

Welcome to myoga

Our new menu concentrates on zero waste and limiting the use of water in the cooking process.

Through utilizing produce grown in hydroponic greenhouses, actively seeking out wild foraged foods, considering animal based proteins that require less water or are farmed outside of the drought stricken areas along with the dramatic decrease in kitchen scraps.

Myoga presents a menu based on innovation and conservation.

relax-eat-revive myoga restaurant

The ingredients used in the menu are evaluated for their health benefits and the use of protein enriched grains, organic produce and sustainable food sources are carefully considered not only to provide a unique eating experience but also to provide a sense of well-being and harmony.

We invite you to embark on a food journey with us and share our passion for cooking. We have carefully selected regional wines and paired them with the menu. The wine pairing is a fantastic way to taste a selection of wines and discover new favourites.

The cost of the 7-course menu is R550 per person or R900 including the wine pairing.

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Breaking bread is an age-old tradition, Myoga offers a variety of breads for most palates including gluten free options. The butters are home-made, always unique and packed with flavour, we also provide a tasting of Baleni salt with the breads.

Baleni salt: Using 2000-year old techniques, the local Tsonga people of South Africa collect salt-encrusted sand and leach it with water (called Ntsobe) through filters (called Xinhava) made with clay (called Nwahuva) and leaves (called Nhlangula). The filtered water is boiled to evaporation, leaving the pure crystals of Baleni Sacred Salt.

The harvesting takes place on tribal land, and is a resource open to any member of the community who follows the ancient traditions. Salt is harvested during the dry winter months, and sold by the individual producers directly to locals and traditional healers who revere its healing properties.

Breads:

Rosemary and feta damper:

Damper is a traditional Australian soda bread, historically prepared by swagmen, drovers, stockmen and other travellers. It consists of a wheat flour based bread, traditionally baked in the coals of a campfire or in a camp oven.

Charcoal pain au lait:

“Pain au lait” literally translates to “milk bread”, but such a humble name hardly describes the elegant things. As might be expected, the only liquid used in the dough is milk. Butter too is added, in a moderate amount that tends toward generosity but stops well short of extravagance.

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Vegetable crackers:

Instead of throwing out nutritious offcuts and peelings we have used them in crackers carefully dehydrated to avoid flavour loss and give credence to our zero waste policy.

Butter and seasoning:

Crispy chicken skin and preserved lemon
Roasted sesame and honey butter (dairy)
Wild garlic olive oil butter (vegan)

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Course number one is called break-fast which is not to be confused with breakfast but is a dedication to those who fast, reflecting on the importance of how we sustain ourselves and the joy of being human. This is a light course packed with flavour.

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Bresaola

Smoked Stone Fruit Paste, Salted Plum, Goat's Curd

Spice Route Mouvedre 2015 Swartland

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Sourdough, Tomato, Purple Basil

Sxollie Craft Cider Elgin

Fish Crudo

Grapes, Celery Granita, Chilli, Caviar, Pomegranate

Groot Constantia Sauvignon/Semillon 2016 Constantia



Salad often gets a bad rap, it's not only about cucumber, tomato and lettuce but rather a dedication to freshness, salads can be sexy, extremely creative and exceptionally healthy.

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Japanese Salad

Sushi Rice, Fresh Seaweed, Roasted Shitake,
Edamame Beans

Cederberg Bukketraube 2017 Cederberg

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Market Salad

Raspberry Vinaigrette, Truffle, Roasted Hazelnuts

Fairview Viognier 2016 Paarl

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"Greek Salad"

Turnip And Feta Ravioli, Olive Oil Powder, Red Onion
Pickles, Oregano Oil, Jelly Of Tomato

Springfield "Wild Yeast" Chardonnay 2017 Robertson

Roasted Allium Salad

Baby Leeks, Pickled Onions, Caramelised Onion Puree,
Chive, Wild Garlic

**Domain Des Dieux "Josephine" Pinot Noir 2013 Hemel en
Aarde**

The most complicated skill is simplicity.

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For those who can't decide between sushi and a medium rare steak, there's a way to have the best of both worlds. The Japanese dish tataki refers to a piece of meat or fish that is mostly raw but has a slight sear around the edges. We haven't forgotten to add a vegetarian option though.

Simplicity In Tataki: Smoked Tofu, Avocado, Radish,
Miso Caramel

Choose from:

Tuna

Avondale Camissa 2017 Paarl

Wagyu Beef

Avondale Camissa 2017 Paarl

Turnip

Mulderbosch Rose 2017 Stellenbosch

Octopus

Domain Des Dieux Petit Rose 2015 Hemel en Aarde

This course is about maximizing flavour with very few ingredients. In fact in each course, only three carefully thought out key elements have been used.

The idea is to try and strip-bare the need to overcompensate with complex unnecessary components and let the ingredients shine.

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Fish mousse
Coriander, Burnt Citrus

Jordan "the real McCoy" Riesling 2016 Western Cape

Seared scallop
Apple, Pigs Head

Cederberg Chenin 2017 Cederberg

Mussels
carrot juice, Pernod

Waterford Sauvignon Blanc 2017 Elgin

Beef Tartar
Aged Cheddar, Egg Jam

Tierhoek Grenach 2015 Piekenierskloof

With no end in sight regarding the current water restrictions it is our duty to engage in any way possible with what is now our new normal. It has now become our responsibility to cook with less water and to accept that it is not our right to have access to unlimited quantities of water. Finding ways to sustain the current water supply means we have to look for more sustainable ways to farm and cook.

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We have begun to source more sustainable produce that is grown ethically and with water conservation in mind.

Dry Aged Carrot

Hung Yoghurt, Vanduvan, Yeast, Fried Almonds,
Mustard, Dune Spinach

Haute Cabriere Chardonnay/ Pinot Noir 2016 Franschoek

Venison Loin

Kei Apple Preserve, Tempura Purslane, Braised Shank,
Granola, Smoked Butternut

De Krans Touriga Nacional 2016 Calitzdorp

Duck Mont Blanc

Grilled And Smoked Breast, Liver Parfait, Leg And Kelp
Tarte Fine, Braised Kelp, Umami Crisp,
Chestnut Duck Cream

Kevin Arnold Shiraz 2014 Stellenbosch

Red Drum Seabass

Smoked Coconut Ricotta, Yuzu Curd, Herb Custard,
Edamame, Fish Velouté, Seaweed, Crispy Curry Leaf

Fable Mountain Jackal Bird 2014 Tulbach

Ostrich Fillet

Fermented Raspberry, Celeriac, Crispy Potato Terrine,
And Samphire

Eikendal Pinotage 2016 Stellenbosch

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Sometimes flavours work together and it's a marriage made in heaven, sometimes they work because of memories, we have tried to present marriages and memories. Please enjoy these flavour pairings that we think work a treat.

Pina Colada

Riesling Poached Pineapple, Coconut, Lime,
Coriander Sherbet, Pineapple Curd, Lime Isomalt.

Haute Cabriere Chardonnay/ Pinot Noir 2016 Franschoek

After 8

Chocolate Delice, Chocolate Namelaka, Mint Ice
Cream, Crispy Yoghurt, Coco Pop Tuille.

Amarula Cream Liqueur Africa

Buttermilk Panacotta

New Season Num Num, Honeycomb, Dragon Fruit,
Rose.

Delheim Gewurtzstraminer 2016 Stellenbosch

Yuzu Parfait

Sesame Brittle, Cashew Paste, Lemon Gel,
Lemongrass Ice Cream, Black Sesame Sponge.

Paul Cluver "close encounter" Riesling 2016 Elgin

Poached Pear " **Sweet & Savoury**"

Gorgonzola Ice Cream, Compressed Pear, Savoury
Crumble, White Chocolate Aero.

Van Loveren Muscadel 2015 Robertson