



JEUNE AFRIQUE

@

PARC FERMÉ
RESTAURANT

*The drive to an exceptional culinary journey
begins at Parc Fermé... Let's indulge our
valuable guests into the uniqueness
of my food and its twist of Mauritian flair.*

Starters

Prawn Tempura Japanese fried prawns, served with sweet chilli soy sauce & complimented with crunchy vegetables	R120 ⁰⁰
Skewer of Spicy Fried Calamari Flash fried with chilli flakes, lemon butter sauce & fresh coriander	R90 ⁰⁰
Antipasti Aubergine parmigiana, green cabbage dumplings with chilli soy sauce, grilled zucchini sprinkled with parmesan cheese, baked brown mushroom with goats cheese & bread crumbs	(V) R85 ⁰⁰
Mozzarella & Parma Ham Parcels Served with rocket leaves, strawberries, cherry tomato & drizzled with balsamic vinaigrette	R110 ⁰⁰
Chef salad A combination of mixed leaves, cherry tomato, crispy bacon, hard-boiled egg, feta cheese, crudité of beetroot & carrots	R75 ⁰⁰
Chicken Salad Chicken strips tossed with green leaves, avocado, rabiola cheese & honey mustard dressing	R95 ⁰⁰
Prawn & Soba Noodle Salad With green beans, red chilli, ribbon of cucumber, toasted sesame seeds, mint & coriander vinaigrette	R110 ⁰⁰
Thai Style Papaya Salad Stuffed with sautéed spinach, crispy bacon, gratinated mozzarella cheese & served with tomato & pineapple salsa	(V) R85 ⁰⁰

Soups OF THE DAY

Traditional French Onion Soup

Topped with a thick slice of toasted French baguette loaded with melted cheese

R75⁰⁰

Spicy Chicken Broth

Served with crunchy vegetables, chicken wonton flavoured with sesame oil & garnished with fresh coriander leaves

R85⁰⁰

Chef's SPECIALITY FISH AND SHELLFISH

Baked Catch of the Day

Wrapped in zucchini, topped with pan fried seared scallops, honey roasted almonds & served with red pepper sauce

R215⁰⁰

Fish en Papillote

Steamed in a parcel with ginger, lemon grass, tomato concasse, asparagus, white wine & served with quinoa flavored cumin & fresh coriander

R205⁰⁰

Whole Baby Fish

Marinated & roasted with Creole spice, served with Wok Egg fried rice & salad

R195⁰⁰

Whole Baby Kingklip

Grilled with lemon & herbs served with steamed rice & vegetables of the day

R230⁰⁰

Crusted Seared Salmon

With herbs served with wasabi mash, citrus salad, sake & miso beurre blanc

R225⁰⁰

Queen & King Prawns

Grilled & served with lemon butter

R260⁰⁰

PARC FERMÉ
RESTAURANT

Chef's

SPECIALITY MEAT AND POULTRY

Parc Ferme Fillet Served with polenta gratin, sautéed asparagus & a morel jus	R225 ⁰⁰
Roasted Rack of Lamb Marinated in tandoori spices served with sweet potato puree, sautéed mushroom, broad beans, tomatoes, crispy lamb macon & a light curry sauce	R245 ⁰⁰
Seared Kudo Loin Wrapped in Parma ham complimented with butternut squash mousseline, sautéed green beans, red wine & chocolate sauce	R205 ⁰⁰
Stuffed Chicken Breast With apricot, spinach & goats cheese served with roast vegetables couscous flavored with mint, coriander leaves & honey mustard sauce	R155 ⁰⁰
Crispy Duck Confit Served with potato parmentiers, sautéed ribbon of zucchini, fresh herbs & an orange sauce	R235 ⁰⁰
Whole Baby Chicken Grilled with lemon juice, rock salt, chilli & served with Portuguese fries & side salad	R170 ⁰⁰
Vegetables & Thyme Wellington Served with white onion puree & plum tomato sauce	R135 ⁰⁰

Stews

& CURRIES

Traditional Mauritian Chicken Curry Blended spices & curry leaves, for an authentic Mauritian curry, served with basmati rice & sambals	R175 ⁰⁰
Prawn Curry With coconut cream & served with Safran rice	R235 ⁰⁰
Spicy Lamb Curry Complimented with steamed rice, homemade roti & pickles	R220 ⁰⁰
Slow Braised Lamb Shank Served with sweet potato puree, braised onions & button mushrooms	R235 ⁰⁰
Oxtail Stew Slow cooked in the oven with red wine, baby onions, carrots, baby marrow & potato dumplings served with a choice of savory rice, pap or buttered mash	R210 ⁰⁰

African

CUISINE SPECIALS

NIGERIA

Pepper Soup R125⁰⁰
With goat meat & Agidi [Pap]

SOUTH AFRICA

Braaivleis/Shisa Nyama R185⁰⁰
Lamb chops, boerewors, drumstick & beef steak
Served with grilled sweetcorn, potato & bacon salad

ETHIOPIA

Doro Wat R175⁰⁰
Spicy chicken stew
With hard-boiled egg, a variety of vegetables & berebere spices

SENEGAL

Mafe R220⁰⁰
A traditional lamb stew
Simmered with vegetables & peanut sauce

TILAPIA - GHANA

Red-Red with grilled whole fish R185⁰⁰
African stew with black eye peas, red palm oil & served with fried plantain

SOUTHERN AFRICA

Mala Mogodu R175⁰⁰
Curried tripe & dumplings served with hot pap

NIGERIA

Beef stew R175⁰⁰
Cooked in a tomato base with thyme & curry served with jolof rice or yam

MOZAMBIQUE

Mozambican Prawns R260⁰⁰
With garlic, peri peri sauce, beer & served with coconut rice

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 R185⁰⁰

Cajun chicken alfredo with mushrooms R125⁰⁰

Arabiatta sauce with pitted olives, capers, toasted pine nuts and basil pesto & fresh herbs (V) R110⁰⁰

Creamy Spicy beef trinchado R135⁰⁰

Desserts

Chocolate Fondant R85⁰⁰
Decadent hot chocolate pudding with a molten middle,
served with vanilla ice cream

Duo of Crème Brule R80⁰⁰
Rich custard base flavored with vanilla & dark chocolate topped with a
contrasting layer of hard caramel

Cake of the Day R75⁰⁰
Please ask your waiter for the gâteau of the day

Baked Alaska Cake R85⁰⁰
Filled with mocha pecan caramel ice cream

Fresh Seasonal Fruit Salad R70⁰⁰
Gratinated with a champagne sabayon