



Trident @ Rijks *Spa Menu*

Starters

Venison Carpaccio

Venison carpaccio with salad leaves, toasted walnuts, crumbled blue cheese, preserved melon and rooibos balsamic reduction (G)

R70

Peri-Peri Chicken Livers

Chicken livers in a light and creamy peri-peri sauce with onions and peppers, served with a salad

R50

Caramelised Onion, Olive and Goat's Cheese Tart

Crisp pastry topped with balsamic glazed onions, local Oakhurst olives and Druk My Niet goat's cheese (V)

R55

Soup of the Day

Delicious, freshly prepared vegetarian soup. Ask your waitron for details (V)

R45

Salads

Governor's Salad

Salad leaves, cherry tomatoes, cucumber, carrot, peppers, red cabbage, olives and feta, served with creamy ranch dressing and topped with toasted seeds (V) (G)

Side portion - R30/Full portion - R50

Chicken Salad

Tender, Cajun spiced grilled chicken breast fillet strips, salad leaves, cherry tomatoes, cucumber, carrot, peppers, red cabbage and feta, served with creamy ranch dressing and topped with toasted seeds (G)

Side portion – R40/Full portion – R65

Caprese Salad

Ripe tomatoes, locally made fior de latte mozzarella, basil pesto and balsamic reduction. Our take on a classic. (V)(G)

Side portion – R55/Full portion – R85





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Light Meals

Cheese Platter

A fine selection of local South African cheeses, served with biscuits and homemade preserves (V)
R160

Vegetarian Platter

Vegetable crudité, hummus, mozzarella, cherry tomatoes, olive tapenade, basil pesto, tzatziki and deep fried caper berries, served with home baked bread (V)
R85

Dessert

Fruit Skewers

Skewers of fresh fruit, drizzled with a mint and poppy seed syrup, served with vanilla honey yoghurt dip (V)(G)
R45

Smoothies

<i>Seasonal fruit smoothie</i>	R35
<i>Mixed berry smoothie</i>	R58
<i>Smoothie of the Day</i>	R58

Add one of the following organic boosters to your smoothie. The price below supplement charge will added to the smoothie of your choice

<i>Spirulina</i>	R32
<i>Chia seeds</i>	R72
<i>Gogi berries</i>	R55

Fresh Juices

<i>Apple and ginger</i>	R36
<i>Cucumber and mint</i>	R45
<i>Juice of the Day</i>	R45

