

Nourish

RESTAURANT

MENU

NOURISH - THE RITUAL OF EVERYDAY COMFORT

At Nourish, we believe dining is a daily rhythm-an unhurried ritual of nourishment and gentle indulgence. Whether for breakfast, lunch, or a relaxed evening, our casual, family-friendly space invites you to settle in, surrounded by expansive garden views.

At the center of our kitchen is the art of hand-prepared comfort. Whether a stone-ground pizza base, a fresh garden salad, or a wholesome breakfast, every dish respects the process. Our breads are baked fresh daily in our artisanal bakery. We source free-range eggs locally and our garden produce is picked just beyond these walls. The honey in your tea, the vegetables on your plate, the eggs in your breakfast- each chosen with care, full of flavour, and rooted in our land.

Nourish is your daily sanctuary of unhurried, garden-influenced food aligned with the rhythm of your day. Take a moment to slow down, enjoy the company, and savour honest, simple dishes-from breakfast to supper-with warmth and ease. If you need anything, just ask. We're here to make every visit natural, satisfying, and genuine.

SALADS

Trout & Avocado Gateau R195

Smoked trout and silky avocado layered into a delicate gateau, served on a bed of rocket and mixed sprouts. Finished with a mustard-lemon dressing, dehydrated cherry tomatoes and crisp crostini.

Seared Asian Beef Salad R165

Sliced Brahman beef fillet, seared and dressed in an Asian soy dressing. Served over tossed pickled carrots, roasted peanuts, baby spinach and fresh mint.

Beet & Goat's Cheese Salad R125

Roasted beetroot on a Turkish tabbouleh with candied walnuts, creamy goat's cheese and a drizzle of balsamic glaze.

Cobb Salad R165

Grilled chicken breast, hard-boiled egg, marinated feta, cherry tomatoes, English cucumber, red onion, mixed garden greens, crispy bacon, avocado and herb vinaigrette.

Quinoa Plant-Based Bowl R160

Spiced chickpeas and fluffy quinoa with red onion, marinated tomatoes, English cucumber, broccoli, roasted marinated peppers, shredded cabbage and a lemon vinaigrette.



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LIGHT MEALS

Soup of the Day R90    

A hearty soup made fresh daily. Served with bread and butter — please ask your friendly waitron for today's selection.

Quiche Lorraine R160  

Chef's quiche of the day. Please ask your friendly waitron for today's filling.

Gochujang Chicken Wrap R170 

Spicy gochujang Korean-style BBQ chicken and sautéed garden julienne vegetables wrapped in a tortilla. Served with hand-cut fries.

Hot Honey & Sriracha Chicken Wings R140  

Crispy wings tossed in our house Sriracha and hot-honey glaze. Served with tempura-battered pickled peppadews and crunchy fried onions.

Tempura Vegetables R95  

Seasonal vegetables in our homemade tempura batter, served with soy-ginger dipping sauce.

PASTA SELECTION

Chicken & Peppadew Penne R190  

Penne tossed with grilled chicken, tangy pickled peppadews and a rich cream sauce, finished with crumbled feta and chives.

Forest Mushroom Alfredo R225  

Wild mushrooms sautéed with garlic and white wine, folded into a creamy hickory-smoked ham sauce over fettuccine.

Basil & Parmesan Gnocchi R190    

Pillowy potato gnocchi tossed in house-made basil pesto with roasted zucchini and peppers, finished with shaved Parmesan.

Spaghetti Al Romesco R185   

Spaghetti tossed in a romesco of roasted almonds, peppers and sun-dried tomatoes. Finished with crumbled goat's cheese and chilli flakes.



Vegan



Vegetarian



Contains Nuts



Contains Wheat



Contains Milk / Dairy

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MAIN COURSE

Garden Vegetable Japchae R190   

Stir-fried vegetable noodles with seasonal garden vegetables in a soy reduction, finished with spring onions and toasted sesame seeds.

Kashmiri Chickpea & Butter Aubergine Curry R160     

Spiced aubergine and chickpeas in a rich, creamy Kashmiri curry. Served with herbed basmati rice, poppadom, traditional sambal and toasted coconut.

Free-Range Chicken Schnitzel R185  

Crumbed organic free-range chicken fillet. Served with garden salad, hand-cut fries and cheese sauce.

Confit Pork Belly R240 

Two-hour confit free-range pork belly, served with butternut purée, wilted spinach, crispy broccoli, crackling and a honey-mustard reduction.

Lamb Shoulder R290  

Roasted, deboned and rolled free-range Karoo lamb shoulder, served with potato purée, sautéed garden vegetables, pea-and-mint purée and finished with a rich jus.

Brahman Hills Veld-Reared Beef Sirloin R295 

28-day dry-aged grilled beef sirloin topped with bone-marrow garlic butter. Served with hand-cut fries, sautéed wild mushrooms, crispy onions and green peppercorn sauce.

Rogan Josh R240  

Free-range lamb braised in a Rogan Josh-style curry. Served with lemon pilaf basmati, traditional sambal and roti.

Pollo alla Palta R225  

Grilled chicken fillets drizzled with lemon butter, topped with fresh rocket, sundried-tomato pesto, parmesan shavings and avocado slices.

Traditional Beer-Battered Fish & Chips R195  

Hake fillets in a classic beer batter, served with homemade tartare sauce, mushy peas and hand-cut fries.

Karoo Lamb Chops R325  

Char-grilled lamb chops served with carrot mash, sautéed butternut and sweet potato, finished with a rich lamb jus.



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GOURMET BURGERS

Lamb & Blue Cheese Burger R215  

Grilled Karoo lamb patty topped with Blue Rock cheese, garlic aioli and red onion marmalade on a toasted brioche bun. Served with rocket and hand-cut fries.

Brahman Hills Veld-Reared Beef Burger R195  

180g beef patty with home-made barbecue sauce, wild rocket, mozzarella, crispy pancetta, garlic aioli and Worcestershire onions. Served with hand-cut fries.

Southern Fried Crispy Chicken burger R190  

Southern coated chicken breast with pickled cabbage, grilled pineapple, garden lettuce and a Spiced Sracha reduction. Served with hand-cut fries.

Portobello Vegetable Burger R165    

Grilled portobello cap topped with sharp cheddar, creamy goat's cheese, garden rocket, fresh basil pesto and house-made relish on a toasted brioche bun.

DESSERT

Cake of the Day R95   

A rotating selection of specialty cakes made by our pastry team. Please ask your friendly waitron for today's choice.

Gelato of the Day R90    

Please ask your friendly waitron for today's flavours.

Baked Cheesecake R105  

New York-style baked cheesecake served with berry gelato and ginger crumb.

Chocolate Brownie & Blondie R95   

Warm chocolate brownie and blondie served with vanilla ice cream.

Cheese Plate R235  

A selection of artisanal cheeses served with preserves and homemade water biscuits.

Classic Milkshakes R55  

Chocolate | Banana | Vanilla | Strawberry | Mix Berry



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