARTERS

### SANDWICHES AND WRAPS

Served with a choice of fries, potato wedges, fried sweet potato or a side salad.

#### CHEESE BURGER - D - GL - G

100% pure beef, toasted sesame bun with cider caramelized onion and mature cheddar, served with lettuce, tomato, aioli, red onion and pickled cucumber 205

#### MUSHROOM BURGER - VG - V - GL - G

Mushroom and black bean patty, cider caramelised onion and vegan mozzarella served with lettuce, tomato, red onion and pickled cucumber 190

#### SOUTHERN FRIED CHICKEN WRAP - D - GL - G

Hummus, lettuce and carrot slaw, rocket, pineapple chutney, cucumber, feta and avocado 185

#### GRILLED VEGETABLE WRAP - GL - VG - G

Falafel, hummus, sundried tomato, avocado and rocket 185

#### CLUB SANDWICH - D - E - GL

White, whole wheat or sourdough bread with chicken breast, avocado, bacon, fried egg, tomato, cheddar cheese, mayonnaise and iceberg lettuce 205

## PIZZAS

PEPPERONI PIZZA - GL - G - D 185

ANCHOVY, CAPER AND KALAMATA OLIVE PIZZA - GL - G - D 185

ROASTED VEGETABLE PIZZA - GL - G - V - D 185

Plant based pizza available on request

Gluten-free base available on request (R30 supplement)

## GRILLED

Served with sautéed mixed vegetables

With a choice of fries, baked potato, mashed potatoes, fried sweet potato, rice or a side salad. With a choice of cheese, lemon butter, mushroom or pepper sauce.

BEEF SIRLOIN (150G / 300G) - G - D 235 / 340

CHICKEN BREASTS - G - D 200

LAMB CUTLETS (4) - G - D 370

LINE FISH (200G) - D - G - F 275

## **MAINS**

MUSHROOM RISOTTO - GL - G - V - D 240  
also available in green vegetable

CURRY - D - G - GL  
Chicken, lamb or vegetable  
With basmati rice, poppadoms, sambals, potato samosas and roti 255

## **PASTA** 195

Penne or spaghetti - GL - VG - V  
Bolognese - D, Napolitano - VG, pesto - NV and Aglio e Olio - GL - D  
Gluten-free pasta available

## **SIDE ORDERS**

Side fries 70  
Mixed side salad 95  
Potato wedges 70  
Roasted butternut 70  
Mixed buttered vegetables 70  
Sautéed cauliflower 70  
Steamed broccoli 70  
Green fine beans 95

## **DESSERT**

BAKED CHEESECAKE - D - GL - E  
Served with Chantilly cream and berry salad 95

CAKE OF THE DAY - D - E - GL  
Please consult your waiter for more information 85

SCONES (THREE) - D - GL - E  
Served with Chantilly cream, jam and grated cheese 95

VANILLA CRÈME BRÛLÉE - D - E - GL 95  
Served with shortbread and fruit sorbet.

FRESH SEASONAL CUT-FRUIT SELECTION VG V 120