

PARC FERMÉ

RESTAURANT

The drive to an *exceptional* culinary journey begins at Parc Fermé... Let's indulge our valuable guests into the *uniqueness* of my food and its twist of Mauritian flair.

Starters

Carpaccio of the Day	R110.00
Thinly sliced cured meat paired with roasted baby squash, rocket leaves, topped with parmesan shavings & light balsamic vinaigrette and toasted nuts	
Tandoori style Prawn Cocktail	R120.00
Served in a poppadum basket with mixed leaves, avocado and a mint yoghurt dressing	
Prawn Tempura	R120.00
Japanese style fried prawns, served with sweet chilli soy sauce and complemented with crunchy julienne vegetables	
Grilled Baby Calamari	R90.00
Flash grilled, marinated Falkland Calamari tubes with lemon butter and coated with a garlic marinade	
Marinated Beetroot with Baked Goat cheese (V)	R85.00
Slices of pickled beetroot with crusted goats cheese, coated with pistachio nuts, watercress leaves and a honey chilli vinaigrette	
Vol au vent of Peri Peri Chicken Livers	R75.00
Grilled with lemon butter, brushed with garlic marinade and peri peri to enhance the flavour	
Chef's Trilogy	R125.00
Salmon fish cakes; A shot of Gazpacho and prawn with feta cheese; Pan seared scallops with lime and coriander.	
Grilled Brown Mushrooms	R90.00
Stuffed with sautéed spinach, crispy bacon and gratinated with mozzarella cheese & served with tomato and pineapple salsa	

Soups Of the Day

Traditional French Onion Soup Topped with a thick slice of toasted French baguette loaded with melted gruyere cheese	R75.00
Spicy Chicken Broth Served with crunchy vegetables, chicken wonton flavoured with sesame oil and garnished with fresh coriander leaves	R85.00
Seafood Bouillabaisse Complimented with fresh mussels, clams, fish and prawns	R95.00

Salads

Caprese Salad with Balsamic Reduction (V) Marinated Buffalo mozzarella, Plum tomatoes and fresh basil leaves, served with mixed leaves and a dash of extra virgin oil, topped with olive tapenade	R120.00
Chicken Salad Chicken strips tossed with mesclum salad, avocado, hard-boiled egg, cucumber, Rabiola cheese & honey mustard dressing	R95.00
Asian Prawn Salad Sautéed prawns tossed with carrot ribbons, cucumber, bean sprouts, mint & coriander leaves and a chilli lime vinaigrette	R110.00
Exotic Avocado Salad (v) Tossed with melon, pumpkin seeds, toasted macadamia nuts, grapefruit and baby corn, garnished with a papaya dressing	R85.00
Smoked Salmon Nicoise Salad Mixed green leaves with smoked salmon, green leaves, new baby potato, hardboiled egg cherry tomato and Dijon dressing	R110.00
Gazpacho with Prawns Chilled tomato soup with sautéed prawn, avocado herb crouton and feta cheese	R95.00

Chef's Speciality

Seared Salmon and Clams	R215.00
Served with an orange and fennel broth, accompanied with spinach, diced potato and chilli flakes	
Catch Of the Day	R210.00
Grilled in lemon butter, topped with toasted almonds, served on a bed of sautéed green beans & exotic mushroom, roasted cherry tomato and a charmoula sauce	
Fish en Papilote	R195.00
Steamed in a parcel with ginger, lemon grass, tomato concasse, asparagus & white wine and served with quinoa flavoured with cumin & fresh coriander	
Whole Baby Fish	R190.00
Marinated and roasted with Creole spice, served with Wok Egg fried rice and salad	
Parc Ferme Fillet	R205.00
Grilled Beef Fillet accompanied with sautéed broad beans, cauliflower gratin, glazed baby carrots and port wine jus	
Roasted Rack of Lamb	R220.00
With tomato Provencal, sautéed spinach and Macedoine of potato & rosemary jus	
Stuffed Chicken Breast	R145.00
With apricot, spinach and goats cheese; served with roast vegetable couscous, flavoured with mint leaves and honey mustard sauce	
Seafood Tagine (For 2 People)	R420.00
Prawns, fish, mussels, clams and calamari cooked in a light tomato gravy and chick peas, flavoured with cumin & fresh coriander leaves and served with lentil briyani	
Crispy Duck Confit	R225.00
Cooked in its own fat, served with potato parmentiers, sautéed ribbon of zucchini & fresh herbs and napped with an orange sauce	

Fresh from the Fishing Boat

Succulent and grilled to perfection served with a choice of savoury rice, seasonal vegetables, buttered mash or French fries all served with lemon butter, garlic and peri-peri sauce.

Queen Prawns	R225.00
King Prawns	R295.00
East Coast Sole	R220.00
Whole Baby Kingklip	R225.00

Platters

Seafood Platter for One

R645.00

The full shellfish platter experience comprised of prawns, langoustines, baby lobster, calamari, line fish and mussels.

Stews / Curries

Tradition Mauritian Chicken Curry

R165.00

Blended spices and curry leaves, for an authentic Mauritian curry, served with basmati rice and sambals

Prawn Curry

R220.00

With coconut milk and fresh coriander leaves, accompanied with fragrant rice

Spicy Lamb Curry

R210.00

Complemented with Indian salad, steamed rice & homemade roti

Slow Braised Lamb Shank

R220.00

Complemented with buttered mash, braised baby onions and button mushrooms

Oxtail Stew

R195.00

Slow cooked in the oven with red wine, pearl onions, carrots, baby marrow & potato dumpling, served with a choice of mash or vegetables couscous

Beef Stew Pot Pie

R165.00

Cooked with Guinness and a puff pastry crust

Hot Sizzling Grills

Grilled with a choice of barbeque basting, Cajun spice, black pepper, rock salt and mustard seeds.

Complemented with

French fries, mash potato, Egg fried rice, stir fry vegetables, pap and gravy

Beef Fillet 300g

R190.00

Sirloin 300g

R155.00

T-bone 600g

R220.00

Ribs 500g

R215.00

Whole Baby Chicken

R165.00

Grilled with lemon juice, garlic, rock salt and chilli served with Portuguese fries and side salad

Sauces

Creamy Mushroom	R35.00
Creamy Pepper corn sauce	R35.00
Honey and Mustard	R35.00
Port Wine Jus	R35.00

Pasta

Build your own pasta dish: Linguine, Penne, Tagliatelle & Spaghetti	
Sautéed prawns with cherry tomato, garlic, chilli and a touch of cream, topped with parmesan shavings	R185.00
Cajun Chicken Alfredo	R120.00
Arabiatta sauce with pitted olives, capers, pine nuts and basil pesto (v)	R105.00
Pappardelle pasta with a creamy spicy beef trinchado and fresh herbs	R120.00

Desserts

Chocolate Fondant Decadent hot chocolate pudding with a molten middle, served with vanilla ice cream	R85.00
Crème Brûlée Rich custard base flavoured with vanilla topped with a contrasting layer of hard caramel	R80.00
Classic French Crème Caramel Accompanied with caramelized fruits	R75.00
Crepe Suzette Cooked in a sauce of caramelized sugar, butter, orange juice & zest and flambéed with Grand Marnie	R75.00
Chocolate Parfait with Pistachio Crust Served with vanilla ice cream and napped with Bar One chocolate sauce	R75.00
Lemon Pudding Cake Complimented with a mixed berries marmalade and crème anglaise	R75.00

Sushi Menu

Platters

KIKO 14pc	R120.00	Assorted 8pc	R125.00
3pc Tuna Maki		2pc Salmon Nigiri	
3pc Avocado Maki		2pc Tuna Nigiri	
4pc Rainbow Maki		2pc White Fish Nigiri	
4pc Salmon Sandwich		1pc Art Shell Nigiri	
		1pc Prawn Nigiri	
Standard Sashimi 11pc	R160.00	Vegetarian 13pc	R110.00
2pc Art shell Sashimi		1pc Vegetarian Hand Roll	
3pc Salmon Sashimi		4pc Vegetarian Sandwiches	
3pc Tuna Sashimi		4pc California Maki	
3pc White Fish Sashimi		6pc Avocado Maki	
Salmon 13pc	R135.00	Parc Fermé 20pc	R165.00
1pc Salmon Hand Roll		2pc Salmon Rose	
2pc Salmon Nigiri		4pc Tuna California Maki	
4pc Salmon California Maki		4pc Rainbow Maki	
6pc Salmon Sashimi		4pc Prawn Sandwich Maki	
		6pc Avocado Maki	
Deluxe 28pc	R295.00		
4pc Salmon Sandwich			
4pc Rainbow Maki			
4pc Nigiri Combo			
6pc Tuna Maki			
6pc Sashimi combo			
4pc Prawn Sandwich			

Sushi

Nigiri 2pc		Fashion Sandwich 4 pc	
Salmon	R35.00	Salmon	R39.00
Tuna	R35.00	Tuna	R36.00
Art shell	R35.00	Prawn	R38.00
Prawn	R38.00	Vegetable	R32.00
White Fish	R32.00	Smoked Salmon	R35.00
Eel	R42.50	Crab stick	R35.00
Salmon Top	R38.00	Spicy Salmon	R39.00
		Spicy Tuna	R39.00

Sushi

Hand Roll 1pc

Salmon	R34.50
Tuna	R34.50
Prawn	R39.00
Vegetable	R27.50
Smoked Salmon	R32.50
Crab stick	R42.50
Spicy Salmon	R36.00
Spicy Tuna	R36.00

Maki

Avocado	R26.50
Cucumber	R26.50
Salmon	R36.50
Tuna	R36.50
Prawn	R38.50
Smoked Salmon	R33.50
Crab Stick	R29.50
Pickle	R28.50

Battle Ship 2pc

Salmon salad	R35.50
Tuna salad	R35.50
Crab stick	R29.50
Salmon Caviar	R42.50
Crab Caviar	R39.50

California Maki 4pc

Salmon	R35.00
Tuna	R35.00
Prawn	R38.00
Crab Stick	R29.00
Vegetable	R28.00
Smoked Salmon	R36.00

Sashimi 3 pc

Salmon	R46.00
Tuna	R46.00
White fish	R44.00

Rose Sushi 2pc

Salmon	R35.00
Tuna	R35.00

Speciality Maki 4pc

Salmon Rainbow Maki	R36.50
Salmon and avocado	

Dragon Maki

Vegetable California Maki topped with avocado	R32.00
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Specialty Maki 4pc

Crispy salmon skin served with mayonnaise, cucumber and avocado	R32.00
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Sakura Maki

Salmon California Maki covered with crab caviar	R38.00
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Rainbow Maki

Vegetable California Maki topped with salmon, tuna and avocado	R36.00
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Yuppi Maki

Rice wrapped in smoked salmon and cream cheese	R34.00
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Unagi Maki

Eel, cucumber and avocado wrapped in seaweed	R45.00
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Fried Prawn Maki

Deep fried prawn, avocado, cucumber and mayonnaise wrapped in seaweed	R39.00
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Spicy Salmon Maki

Salmon, cucumber, avocado and spice wrapped in seaweed	R38.50
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Spicy Tuna Maki

Tuna cucumber, avocado and spice wrapped in seaweed	R38.50
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Salad

Tuna and salmon box chopped salmon, tuna, seaweed and avocado on a bed of rice in a box served with wasabi dressing	R120.00
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