

FARM-TO-TABLE MENU

MAINS

- Roasted sweet potato soup / *Fresh bread* (65)
Beetroot salad and mozzarella cheese / *Toasted almonds* (120)
Zucchini and parmesan cheese soufflé / *Salad* (120)
Grilled free range chicken and avo salad / *Organic leaves* (120)
Roast free range chicken and mushroom pie / *Farmer John's garden vegetables* (135)
Farmer Angus pasture reared beef burger / *Brie, caramelized onion and hand cut chips* (120)
Farmer Angus rump steak with hollandaise sauce / *Veggies* (180)
Penne pasta with tomato sauce / *Feta cheese and fresh herbs* (125)
Homemade gnocchi with mushroom / *Parmesan cheese* (145)

DESSERT

- Vanilla panna cotta / *Spiced pine apple, bitter chocolate and honey comb* (65)
Baked grass fed cow's milk camembert / *Ciabatta Melba, fynbos honey and roasted nuts* (60)
Winter citrus fruit pudding / *Cinnamon ice cream* (65)
Flourless chocolate cake / *Cream and bitter chocolate* (70)



Welcome to Eight.

This farm-to-table eating experience embodies balance, cycles, harmony, infinity and abundance – just like its name.

OUR FOOD PHILOSOPHY

Crafted by Spier's chefs, Lolli and Juan, our farm-inspired menu changes with the seasons. Natural and organic ingredients are preferred, creatively combined to create nourishing, healthy, and delicious food.

Our greens and fresh veggies are grown without using artificial fertilisers, pesticides or chemicals. They're freshly picked from Farmers John and Neil's food gardens here at Spier, as well as from nearby farms.

Our meat comes from grass-fed cattle reared by Farmer Angus on Spier's pastures. He also supplies us with eggs, laid by hens that roam freely in our outdoor fields. Both the chickens and cattle are raised without the use of antibiotics or hormones.

WINES

Spier's award-winning wines compliments the menu, along with freshly-squeezed vegetable and fruit juices, craft beer and artisanal sodas.

ART AND DÉCOR

Eight's décor illuminates the restaurant's ethos. The light fittings have been made by Heath Nash from recycled plastic bottles. Taking pride of place on the main wall, Tamlin Blake's *Altered Yarns*, is a series of tapestries made from dyed newspaper strips by. The works explore the many ways in which our lives are shaped by the stories of others.

Eight has been included in the 2016 Eat Out 500, a list of the top restaurants in South Africa as determined by a panel of food and restaurant experts.

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