



MOUNT NELSON

A BELMOND HOTEL
CAPE TOWN

PLANT BASED LOUNGE MENU
LUNCH AND DINNER

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Served daily from 12h00

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

Our lounge menu offers a wide selection of simple relaxed 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. Our plant based menu offers simply delicious dishes that have been created without any animal derived products. The menu subject to change with our Chef's seasonal recommendations.

Please note that our kitchen also offers other menus with dishes associated with animal products.

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.

SNACKS

SMOKED CARROT ON BLINI WITH CASHEW CHEESE - N - VG	70
TOMATO TARTARE ON SPROUTED BREAD - N - VG - G	70
CRUDITÉS, HUMMUS AND FALAFEL - N - VG - G	75
SPICED OLIVES - VG - G	85
GENERAL TSO'S CAULIFLOWER - GF - VG - G	70
VEGETABLE SKEWER - VG	70
POTATO SAMOOSA - VG - G	70

MAINS

RICE PAPER VEGETABLE WRAP - GF - VG Served with a soya, chili and lime dipping sauce	125
GRILLED VEGETABLE CHICKPEA SALAD - GF - VG - G Hummus, rocket, sun dried tomatoes, with falafel and an olive & caper vinaigrette	175
GREEN SALAD - D - VG - N VG Rocket, baby gem lettuce, broccoli, cucumber, green beans, mangetout, baby marrow, avocado and a toasted sunflower seed dressing	175
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	140
MUSHROOM BURGER - VG - V - GL - VG - G Mushroom and blackbean patty, cider caramelised onion and vegan mozzarella served with lettuce, tomato, red onion and pickled cucumber	180
GRILLED VEGETABLE WRAP - GL - VG - G Falafel, hummus, sundried tomato, rocket	175
ROASTED VEGETABLE PIZZA - GL - G - VG Plant based	175
PENNE PASTA - GL - G - VG With tomato, olives, capers and basil	180

VEGETABLE RISOTTO - GL - G - VG 230
With seasonal green vegetables, Arborio rice, olive oil, lemon
and vegan cheese

CHICKPEA AND LENTIL CURRY - GL - N - VG - G 240
With basmati rice, poppadoms, sambals, potato samoosas.

SIDE ORDERS

Side fries 70
Mixed side salad 90
Potato wedges 70
Roasted butternut 50
Mixed buttered vegetables 70
Sautéed cauliflower 70
Steamed broccoli 70
Green fine beans 90

DESSERT

CHOCOLATE BROWNIE - GF 95
Served with coconut sorbet

FRESH SEASONAL CUT FRUIT SELECTION - VG - V 120
Served with fruit sorbet

BEVERAGE SELECTION

Espresso 50
Double espresso 60
Americano 50
Decaffeinated single espresso or americano 50
Filter coffee pot 80
Cappuccino 55
Latté 60
Mocha 50
Macchiato 50
Iced coffee 65
Fresh juice 70