



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	R19
Red cappuccino	R27	R34	(Ceylon; Rooibos; Earl Grey; English Breakfast)	
Americano	R22	R29	Dilmah Specialty teas	R26
Single espresso	R21		(Blueberry & Vanilla; Orange & Ginger; Jasmine Green Tea; Peppermint)	
Double espresso	R29			
Latte	R36		Irish coffee	R35
Macchiato	R23		Hot Chocolate	R33
Baby-cino	R16		Milo	R33
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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 330ml	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

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)

Seasonal fruit platter (V) R65

A beautifully colourful platter with seasonal fruit slices and a coconut oats biscuit

Citrus granola bowl R70

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

LA VIE LENTE breakfast platter SINGLE R110 TO SHARE R210

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

Caramelised banana waffle R72

Waffle • whipped cream • brûléed banana • caramel sauce • toasted almonds

Sweet country croissant R60

Croissant • homemade preserves • grated Gouda cheese

Modest beginnings R62

French panini OR Croissant • scrambled egg • sautéed tomato
add bacon R16
add smoked salmon R32
add guacamole R18

Mexican style vegetarian frittata (CC) R72

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

Peri-peri chicken liver panini R65

French panini • 200g peri-peri chicken livers • chorizo
add an egg R7

Fillet and egg Prego roll (CC) R125**

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

Slow Life toastie (CC) R72**

French panini or whole wheat bread • guacamole • hummus • dukkah • feta • roasted tomatoes
add a poached egg R7
add bacon R16

Croque Madame R75

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

Forager's Bowl (V) R86

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

The whole goose (CC) R100**

2 fried eggs • crispy bacon • cheese russian • 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 R124 TO SHARE R228

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 3 cheeses • selection of 3 cured meat • seasonal fruit • homemade preserves • freshly baked bread
add gorgonzola R30

NEW! 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 R65 TO SHARE R115**

French panini • peri-peri chicken livers • chorizo • chilli on the side

SALADS (SERVED FROM 11:00)

LA VIE LENTE salad (CC) R78**

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

Apple and walnut salad R75

Baby spinach • apple • walnuts • red onion • feta • celery • balsamic vinaigrette

Moroccan chicken salad R86

Garden greens • Moroccan spiced chicken • chickpeas • butternut • mint • feta • fresh tomato • spicy aioli • lemon zest • crispy chicken skin

Fillet, Bacon & Feta salad (CC) R98**

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 • guacamole • 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

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 (CC) R94**

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

SOUPS (SERVED FROM 11:45)

Butternut & chorizo soup (CC) R62**

served with brioche
(contains garlic)

Creamy broccoli and parmesan soup (CC) R62**

served with brioche

LUNCH

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

Green risotto (V) R110

Risotto • basil pesto • broccoli • garden peas • spinach • coconut cream

Nacho business R95

Nachos • spicy mince • bacon bits • guacamole • tomato salsa • chive cream cheese • jalapeños • cheddar • cheese sauce

Chicken curry (CC) R115**

Spicy chicken curry (medium heat) • coconut rice • sambals on the side
add prawn meat R35

Farmstyle lamb casserole (CC) R148**

Hearty slow cooked lamb neck • country mash • dumplings

Linguine Bolognaise R98

Linguine pasta • Napoletana mince • parmesan cheese

Pulled pork pasta R110

Linguine pasta • creamy pulled pork • fresh parsley

Pork belly (CC) R150**

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

Fillet (CC) 200g R155 300g R185**

Fillet medallions • Choice of sauce: creamy Gorgonzola **OR** creamy wild mushroom • roasted potatoes • roasted mixed vegetables

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

Lemon Meringue tart R52

Cinnamon pear & apple tart with cranberries and homemade custard R60

Vanilla pound cake R57

Vanilla pound cake layers • light white chocolate cream cheese • lemon zest mousse • mixed berry compote • lemon curd

Chocolate mud slice R65

Moist chocolate mud cake • espresso anglaise sauce

Cheese board with biscuits & preserves R56

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

Cheese russian 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

Swartland 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
Swartland 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: Graham Beck Railroad Red** R47 (glass) R145
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.
- Vintales CROWDED CAFE Cabernet Sauvignon** R147
The nose reminds of dark fruit and hints of mint. Good body and structure on the palate.
- Louisvale Stone Road Cabernet Sauvignon** R140
A well-matured wine for easy drinking! Full-bodied with delicious fruit aromas of black currant and plum.
- Kanonkop Kadette Pinotage** R265
A complex wine with hints of red fruit and mocha flavours. Elegant tannin structures with a good length and dry finish
- Rustenbergr Shiraz** R270
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.
- Raka Quinary Bordoux Blend** R280
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.
- Louisvale Dominique** R245
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.
- Hermanuspietersfontein Posmeester** R215
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.

Other ALCOHOLIC BEVERAGES

Cocktails

Bloody Mary (tomato cocktail, vodka & celery) R52	Boozy Berry Ice tea (Limencello, berry ice tea, mint) R58
Mimosa (Cuvee Sparkling Wine & Orange juice) R72	Pimms Away (Pimms, lemonade, gingerale , citrus slices) R54
White Sangria (white rum; Cointreau; dry white wine & a lemon wedge) R59	Go Thyme (Double measure Tanqueray, fresh thyme, lime syrup, tonic) R62

Beer & Cider

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