



# KIEVITS KROON

GAUTENG WINE ESTATE



## KETO MENU

SERVED FROM 10h00 UNTIL 21h00 DAILY

### STARTER OPTIONS

#### CHILLED MIXED BERRY SOUP (K) R 70.00

chilled (gluten free) mixed berry soup drizzled with candied orange zest and pumpkin seeds

#### ZUCCHINI AND GOATS CHEESE (K) R 85.00

pan fried lemon zucchini, sesame crusted goats' cheese, roasted olive crumble, red kidney bean quinoa, butternut emulsion

#### CHICKEN SALAD (K) R 60.00

chicken and cauli rice salad: grilled fillet of chicken, cauliflower, kale, capsicum, red onion, celery, and walnuts, tossed in a lemon poppy seed dressing

#### BEEF MEDALLIONS (80gm) (K) R 95.00

pan seared beef fillet medallions, keto cauliflower tabbouleh, butternut may

### MAIN COURSE OPTIONS

#### BEETROOT BURGER (K) R 70.00

with baby marrow, carrots, cumin, oatmeal, chickpeas, and sesame seeds, topped with guacamole, served in a grilled balsamic mushroom 'bun'

#### CHICKEN BURGER (K) R 90.00

gluten free chicken caprese burger, lean ground chicken, mozzarella, spinach, fresh basil, grilled and served in a balsamic tomato bun, with a cranberry & sunflower seed salad

#### VENISON FILLET (K) R 165.00

skillet seared venison fillet, cauliflower rice, dried fruit salsa, french beans, romesco sauce

#### VEGETABLE BREYANI (K) R 80.00

medium spiced curried vegetables, with lentils and beans, topped with broc-cauli rice and cumin onions served with sambals

#### MAY WE KINDLY HIGHLIGHT THE FOLLOWING FOR YOUR ATTENTION:

In the interests of the security of our guests and staff, Kievits Kroon is a CASHLESS environment.

We do accept all major credit and debit cards.

03/02/2021