



LA VIE LENTE

URBAN FARM BISTRO & VENUE



BISTRO MENU

Summer 2019

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

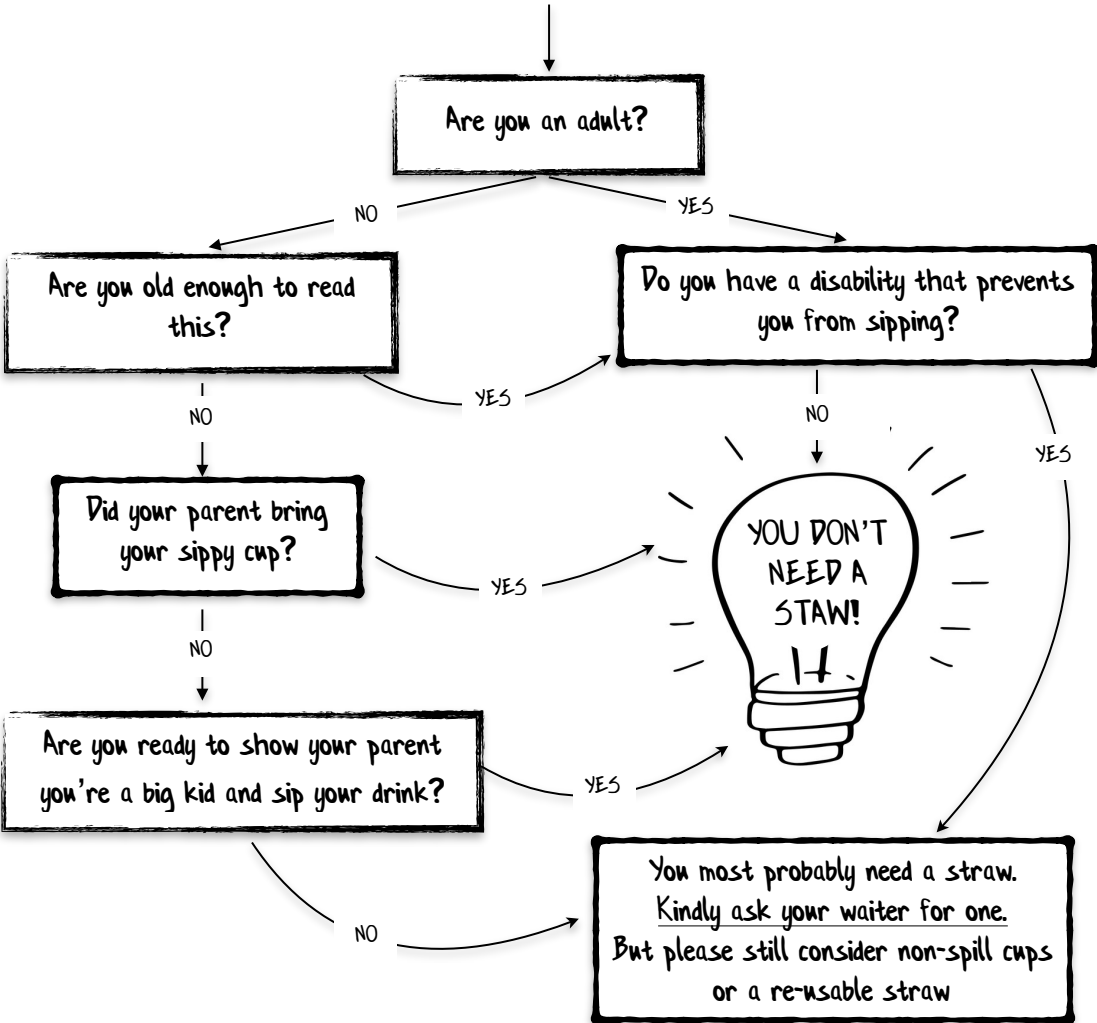
WE DECIDED TO DO OUR PART BY

GOING STRAWLESS

BECAUSE WE NEED HEALTHIER OCEANS & WILDLIFE MORE!

But we recognise that a straw is sometimes needed, and therefore we will make straws available on request after you have considered the following:

DO I NEED TO USE A STRAW?



A FEW THINGS WORTH SHARING....

- **PLEASE TAKE NOTE:** Parents, OUR ELECTRIC FENCE IS NOW **SWITCHED ON** DURING THE DAY (for security reasons). Please communicate this to your little ones to avoid a *shockingly* unpleasant experience.
- 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!
- 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.
- 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



NOW serving

Stick Tea

imported from Italy

SOMETHING TO WARM you up

	Regular	Tall		
Cappuccino	R25	R32	Dilmah Tea	R19
Red cappuccino	R27	R34	<small>(Ceylon; Rooibos; Earl Grey; English Breakfast)</small>	
Americano	R22	R29	Stick Tea	R27
Single espresso	R21		<small>(Spice Pepper; Monks' Tea; Fruit Medley; Ginger Green Tea; Blueberry)</small>	
Double espresso	R29			
Latte	R36		Irish coffee	R48
Macchiato	R23		Hot Chocolate	R33
Baby-cino	R16		Milo	R33
<hr/>				
Decaf		R4 extra	Cream	R5 extra

SOMETHING TO COOL you down

Juice (Apple, Orange, Grape or Fruit Cocktail)	R24	BOS Ice Tea (berry; lemon; peach)	R27
Milk	R16	Milkshakes (strawberry; choc; vanilla & lime)	R42
Seasonal Cooler (Passion fruit & rooibos)	R24	Kids milkshakes	R29
Cordials (passion fruit; lime; cola tonic)	R8	Iced coffee	R46
Sodas 300ml	R19	Dom Pedro	R49
Mixers 200ml	R16	Still water 1.5L	R35
Tizers (apple grape)	R27	Still water 500ml	R20
Rockshandy	R37	Sparkling water 1L	R35
Steelworx	R34	Sparkling water 500ml	R22

SOMETHING REFRESHING with a kick
(a.k.a COCKTAILS :))



Blue Burst

Just Juniper Berry Triple 3 Gin • Fitch & Leedes Blue Tonic • berries

Pink Patience

The Pink Lady Cape Town Gin • Fitch & Leedes Pink Tonic • strawberries
(sugar-free option available)

Crimson Compliments

Rooibos Red Cape Town Gin • Fitch & Leedes Ginger Ale • cucumber & mint

Sassy Citrus

Citrus Infusion Triple 3 Gin • Fitch & Leedes Bitter Lemon • lemon slices
(sugar-free option available)

Bold Botanicals

African Botanicals Triple 3 Gin • Fitch & Leedes Indian Tonic • cucumber
(sugar-free option available)

Pimms Away

Pimms • lemonade • Fitch & Leeds Ginger Ale • citrus slices

VEGAN FRIENDLY & CARB CONSCIOUS OPTIONS

At LA VIE LENTE we are committed to providing honest, wholesome & flavoursome options to our loyal Vegan and *Carb Conscious patrons*.

Look out for the following symbols:

V - indicating a dish that can be enjoyed by Vegans

CC - indicating a Carb Conscious meal

**CC - indicating a meal that can be converted into a Carb Conscious meal by either removing or replacing the standard carbs with a Courgette Rösti at an additional charge of R13

Please also note that our basil pesto contains neither nuts nor cheese and can therefore be enjoyed by both our vegan patrons and those with nut allergies.

BREAKFAST (BREAKFAST KITCHEN CLOSSES AT 11:00)

Season fruit platter (V) R60

Selection of season fruit

Berry smoothie bowl (V) R69

Frozen berries • coconut cream • fresh fruit • toasted coconut shavings • granola

LA VIE LENTE breakfast platter SINGLE R115 TO SHARE R220

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

Berry waffle R74

Waffle • maple syrup whipped cream • fresh berries • honey comb • toasted almonds

Modest beginnings (C) R62**

French panini OR Croissant • scrambled egg • sautéed tomato

add bacon R16

add smoked salmon R32

add avocado R16

Croque Madame R75

Toasted brioche • béchamel sauce • egg • Gruyere cheese • Gypsy ham

LVL Summer toastie (CC) R72**

French panini or whole wheat bread • Mascarpone • roasted cherry tomatoes • toasted

Macadamia nuts • avocado • rocket

add a poached egg R7

add bacon R16

Salmon breakfast (CC) R80

Smoked Salmon • wilted spinach • poached eggs • sun-dried tomato cream cheese • popped capers •
lemon zest



LVL Breakfast wrap (CC) R82**

Wrap • scrambled egg • bacon bits • tomato & onion relish • Gouda cheese • fried
mushrooms • lettuce • Sriracha Mayo

Asparagus & wild mushroom frittata (CC) R85

3-egg frittata • chargrilled asparagus • sautéed wild mushrooms • goats cheese • Mozzarella • rocket

add toast R7

Bacon frittata (CC) R76

3-egg frittata • bacon • Peppadew • Feta cheese • Mozzarella • rocket

add toast R7

Forager's bowl (V) R86

Corn crisps • spicy lentils • roasted beetroot • avocado hummus (sprinkled with candied seeds and nuts)
• tomato & onion relish • cucumber and radish salsa • crispy spinach



Peri-peri chicken livers R68

French panini • 200g peri-peri (medium heat) chicken livers • chorizo • extra chilli on the side

add an egg R7



Fillet & egg Prego roll (CC) R125**

French panini • 200g fillet steak • homemade Prego sauce with chilli and onion • fried egg •
sautéed tomato • roasted potatoes

The Whole Goose (CC) R100**

2 fried eggs • crispy bacon • Boerewors • sautéed tomato • stuffed black mushroom • roasted baby
potatoes • toasted panini

Happy Joe burger (CC) R100**

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

Vegetarian Platter (V) SINGLE R125 TO SHARE R230

Beetroot falafels • chargrilled baby carrots • lemon/garlic roasted aubergine • veggie couscous salad • marinated olives • avocado hummus • Muhammara dip • tortilla chips

Charcuterie & Fromage Platter SINGLE R145 TO SHARE R270

Variety of 3 cheeses • selection of 3 cured meats • seasonal fruit • homemade preserves • fresh bread add gorgonzola R30

Tapas Platter SINGLE R140 TO SHARE R260

Tomato and onion bruschetta • meatballs • baba ganoush • chicken and peppadew cheese bombs • fillet kebabs • pita pockets • chorizo croquettes • olives • Napolitana sauce

THE Favourite SINGLE R152 TO SHARE R278

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

Holiday platter (**CC) SINGLE R110 TO SHARE R200

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

Mild Beef trinchado (**CC) SINGLE R88 TO SHARE R145

Beef trinchado • pita pockets • marinated olives

(if you like things HOT, ask for some fresh chopped chilli on the side - R5)

Peri-peri chicken livers with chorizo (**CC) SINGLE R68 TO SHARE R115

French panini • peri-peri (medium heat) chicken livers • chorizo • extra chilli on the side

The FAMILY Table Platter TO SHARE R480

(designed for six people)

Chicken and peppadew cheese bombs • meatballs • chicken kebabs • anti pasti veggie kebabs • trinchado • chorizo croquettes • olives • tzatziki • pita pockets • focaccia

SALADS (SERVED FROM 11:00)

LA VIE LENTE salad (**CC) R78

Bocconcini cheese • fresh tomato • garden greens • basil pesto • marinated olives • chargrilled artichokes • popped capers • toasted panini

Citrus Shrimp salad (CC) R92

Marinated shrimps • avocado • garden greens • cilantro & lime dressing

Summer Grilled Peach & Chicken Salad R85

Chargrilled peaches • basil pesto chicken • Bocconcini mozzarella • garden greens • berries • toasted almonds • fresh basil • balsamic vinaigrette

Black Bean & Corn Salad R82

Black beans • chargrilled corn • avocado • Feta cheese • coriander • red onion • cherry tomato • rocket • lime dressing

Fillet, Bacon & Feta salad (**CC) R108

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

BURGERS AND OPEN SANDWICHES (SERVED ALL DAY)

Please note that our home-made beef burger patties are served MEDIUM WELL.

If you prefer it any other way, please ensure to share your preference with your waiter upon placing your order.

Madeira Island Burger R95

Portuguese style grilled chicken breast • home baked sesame bun • Mozzarella • grilled pineapple • chorizo • garden greens • side salad or fries • chilli on the side

Freedom Burger (CC) R100**

Pure beef patty • home baked sesame bun • Mozzarella • bacon • avocado • sautéed wild mushrooms • tomato & onion relish • garden greens • side salad or fries

Jose's Jalapeño Burger R100

Pure beef patty • home baked sesame bun • garden greens • fresh tomato • jalapeño cheese sauce • crushed nachos • side salad or fries

Harissa Lamb Burger R115

Pure lamb patty • home baked sesame bun • Haloumi • fresh tomato • garden greens • red onion & chilli jam • carrot & ginger crispy strings • side salad or fries

Open mushroom & onion sandwich R76

French panini or whole wheat bread • sautéed wild mushrooms • Haloumi • caramelised onion • thyme • garlic • side salad or fries

Open chicken and bacon sandwich (CC) R88**

French panini or whole wheat bread • spiced chicken • crispy bacon • Danish style feta • garden greens • herby mayonnaise • side salad or fries

Open fillet sandwich R94

French panini or whole wheat bread • tender beef fillet strips • garden greens • caramelised onion • camembert • side salad or fries

Vegan Open Sandwich (V) R75

Lemon/garlic roasted aubergine • sautéed wild mushrooms • roasted cherry tomatoes • caramelised onion • thyme • side salad or fries
add French panini (contains egg, and thus not vegan friendly) R7

LUNCH

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

Wild Mushroom Risotto (V) R110

Risotto • wild mushrooms • coconut cream • parsley

Cauliflower Steak (V) R72

Grilled cauliflower steak • black bean puree • herb pesto

Dukkah roasted quarter chicken (CC) R125**

1/4 Chicken • mediterranean couscous • roasted peppers • Feta • Tahini yoghurt

Chicken thigh kebab R118

Chilli lime marinated chicken thighs • cauliflower puree • honey glazed baby carrots

Linguine Prosciutto R110

Linguine pasta • prosciutto • figs • candied almonds • balsamic glaze

White wine seafood pasta R128

Linguine pasta • mussel meat • prawns • chilli • garlic • baby marrow • roast tomatoes

Pork belly R150

Honey glazed pork belly • fennel & potato puree • crispy sweet potatoes
• burnt garlic & onion relish

Honey & beer braised short rib R140

Honey & beer marinated beef short rib • wasabi potato mash • sautéed spinach
• roasted peppers

Fillet Stack (CC) 200g R165 300g R188

Fillet medallions • layered roasted vegetables • Haloumi • black mushroom
• herb butter • side salad or fries

LIGHT & SWEET OR AFTERWARDS *(SERVED ALL DAY)*

Milk tart served with Espresso Ice Cream R60

Tropical Mille Feuille R60

Trio of sorbet (V) R65

strawberry & mulberry • lime, apple & mint • coconut
with
nut brittle • dried apple slices • berry dusting • mojito jelly***

Chocolate mud slice R65

Moist chocolate mud cake • espresso anglaise sauce

Cheese board with biscuits & preserves R60

***made with agar agar powder and thus vegan friendly

KIDS activity books for sale.

Please ask your waiter for more info

FOR THE LITTLE ONES (SERVED ALL DAY)

Scramble egg on toast R42

add bacon R16

Fruit salad bowl R30

Toasted ham and cheese with fries R46

Nutella croissant R45

Veggie plate R33

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

Boerewors and fries R45

Chicken strips and fries R50

Linguine bolognaise R50

Cheese beef hamburger and fries R65

Rice crispy & marshmallow cookie R20

Vanilla cupcake (and have fun decorating it yourself) R45

Ice cream tubs R26

vanilla; strawberry; chocolate

Wine list

Sparkling

Swarthland Non-alcoholic Sparkling White Grape	R120
Vintales Espantaneo Sparkling Sweet Rose <i>A pleasantly sweet sparkling Rosé bursting with flavours of ripe red berries.</i>	R150
Swarthland Cuvee Extra Dry Sparkling Wine <i>Refreshing sparkling wine with mineral flavours. Round and not too dry, with fresh and crisp acidity.</i>	R180
Pierre Jourdan MCC Belle Rose <i>The Belle Rose has a voluptuous nose of strawberries and cream, followed by fresh acidity and red fruit on the palate</i>	R235
Pongracz MCC Rose <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>	R280
Laborie MCC Brut <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>	R250
Saronsberg MCC Brut <i>Delicate flavours of toasted biscuit, creamy lees and fresh apple end with a long, elegant, dry finish.</i>	R310

Rose/Blush

Vintales BEST of BOTH Natural Sweet Rose <i>Rose pink colour, hints of cherry and strawberry on the nose as well as balanced sweetness.</i>	R40 (glass)	R110
Louisvale Stone Road Cinsault Rose <i>A dry rose with vibrant red berry and watermelon flavours.</i>	R45 (glass)	R125
Pierre Jourdan Tranquille <i>Tranquille is an elegant wine with a shy salmon colour followed by a beautiful bouquet of fine berries ending off with an amazing freshness. Its low alcohol makes this an ideal companion for a hot summer's day or a lunch time meal.</i>		R150
Haute Cabriere Chardonnay Pinot Noir <i>This enticing blend of Chardonnay and Pinot Noir shows elegant fruit underlined by firm acidity. An abundance of zesty fruit flavours will be found – most notably white peach, lychee and red fruit – with a delectable full mouth feel and balance.</i>		R230

Wine list (continues)

White wine

- HOUSE WHITE: Louisvale Stone Road Sauvignon Blanc** R45 (glass) R135
A fresh, crisp, well-structured wine. It has a well-integrated acidity on the palate and a smooth, lingering aftertaste.
- Vintales HEAD OVER HEELS Natural Sweet Wine** R40 (glass) R110
Pale straw colour, grapy and muscat nose.
- Vintales SEA BREEZE Sauvignon Blanc** R120
A crisp and elegant wine with hints of green pepper and cut grass on the nose. Well balanced with fresh acidity.
- Sophie te'Blanche Sauvignon Blanc** R165
Vibrant pure fruit of cut green apples, zesty limes, gooseberries and tropical notes with white flowers and subtle mineral undertones. Sophie is fresh, crisp, balanced, accessible, playful and delicious!
- Springfield Life from Stone Sauvignon Blanc** R270
Brilliant greenish in colour. On the nose aromas of ripe red peppers and passion fruit. Freshness, great concentration and complexity with intense flavours of lime, gooseberry, freshly cut green pepper and passion fruit and a lovely mineral core on the palate. Zippy, zesty and mouth-watering.
- Steenberg Sauvignon Blanc** R250
This wine delights with notes of fig leaf, lime blossom, nettle and white grapefruit while maintaining its core minerality from the Steenberg terroir. This cool-climate Sauvignon Blanc has a striking and bright acidity which keeps it vibrant and fresh on the palate.
- Saronsberg Sauvignon Blanc** R230
An ephemeral, green-tinged, translucent sparkle wraps up a melange of tropical fruit flavours. Pronounced notes of gooseberry dance alongside a grassy edge that lends the wine an appealing full mouth-feel. This wine delivers a final flourish with a refreshing finish that leaves a flinty aftertaste.
- Kleine Zalze Chenin Blanc** R155
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.
- Babylonstoren Chenin Blanc** R210
A light crisp, elegant dry wine that is fruit driven and juicy. It is unwooded and refreshing with lovely guava and melon flavours, rounded off with a hint of freshly cut grass and Packham pear undertones.
- 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
- De Wetshof Finesse Chardonnay** R270
True to its name, the Finesse Chardonnay delivers an elegant arrangement of delicately balanced flavours. A combination of zesty citrus and prominent nut characters express the charm on the mid-palate, while an underling mineral quality adds wonderful structure and sophistication to the wine's profile. The finish is bright and crisp.
- Saronsberg Earth in Motion White** R150
It has prominent tropical aromas with the Sauvignon Blanc contributing delicate gooseberry, exotic fruit and a hint of minerality; the Chenin Blanc provides white pear, litchi and floral notes. It is a clean, fresh wine with ample body, a succulent fruit core and generous aftertaste.

Wine list (continues)

Red wine

HOUSE RED: Railroad Red	R47 (glass)	R145
<i>Sweet red berry fruit flavours and spiciness with layers of subtle fruit tannins on the palate. A cheerful and juicy red wine with lively drinkability.</i>		
Vintales CROWDED CAFE Cabernet Sauvignon		R147
<i>The nose reminds of dark fruit and hints of mint. Good body and structure on the palate.</i>		
Louisvale Stone Road Cabernet Sauvignon		R140
<i>A well-matured wine for easy drinking! Full-bodied with delicious fruit aromas of black currant and plum.</i>		
Kanonkop Kadette Pinotage		R265
<i>A complex wine with hints of red fruit and mocha flavours. Elegant tannin structures with a good length and dry finish</i>		
Rustenberg Shiraz		R270
<i>This Shiraz has plenty of natural brambly red and black fruit on the well-defined nose. The palate is medium-bodied with a fine line of acidity, crisp tannins and expressive red berry fruit mixed with spice and cloves on the finish.</i>		
Raka Quinary Bordoux Blend		R280
<i>Intense deep red colour with blackcurrant and cherry on the nose. The palate is well structured and pure with soft tannins and a lingering fruity aftertaste.</i>		
Louisvale Dominique		R245
<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>		
Hermanuspietersfontein Posmeester		R215
<i>Posmeester is a fresh Bordeaux-style blend that promises pleasant everyday drinking experience. It has generous length, smooth tannins, medium body, pure intensity, supple consistency, open structure, dry finish and flowing balance.</i>		

Other ALCOHOLIC BEVERAGES

Craft Beer

CBC Amber Weiss 340ml	R37	CBC Lager 340ml	R37
CBC Pilsner 340ml	R37		

Other Beer & Ciders

Amstel Lager	R28	Heineken	R33
Black Label	R26	Peroni	R31
Castle Lager	R26	Hunters Dry	R31
Castle Lite	R27	Hunters Gold	R31
Millers Draught	R31	Hunters Extreme	R39
Windhoek Draught	R31	Savanna Light	R35
Windhoek Lager	R29	Savanna Loco	R39
Windhoek Light	R29	Red Square Energy	R41

Spirits & Shooters

	Single shot		Single shot
Bells	R24	Gordons Gin	R20
J&B	R24	Smirnoff Vodka	R19
Jameson	R35	Mainstay Cane	R19
Jack Daniels	R31	Grappa	SQ
Johnnie Walker RED	R26	Old Brown Sherry	R23
Glenfiddich 12yrs	R51		
Olof Bergh Brandy	R21	Jägermeister	R33
Richelieu	R21	LOVOKA caramel	R33
KWV 5 years	R23	Jose Cuervo Tequila Gold	R29
		Po-10-C	R26
Bacardi	R23	Cookies & Cream	R26
Malibu	R21	Strawberry Lips	R26
Spiced Gold Rum	R22		
Captain Morgan	R24		