



MOUNT NELSON

A BELMOND HOTEL
CAPE TOWN

LOUNGE LUNCH MENU

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Served daily from 12H00

FOOD PHILOSOPHY

Talking about food and cooking in our kitchens, Mount Nelson's Chefs follow a very simple ethos: honour the ingredient, focus on the intrinsic flavour, keep sustainability top of mind, support local farmers and suppliers who are deeply alighted to our food philosophy, and from there creativity and inspiration flow.

Should you have specific nutritional requirements or allergens, please do let us know and we will do our best to accommodate your preferences.

Best Regards
Willem Du Toit
Hotel Manager

FOOD ALLERGY INFORMATION

VG - Vegan	V - Vegetarian	N - Nuts	F - Fish	S - Shellfish	* - Can be made Vegan
GF - Gluten Free	GL - Gluten	D - Dairy	P - Peanuts	G - Garlic	E - Egg

STARTERS

SALDANHA OYSTERS 6/12 - s	240/380
Sustainably farmed Pacific Ocean Oysters served with Mignonette and homemade Citrus Atchar	
BABY MARROW - GF - N - V	180
Baby Marrow Ribbons, with Coconut Cream, Tamarind and Sour-Fig Dressing toasted Almond and Coconut, Rocket, Coriander and Mint Salad	
BEEF CARPACCIO - D	210
Fresh Lemon, Rocket, Parmesan, Black Pepper, Olive Oil from the Breede River Valley	
HOME SMOKED SALMON - N - F - D - GL	240
Horseradish Cream with a Caper and Fennel Salad served with homemade Seed Loaf	
LOCAL CHEESE PLATTER - N - D - GL - V	230
Homemade Marmalade & Biscuits	
CHARCUTERIE PLATTER - N - D - G - E - GL	250
Selection of locally produced Charcuterie, Roasted Bone Marrow, Olive & Caper Salsa, house made Chicken Liver Parfait, Pickles, and served with a selection of homemade Bread	
CAVIAR 30g	3500
Oscietra Imperial Heritage served with Buckwheat Blini, Egg, Chives, Onion, Sour Cream and Toast	

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SOUP

TOMATO SOUP - D - V - G - *	150
Creamy Tomato Soup served with Herbed Croûtons and homemade Breads	
VICHYSOISE - G	150
Cold Potato and Leek Soup finished with Sour Cream and Chives	
MUSHROOM SOUP - D - GL	150
Creamy Mushroom Soup served with Herbed Croûtons and homemade Breads	
BUTTERNUT & CURRY LEAF SOUP - VG - G	150
With Coconut Milk	

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SALADS

CAESAR SALAD - F - E - G - D - GL	195
Baby Gem Lettuce, Garlic Croûtons, Shaved Parmesan with a Caesar Dressing	
ROAST CHICKEN SALAD - G - GF	195
Shredded Free Range Roasted Chicken, Cabbage, Carrot, Roasted Red Onion, Pickled Cucumber, Marrow, Mint, Coriander, Sesame, Ginger, Spring Onion, with a Sesame, Soya and Lemon Dressing	
GREEK SALAD - D - GF	195
Tomato, Feta, Lettuce, Onion, Cucumber, Peppers, Olives (Contains Pips), and with Red wine Vinegar and Olive Oil	
CHOPPED SALAD - V - N - GF - *	195
Peppers, Cucumber, Spring Onion, Tomato, Sunflower Seeds, Corn, Chickpeas, African Sorghum, Iceberg Lettuce, matured Cheddar with a with Lemon & Herb Dressing	
GREEN SALAD - D - VG - N - GF	195
Rocket, Baby Gem Lettuce, Broccoli, Cucumber, Green Beans, Baby Marrow, Avocado and a Toasted Sunflower Seed Dressing	
TOMATO & MOZZARELLA SALAD - D - GF - V	195
Lemon, Olive Oil and Basil served with Balsamic dressed Rocket	
ROASTED BUTTERNUT QUINOA SALAD - N - VG	195
Millet, Barley, Sunflower Seeds, Sesame, Cashew Nuts, Goji Berries, Dried Cranberries, Apple, Parsley, Spring Onions, Sprouts and Pea Shoots	

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SANDWICHES AND WRAPS

Served with a Choice of Fries, Crisps, Potato Wedges, Fried Sweet Potato or a Side Salad.

GRILLED BEEF BRISKET ROLL - D - G - GL 210

Basted with a BBQ Sauce on a Soft Butter Roll, Horseradish, Pickled Cucumber, Rocket and Sweet Mustard

THE 'NELLIE' CLUB SANDWICH - D - GL - E 215

Our signature Club with two Sandwiches, choose between White, Whole Wheat or Sourdough Bread. Tomato, Lettuce, Cheddar Cheese, Mayonnaise with Chicken Breast and Avocado on the first Sandwich, and Bacon, fried Egg, Tomato, Cheddar Cheese, Mayonnaise and Iceberg Lettuce on the second Sandwich

BEEF CHEESE BURGER - D - GL - G 230

100% Pure Beef, toasted homemade "Everything" Potato Bun with local Cider Caramelized Onion and Matured Cheddar, served with Lettuce, Tomato, Aioli, Red Onion and Pickled Cucumber

VEGAN MUSHROOM BURGER - VG - GL 230

Homemade Mushroom and Black Bean Patty, toasted Everything Potato Bun, local Cider Caramelised Onion, Pickled Mushrooms and Vegan Mozzarella served with Lettuce, Tomato, Red onion and Pickled Cucumber

TIKKA CHICKEN FOLD OVER - D - GL - G 210

Garlic Naan, Pickled Cucumber, Carrot Salad, Yogurt & Lemon Atchar

GRILLED FALAFEL WRAP - GL - VG - G - * 195

Avocado, Hummus with Coconut Yoghurt

BLACK FOREST HAM FLATBREAD SANDWICH - GL - D 195

Farmer Angus Black Forest Ham, Rocket, Emmental Cheeseon Yoghurt Flatbread with Olive Oil and Balsamic

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PIZZAS

PEPPERONI PIZZA - GL - G - D	205
ANCHOVY, CAPER AND KALAMATA OLIVE PIZZA - GL - G - D	205
ROASTED VEGETABLE PIZZA - GL - G - V - D	205

Plant-based pizza available on request
Gluten-free base available on request
(R40 supplement)

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MAINS

CHALMAR BEEF SIRLOIN (150G / 300G) - G - D	280 / 380
Peppercorn Sauce, Fine Green Beans with Hand Cut Fries	
CHALMAR BEEF FILLET (250G) - G - D	400
Mushroom Ragout, Roasted New Potatoes and Broccoli	
FREE RANGE CHICKEN BREAST - G - D	250
Barley, Cabbage and Pea Salad, Roasted Baby Carrots and Salsa Verde	
LAINGSBURG LAMB CUTLETS (4) - G - D	450
Creamed Polenta, Sautéed Spinach served with a Tomato Olive and Caper Sauce	
GRILLED PRAWNS (6) - D - G - SF	480
Savoury Fried Rice, Green Salad and a Lemon Butter Sauce	
BEER BATTERED KINGKLIP -D - GL - F - G	320
Sustainably sourced from Indian Ocean and Atlantic Ocean Waters Served with Aioli, Hand Cut Fries and a Side Greek Salad.	
BUTTERNUT RAVIOLI - GL - G - D - E	250
Beurre Noisette, Baby Spinach, Hazelnuts, Chorizo and Parmesan	
CHEF'S SIGNATURE VEGETABLE RAMEN - VG - GF - G	250
Spiced Vegetable Broth, Rice Noodles, Shiitake, Seaweed, Tofu and Black Bean Tempeh	
CHEF'S SIGNATURE CURRY - D - G - GL	320
Chicken, Lamb or Vegetable - VG - G With Basmati Rice, Poppadoms, Sambals, homemade Potato Samosas and Roti	
SALDANHA MUSSELS - G - D	310
Saldanha Mussels cooked in locally brewed Beer with a Hint of Spice, Garlic and Spekboom served with toasted Sourdough and Fries	

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SIDE ORDERS

Side Fries: Potato Wedges, New Potatoes or Mashed Potatoes	80
Fried Sweet Potato	80
Mixed Side Salad	105
Roasted Butternut	70
Mixed Buttered Vegetables	70
Sautéed Cauliflower	70
Steamed Broccoli	70
Green Fine Beans	95
Roasted Baby Carrots	70
Garlic Cheese Baguette	70
Side Sauce: Peppercorn, Mushroom, Lemon Butter or Peri Peri	80

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DESSERT

VANILLA CRÈME BRÛLÉE - D - E - GL	105
Served with a Croissant Tuile and Fruit Sorbet	
CHOCOLATE TART - D - E - GL	105
Served Salted Caramel Ice Cream	
FRESH SEASONAL SLICED FRUIT - VG	130
HOMEMADE SCONES (THREE) - D - GL - E	95
Served with Chantilly Cream, homemade Strawberry Jam and grated Cheese	
CAKE OF THE DAY - D - E - GL	95
Pastry Chef's Creation of the Day	
BAKED CHEESECAKE - D - GL - E	105
Served with Chantilly Cream and Berry Salad	
SUMMER VERRINE - VG - GF - VG	105
Berry Compote, Almond Yogurt Creme, Fresh Macerated Berries	
ICE CREAM - D - E	95
Strawberry, Chocolate, Vanilla, Coffee, Stracciatella or Salted Caramel	

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HOT BEVERAGES

Served with Milk, Oat Milk, Soya Milk, or Almond Milk

COLOMBIAN COFFEE	55
Freshly ground and brewed	
LOOSE LEAF TEAS	80
Over 60 Loose Leaf Teas & Herbal Infusions to choose from	
ROOIBOS CAPPUCINO	65
Ultra-high grade pure Highland Rooibos	
HOT CHOCOLATE	70

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EAUX-DE-VIE, SINGLE MALTS, DIGESTIVES & DESSERT WINE

Please consult the Maitre 'D for a more extensive selection

HENNESSY V.S.O.P PRIVILÈGE	150
ARDBEG 10 YR SINGLE MALT - ISLAY	155
GLENMORANGIE 10 YR SINGLE MALT - HIGHLAND	120
JÄGERMEISTER	60
GRAND MARNIER	70
JOOSTENBERG NOBLE LATE HARVEST	105
ALLESVERLOREN, CAPE VINTAGE PORT	95
KLEIN CONSTANTIA, VIN DE CONSTANCE	430

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