



**SPECIAL**  
DIETS MENU  
SPECIFIC DIETARY  
REQUIREMENTS



# SPECIAL DIETARY MENUS

## SPECIFIC DIETARY REQUIREMENTS

### VEGAN MENU

#### ARRIVAL

Fruit Salad with Berry coulis

Whole Wheat Sandwich with Tomato Cucumber and Avocado (seasonal)

Roasted nuts

---

#### MID-MORNING

Seasonal Fruit

Mixed Nuts

Tortilla Wrap filled with Roasted Vegetables tossed in Hummus

---

#### MAIN MEALS (SELECT ONE)

Sweet Potato, Butternut and Lentil Curry served with Rice and Sambals and Seasonal Vegetables

Grilled Brown Mushroom Topped with Sautéed Spinach and Napolitana Sauce on Mash Potatoes and Seasonal Grilled Vegetables

Stuffed Brinjals filled with Ratatouille served with Roast Potato and Roast Butternut

Coconut Thai Chickpea Curry with Cashew Nuts served with Rice and Roasted Vegetable Kebab

Baked Sweet Pepper Stuffed with Roasted Vegetables and Butternut Mash with Sun-dried Tomato Sauce and Seasonal Vegetables and Rice

Vegetable Cottage Pies, Ratatouille Topped with Sweet Potato Mash

---

#### DESSERT

Coconut Milk Vegan Pancakes filled with fruit Confit and Berry Coulis

Almond Milk Flapjacks topped with Fresh Fruit and ginger Syrup

Fresh fruit Kebabs Drizzled with Minted Honey

---

#### AFTERNOON

Sun Dried Mixed Fruit

Corn chips with Guacamole and Corn Salsa

A Hummus and Vegetable Quesadillas

Fried Cinnamon Banana Fingers



## GLUTEN FREE MENU

### ARRIVAL

Yogurt and Fruit Parfait

Rice Crackers topped with Grilled Chicken Salad and Egg Mayonnaise

Sun Dried Mixed Fruits

### MID-MORNING

Mini Glass of Vegetable Crudit  with Hummus

Fresh Fruit Skewer

Mushroom and Onion Frittata

### MAIN COURSES

Salt and Pepper Seasoned Grilled Chicken Fillet on a Bed of Stir fry Vegetables and Savoury Rice

Salt and Pepper Seasoned Grilled Beef Steak with Broccoli Florets and baby Potatoes

Salt and Pepper Seasoned Oven Baked Fish served with Lemon Butter Sweet Potato and Grilled Mixed Vegetables

Salt and Pepper Seasoned Roast Chicken with Tomato Rice, Roasted Butternut and Cauliflower Florets

### DESSERTS

Fresh Fruit Platter

Fruit Pavlova

Peppermint Caramel Cream Cups in a Glass (No Biscuit)

Cr me Brul e in a Glass

### AFTERNOON SNACKS

Roasted Nuts

Sliced Biltong

Rice Cakes with Guacamole and Corn Salsa



## **BANTING** MENU

### **ARRIVAL**

Full Cream Yogurt with Fruit Compote  
Smoked Salmon and Cucumber Rolls  
Egg and Cheese Muffin

---

### **MID-MORNING**

Chicken Salad rolled in a Lettuce leaf  
Cream Cheese filled Salami Cornet  
Roasted Nuts

---

### **MAIN COURSES**

Grilled Chicken on Cauliflower Rice and Stir Fry Vegetables  
Grilled Beef Steak served with Roast Pumpkin and Greek Salad  
Oven Baked Fish served with Courgette Spinach and Cheese Fritter and Avocado Salad  
Roast Chicken served with Cauliflower Florets and Broccoli Florets

### **DESSERTS**

Baked Apple with Cream Cheese and Roasted Nuts  
“Tiramisu” Coffee Flavoured Mascarpone with Poached Pears and Toasted Almonds

---

### **AFTERNOON SNACKS**

Sliced Biltong  
Sliced Cold Meats and Cheese Platter  
Roast Almonds