



LA VIE LENTE

URBAN FARM BISTRO & VENUE



BISTRO MENU

WELCOME TO LA VIE LENTE

LA VIE LENTE was born from the dream and desire to live a simple and slow life.

The name means "the slow life" in French and epitomises our yearning for an unpretentious, wholesome and slowed-down lifestyle.

We revel in the fact that you will discover it's magic when indulging in what we have to offer – from the food and drink we serve, to our service & ambiance we strive to create.

If there is something that does not meet your expectations, please let us know while you are still with us so that we can address it straight away. Posting on social media once you have left might seem like a sensible thing to do, but it eliminates the opportunity for us to rectify where we might have failed. We pride ourselves in having you leave LA VIE LENTE happy, so please extend us this courtesy.

We wish you a pleasant "slow life" experience!

Uida & San-Marié

A FEW THINGS WORTH SHARING....

- Our passion for good food and outstanding service is colossal ... but our kitchen is somewhat smaller and more intimate. On busy days, such as SUNDAY LUNCHESES, you will most probably be waiting longer than usual. However, a few extra minutes should not stand in anyone's way of enjoying this unique destination environment! Perhaps some table platters for starters, an extra glass of wine or irreplaceable family conversations could close the needed gap. WE WILL MAKE SURE THAT THE WAIT IS WORTH YOUR WHILE!
- All our homemade preserves are also available to take home – please enquire about prices from your waiter.
- Regrettably we cannot accommodate any split bills – WE BELIEVE IN POWERFUL SIMPLICITY!
- A service fee of 10% will be charged for all tables of 8 or more people
- We love happy children...Please assist us in keeping all other patrons happy as well by not kicking balls or running in between the bistro tables. ALL KIDS ACTIVITIES TO TAKE PLACE IN DESIGNATED KIDS PLAY AREAS please.
- Parents, OUR ELECTRIC FENCE IS SWITCHED OFF DURING THE DAY AND THEREFORE POSES NO HARM TO YOUR LITTLE ONES.
- PLEASE INFORM US OF ANY ALLERGIES BEFORE PLACING AN ORDER.
- Corkage fee of R60/750ml bottle applies to all wine/sparkling wine not bought from LA VIE LENTE.
- A plating fee will apply to all food consumed but not bought from LA VIE LENTE – WHETHER YOU REQUIRE A PLATE OR NOT!
- SOME WILL REJOICE AND SOME WILL CURSE BUT WE HAVE BEEN OFFICIALLY DECLARED A SMOKE FREE ENVIRONMENT

SOMETHING TO WARM you up

	Regular	Tall		
Cappuccino	R25	R32	Dilmah Tea	R18
Red cappuccino	R26	R33	(Ceylon; Rooibos; Earl Grey; English Breakfast)	
Americano	R21	R28	Dilmah Specialty teas	R25
Single espresso	R20		(Blueberry & Vanilla; Orange & Ginger; Jasmine Green Tea; Peppermint)	
Double espresso	R28		Irish coffee	R32
Latte	R35		Hot Chocolate	R32
Macchiato	R22		Milo	R32
Baby-cino	R15			
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Decaf	R3 extra		Cream	R4 extra

SOMETHING TO COOL you down

Juice: Apple, Orange, Grape or		BOS Ice Tea (berry; lemon; peach)	R26
Fruit Cocktail	R24	Milkshakes (strawberry; choc; vanilla & lime)	R40
Milk	R16	Kids milkshakes	R28
Seasonal Cooler	R24	Iced coffee	R45
Passion fruit & rooibos cooler		Dom Pedro	R48
Cordials (passion fruit; lime; cola tonic)	R8	Still water 1.5L	R35
Sodas 330ml	R18	Still water 500ml	R20
Mixers 200ml	R16	Sparkling water 1L	R35
Tizers (apple grape)	R26	Sparkling water 500ml	R22
Rockshandy	R36		

CARB CONSCIOUS ALTERNATIVES

At LA VIE LENTE we are committed to providing honest, wholesome alternatives to the ever growing *Carb Conscious Diner*. We shall replace the classic carb dishes and sides with alternatives that are just as tasty and in many cases even tastier, where you will feel there is no compromise on your plate!

Look out for the Carb Conscious meals indicated by the symbol **CC**. Also worth noting is the Carb Conscious replacement suggestions where you can convert your meal to a Carb Conscious friendly meal (indicated by the symbol ****CC**) by removing the carbs and adding one of the options below.

PLEASE NOTE: to replace the Carbs on your plate with one of our Carb Conscious alternatives below there will be **an extra charge of R13 to your meal.**

Cauliflower & Parmesan rösti

Courgette & Mozzarella fritter

BREAKFAST (BREAKFAST KITCHEN CLOSSES AT 11:00)

Seasonal fruit platter R85

A beautifully colourful platter with seasonal fruit slices

Citrus granola bowl R78

Greek yoghurt • lemon curd • homemade granola • oven dried orange segments

Mango mousse & yoghurt bowl R72

Greek yoghurt • mango mousse • grilled pineapple • toasted coconut • fresh granadilla

LA VIE LENTE breakfast platter SINGLE R110 TO SHARE R205

Cheese & meat platter • seasonal fruit • boiled egg • preserves • croissant • whole wheat bread

Lemon poppy seed flapjacks R65

Homemade lemon poppy seed flapjacks • whipped lemon curd cream • fresh seasonal fruit

Sweet country croissant R59

Croissant • homemade preserves • grated Gouda cheese

Modest beginnings R59

French ciabatta OR Croissant • scrambled egg • fried tomato

add bacon R15

add smoked salmon R30

Mexican style vegetarian frittata R70

3-egg frittata • rainbow peppers • jalapeño • tomato salsa • guacamole • chive cream cheese
(add spicy mince - we seriously recommend this! - R20)

Bacon frittata R74 [CC]

3-egg frittata • bacon • sautéed onion • Camembert • balsamic glaze • garden greens

Salmon bowl R88 [CC]

Smoked salmon trout • courgette fritter • poached egg • asparagus • popped capers • chive cream cheese

Napoletana poached eggs R72 [CC]

Two poached eggs • Napoletana aubergine & spinach bake with Feta & Mozzarella • wild mushrooms

Urban farm breakfast R75 [CC]

Polenta bake • spicy, creamy beef mince • Danish style feta • cherry tomatoes
(add an egg for R6)

The whole goose R97 [CC]**

2 fried eggs • crispy bacon • cheese griller • sautéed tomato • stuffed black mushroom • roasted baby potatoes • toasted ciabatta

Happy Joe burger R98 [CC]**

Pure beef patty • bacon • home baked sesame bun • sweet tomato & onion relish • gherkins • fried egg
• Mozzarella cheese • garden greens • roasted potatoes

FOR THE TABLE *(served all day)*

As a table starter a single platter typically serves two people. As a main meal a single platter is designed to keep one person very happy!

NEW!

Vegetarian Platter [suitable for Vegans] SINGLE R132 TO SHARE R245

Grilled marinated aubergines • marinated olives • sun-dried tomatoes • pickled gherkins • variety crudité vegetables • beetroot hummus • guacamole • tortilla chips

Charcuterie & Fromage Platter SINGLE R145 TO SHARE R270

Variety of cheese • selection of cured meat • seasonal fruit • homemade preserves • freshly baked bread

Tapas Platter SINGLE R136 TO SHARE R255

Chorizo • Cervelat salami • meatballs • grilled artichokes • marinated olives • sundried tomato • pickled melanzane • homemade dips • freshly baked bread

THE Favourite SINGLE R148 TO SHARE R275

Beef fillet carpaccio stuffed with grilled aubergine & cream cheese • Portuguese style chicken kebabs • jalapeño pockets • garlic & lemon prawns

Holiday platter SINGLE R102 TO SHARE R180 **[CC]****

Garlic & lemon prawns • creamy white wine & fennel mussel pot • butter toasted ciabatta

Mild Beef trinchado R84 **[CC]****

Beef trinchado • butter toasted ciabatta • marinated olives
(if you like things HOT, ask for some fresh chopped chilli on the side - R5)

SALADS *(served from 11:00)*

LA VIE LENTE salad R75 **[CC]****

Bocconcini cheese • fresh tomato • garden greens • basil pesto • marinated olives • grilled artichokes • popped capers • butter toasted ciabatta

Salmon salad R98 **[CC]**

Smoked salmon trout • strawberries • celery • pumpkin seeds • chive cream cheese • citrus segments • burnt citrus dressing

Chicken salad R85 **[CC]**

Shredded chicken • garden greens • cherry tomato • cucumber • feta • red onion • asparagus • herby mayo dressing

Confit duck salad R110 **[CC]**

Pulled confit duck • garden greens • parmesan shavings • fresh berries • orange segments • orange & fennel dressing

Bacon & Feta salad R86 **[CC]**

Garden greens • sugar snap peas • crispy bacon bits • feta • thyme-baked croutons • berries • mixed seeds & nuts • sunflower micro greens • Caesar dressing

Fillet & wild mushroom salad R96 **[CC]****

Seared fillet • wild mushrooms • garden greens • feta • pine nuts • lemon, garlic & parsley Gremolata

OPEN SANDWICHES (served all day)

**CHOOSE BETWEEN WHOLE-WHEAT BREAD OR A CIABATTA
SERVED WITH FRIES OR GARDEN GREENS**

Chicken and bacon sandwich R88

Shredded chicken • crispy bacon • Danish style feta • garden greens • herby mayonnaise

Confit duck sandwich R98

Pulled duck • cranberry jelly • parmesan shavings • garden greens • Danish style feta • cherry tomatoes

Shredded lamb sandwich R90

Slow roasted lamb shoulder • pickled beetroot • tzatziki • garden greens

Fillet sandwich R94

Tender beef fillet strips • caramelised onion • camembert • garden greens

LIGHT LUNCHES (served from 11:45)

Green risotto R98

Risotto • basil pesto • mange tout • garden peas • goat's cheese

Napolitana aubergine bake R87 [CC]

Aubergine • spinach • Feta • Mozzarella • Napolitana sauce • served with garden greens

Salmon trout on fritters R98 [CC]

2 courgette fritters • smoked salmon trout • chive cream cheese • crispy quinoa • pickled cucumber ribbons • garden greens

Quiche tower R90

3 Quiches stacked (spinach & feta; bacon, caramelised onion & butternut; creamy 3 cheese & fresh asparagus) • side salad

Nacho Libre R92

Nachos • spicy mince • tomato relish • feta • cheddar • guacamole • tomato salsa • chive cream cheese • jalapeños

Gourmet burger R98 [CC]**

Pure beef patty • home baked sesame bun • Mozzarella • caramelised onion • fresh tomato • wild mushroom sauce • garden greens • fries

HEARTY LUNCHES

(served from 11:45 – please allow 45 min preparation time)

Teriyaki chicken R117

Teriyaki marinated chicken • broccoli • spring onion • Asian noodles • roasted sesame seeds

Stuffed chicken breast R128 [CC]**

Chicken breast stuffed with feta & peppadews, wrapped in bacon • creamy polenta • fresh cherry tomatoes • basil garlic butter sauce

Pork belly R148 [CC]**

Honey glazed pork belly • roasted baby potatoes • honey & wholegrain mustard sauce • apple & fennel salsa

Lamb tagine R148

Fragrant lamb (medium heat) • spiced couscous • stewed fruit • minted yoghurt

Gorgonzola fillet 200g R152 300g R182 [CC]**

Fillet medallions • Gorgonzola cream sauce • berry coulis • parmesan & chilli fries

Wild mushroom Fillet 200g R152 300g R182 [CC]**

Fillet medallions • creamy wild mushroom sauce • roasted baby potatoes • garden greens

Add roasted seasonal vegetables (R20)

LIGHT & SWEET OR AFTERWARDS

Lemon Meringue tart R50

Chocolate & roast almond tart R65

served with berry coulis, fresh fruit & Chantilly cream

Trio of Granita R60

Mango, litchi & berry

Adult cupcake R50

vanilla cupcake filled with Amarula cream, chocolate & hazelnut chard & a granadilla glaze

Fridge cheesecake R50

served with berry compote

Cheese board with biscuits & preserves R78

Blaauwklippen Before & After dessert wine R50

A masterful blend of wood matured red Noble Late Harvest and Blaauwklippen Potstill Brandy

FOR THE LITTLE ONES *(served all day)*

Scramble egg on toast R40

(add bacon for R15)

Toasted ham and cheese with fries R45

Veggie plate R30

(cocktail tomatoes, cucumber sticks, julienne carrots, gouda cheese cubes)

Fish bites and fries R48

Cheese griller and fries R45

Chicken strips and fries R50

Napoletana linguine and meatballs R58

Beef fillet strips and fries R58

Mini beef hamburger and fries R48

Chocolate brownie R28

Vanilla cupcake (and have fun decorating it yourself) R35

Ice cream tubs R26

vanilla; strawberry; chocolate

Wine list

Sparkling

- | | |
|---|------|
| Swartland Non-alcoholic Sparkling White Grape | R110 |
| Vintales Espantaneo Sparkling Sweet Rose | R165 |
| <i>A pleasantly sweet sparkling Rosé bursting with flavours of ripe red berries.</i> | |
| Swartland Cuvee Extra Dry Sparkling Wine | R185 |
| <i>Refreshing sparkling wine with mineral flavours. Round and not too dry, with fresh and crisp acidity.</i> | |
| Laborie MCC Brut | R265 |
| <i>This pale straw coloured Méthode Cap Classique shows a vibrant intensity, yet remains elegant and fine in style. On the nose it shows slight perfume and berry aromas with hints of subtle yeastiness and brioche.</i> | |
| Vintales Espantaneo Sparkling Moscato (semi sweet) | R165 |
| <i>Elegant, musky and floral tones. Refreshing and well balanced with a lively finish.</i> | |
| Pongracz Rose | R325 |
| <i>Delicate yeasty tones, layered with toast and ripe fruit. It imparts a wonderful foamy mouthful of black berry fruit flavours with a lingering brut aftertaste.</i> | |
| Saronsberg MCC Brut | R370 |
| <i>Delicate flavours of toasted biscuit, creamy lees and fresh apple end with a long, elegant, dry finish.</i> | |

Wine list (continues)

White wine

House White: Vintales SEA BREEZE Sauvignon Blanc R40 (glass) R110
A crisp and elegant wine with hints of green pepper and cut grass on the nose. Well balanced with fresh acidity.

Vintales HEAD OVER HEELS Natural Sweet Wine R35 (glass) R100
Pale straw colour, grapy and muscat nose.

Kleine Zalze Chenin Blanc R145
Aromas of ripe pineapple and guava jump out of the glass. This is followed by a rich and ripe palate, beautifully balanced by lemon-lime freshness on the back palate.

Vintales LAZY DAYS Chenin Blanc R100
An elegant wine with tropical aromas and hints of guava. Refreshing with a good balance between sugar and acidity.

Louisvale Stone Road Sauvignon Blanc R125
A fresh, crisp, well-structured wine. It has a well-integrated acidity on the palate and a smooth, lingering aftertaste.

Blaauwklippen Sauvignon Blanc R165
Green fig, quince & hay flower notes are complemented by hints of stone- & passion fruit. The lush yet fresh palate shows texture with a juicy mineral finish.

Barton Sauvignon Blanc Semillon R180
Balanced and well-structured with tropical fruit and hints of apricot, pineapple and honey on the palate which linger on the after taste.

Boland One Formation Chenin Blanc-Sauvignon Blanc-Grenache R150
This fresh expressive wine shows layers of green apple, kiwi and gooseberry on the nose. Enjoy the well balanced lively green tropical flavours that lingers on the palate with chicken, pork and seafood.

Vintales SERENADE Chardonnay R115
A pale, straw coloured wine with a nose of pear and citrus. Good balance and body on the palate.

Louisvale Chavant Chardonnay (lightly oaked) R195
A fine balance of fresh citrus, vanilla and white peach flavours, this Chardonnay offers hints of butterscotch and citrus on the nose

Rose

Vintales BEST of BOTH Natural Sweet Rose R35 (glass) R100
Rose pink colour, hints of cherry and strawberry on the nose as well as balanced sweetness.

Blaawklippen Ons Sprinkel Sparkling Rose R210
Lively strawberry, peach and pear flavours captured in an elegant fizz. A juicy, off dry, refreshing finish.

Vintales SUNSET Rose R40 (glass) R110
Light Rose pink colour with hints of stawberry and good balance.

Louisvale Stone Road Cinsault Rose R125
A dry rose with vibrant red berry and watermelon flavours.

Barton Pinot Noir Rose R150
Onion skin in colour with a fruity nose. Soft and elegant with cherries and raspberries on the palate and a prolonged aftertaste.

Wine list (continues)

Red wine

House Red: Vintales ROAD TRIP Pinotage	R45 (glass)	R140
<i>Red berry nose with hints of mocca and chocolate. Good length with a smooth finish.</i>		
Vintales CROWDED CAFE Cabernet Sauvignon		R140
<i>The nose reminds of dark fruit and hints of mint. Good body and structure on the palate.</i>		
Boland One Formation Pinotage-Shiraz-Grenache		R195
<i>This elegant red wine has upfront dark, ripe fruit, particularly of blackcurrant and plums, juicy and approachable, with savouriness. The Pinotage was cold-fermented and then blended with the Shiraz and Grenache to ensure the long, clean finish.</i>		
Vintales LAST CALL Shiraz		R145
<i>This wine has a brick red colour, savoury and spicy nose with good length on the palate.</i>		
Villiera Merlot		R190
<i>The colour of the wine is brilliant red. The aroma shows hints of wood spice with attractive dark berry fruit. On the palate the wine is rich and full with juicy soft tannins and good acidity</i>		
Blaawklippen Cabernet Sauvignon		R180
<i>Intense dark fruits are supported by notes of Cuban cigars, dark chocolate and hints of leather. A charismatic Cabernet Sauvignon with complex tannin, deep structure and a rich textured finish.</i>		
Louisvale Stone Road Cabernet Sauvignon		R125
<i>A well-matured wine for easy drinking! Full-bodied with delicious fruit aromas of black currant and plum.</i>		
Barton Shiraz Cabernet Sauvignon		R245
<i>Concentrated berries and white pepper spice can be found on the nose supported by savoury notes.</i>		
Blaawklippen Zinfandel		R280
<i>Prune and tobacco aromas combined with lush hints of fruitcake spice and ripe sour cherries on the nose. A textured palate with chalky tannins finishes with good length and aromatics.</i>		
Louisvale Dominique		R235
<i>An elegant blend of Cabernet Sauvignon, Merlot and Cabernet Franc. Intense fruit aromas of black currant and plum are underpinned by toasted oak. The palate is medium to full bodied and rich.</i>		
Blaawklippen Malbec		R180
<i>Savoury/meaty notes combined with rich plum, cherry pith and blue berry aromas. Lush chocolate and liquorice nuances are supported by smooth, velvet tannins, mid palate weight and a creamy finish.</i>		

Other ALCOHOLIC BEVERAGES

Cocktails

Bloody Mary (tomato cocktail, vodka & celery) R50	Boozy Berry Ice tea (Limencello, berry ice tea, mint) R56
Mimosa (Cuvee Sparkling Wine & Orange juice) R70	Pimms Away (Pimms, lemonade, gingerale , citrus slices) R52
White Sangria (white rum; Cointreau; dry white wine & a lemon wedge) R58	Go Thyme (Double measure Tanqueray, fresh thyme, lime syrup, tonic) R60

Beer & Cider

Amstel Lager	R27	Heineken	R32
Black Label	R25	Peroni	R30
Castle Lager	R25	Hunters Dry	R30
Castle Light	R26	Hunters Gold	R30
Millers Draught	R30	Hunters Extreme	R38
Windhoek Draught	R30	Savanna Light	R34
Windhoek Lager	R28	Savanna Loco	R38
Windhoek Light	R28	Red Square Energy	R40

Spirits & Shooters

	Single shot		Single shot
Bells	R23	Gordons Gin	R19
J&B	R23	Tanqueray Gin	R25
Jameson	R34	Smirnoff Vodka	R18
Jack Daniels	R30	Mainstay Cane	R18
Johnnie Walker RED	R25	Grappa	SQ
Glenfiddich 12yrs	R50	Allesverloren Port	R25
Olof Bergh Brandy	R20	Old Brown Sherry	R22
Richelieu	R20	Jägermeister	R32
KWV 5 years	R22	LOVOKA caramel	R32
Bacardi	R22	Jose Cuervo Tequila Gold	R28
Malibu	R20	Po-10-C	R25
Spiced Gold Rum	R21	Cookies & Cream	R25
Captain Morgan	R23	Strawberry Lips	R25