

relax-eat-revive

myoga

restaurant

THE ELEMENTS MENU

The elements menu is a collective idea encompassing the worldly elements that depict earth, wind, fire, water and aether. While the dishes do not strictly stem from each element, they are somehow linked with one of the elements and the while not always clear, each dish carries a thread.

We suggest you choose at least 6 dishes from the menu per person as they are individually small but together, they make up the meal.

The breads on arrival encompass all the elements, we hope you enjoy the experience.

The menu items are individually priced but if you prefer to have a six course tasting menu we offer that at R550 per head and an additional R400 with the accompanying wine pairing, carefully selected by our sommelier.

BREAD AND SEASONING

Confit carrot bao, coconut, nam jim emulsion

Aloo saag paratha, tomato cardamom chutney

Gluten free bread

Jalapeno corn bread

White bean and coriander hummus

Baleni sacred salt

Vegan soy and mustard emulsion

Artisanal cheese butter

Earth is one of the four classical elements in ancient Greek philosophy and science. It was commonly associated with qualities of heaviness, matter and the terrestrial world. Due to the hero cults, and chthonic underworld deities, the element of earth is also associated with the sensual aspects of both life and death in later spiritualism.



EARTH

Whipped goats cheese, hazelnuts, smoked beetroot, black pudding, Madeira reduction, toasted seeds. R80

Slow roasted celeriac, macadamia nuts, celeriac crisps, roasted yeast sauce. R110

Venison loin, braised shank potato terrine, stewed summer berries, caramelized onion puree, king oyster mushroom. R150

Water is one of the elements in ancient Greek philosophy, in the Asian Indian system Panchamahabhuta, and in the Chinese cosmological and physiological system Wu Xing. In contemporary esoteric traditions, it is commonly associated with the qualities of emotion and intuition.

WATER



Game fish ceviche, octopus, charred lemon, smoked fish broth. R100

Seabass, mussels, butternut, soured pumpkin seeds, tarragon mussel oil, miso pumpkin bisque, granny smith apple. R145

Local sustainable fish, cucumber tiger's milk, coconut, pickled red onion, aromatic leaves. R100

Fresh seaweed salad, local botarga, sea urchin custard, bergamot compressed apples, sea greens. R95

Nasturtium from root to tip, Bulgar wheat, horse radish, nasturtium pea pudding. R75

Beet tartare, golden yolk, tempura caper, beet ketchup, fromage Blanc. R85

Air is one of the four classical elements in ancient Greek philosophy and in Western alchemy.

WIND

Steamed mussel, massaman curry, coconut crumb, pickled potato, lemon grass. R90

Chicken thigh, stuffed confit wing, chicken fat granola, carrot textures, pickled mustard seeds. R110

Smoked duck breast, Asian pear, pear puree, pink pepper and bay leaf honey, duck liver parfait, crispy duck skin. R75

Grilled quail, confit quail croquette, charred baby onion, wild fennel, juniper, Num Num gastrique, bitter leaves, and roasted garlic clafoutis. R120

Fire has been an important part of all cultures and religions from pre-history to modern day and was vital to the development of civilization. It has been regarded in many different contexts throughout history, but especially as a metaphysical constant of the world. Fire is one of the four classical elements in ancient Greek philosophy and science. It was commonly associated with the qualities of energy, assertiveness, and passion. In one Greek myth, Prometheus stole fire from the gods to protect the otherwise helpless humans, but was punished for this charity.

FIRE

Braai salad, brassicas, alliums parmesan cream, green onion oil, crispy pumpernickle. R95

Smoked pork neck, confit yolk, glazed belly, apples, polenta gnocchetti, apple and cheese froth. R120

Compressed watermelon, feta, Korean pepper emulsion, squid, potato skins. R80

Green gazpacho, charred calamari ala plancha, puffed rice, verbena and avocado skin oil. R85

According to ancient and medieval science, aether, also spelled æther or ether and also called quintessence, is the material that fills the region of the universe above the terrestrial sphere. The concept of aether was used in several theories to explain several natural phenomena, such as the traveling of light and gravity. In the late 19th century, physicists postulated that aether permeated all throughout space, providing a medium through which light could travel in a vacuum, but evidence for the presence of such a medium was not found in the Michelson–Morley experiment, and this result has been interpreted as meaning that no such luminiferous aether exists.

AETHER

Slow cooked beef tongue, carrot cake, mustard, pickled sultanas. R115

Asparagus, peas and broad beans in textures, buttermilk, black truffle. R110

House made bresaola, fermented radish, Branston pickle, cheese croquettes, green oil, crispy sourdough, cheddar Catalan. R105

Jasmine panacotta, new season strawberries, coriander sorbet, timut pepper, burnt honey. R85

Chocolate caramel slice, passionfruit, roasted white chocolate, yoghurt pine sorbet. R110

"Malva Pudding" salted apricot parfait, rooibos posset, crispy milk, apricot sorbet, fynbos vinegar. R75

"Pina colada", pineapple saffron curd, coconut lime sorbet, Riesling poached pineapple, lime isomalt
crispy milk, apricot sorbet, fynbos vinegar. R95

Raspberry and almond pudding, rhubarb, clove ice cream, micro shiso. R90

Celeriac: also called turnip-rooted celery, celery root, or knob celery, is a variety of celery cultivated for its edible stem or hypocotyl, and shoots. Despite its name, it is not a close relative of the turnip. Celeriac is like a root vegetable except it has a bulbous hypocotyl with many small roots attached

Jasmine: is a genus of shrubs and vines in the olive family (Oleaceae). It contains around 200 species native to tropical and warm temperate regions of Eurasia, Australasia and Oceania. Jasmines are widely cultivated for the characteristic fragrance of their flowers.

Gochujang: or red chili paste is a savoury, sweet, and spicy fermented condiment made from chili powder, glutinous rice, meju (fermented soybean) powder, yeotgireum (barley malt powder), and salt.

Gazpacho: or Andalusian gazpacho is a cold soup made of raw, blended vegetables. A classic of Spanish cuisine, it originated in the southern region of Andalusia. Gazpacho is widely eaten in Spain and Portugal, particularly during the hot summers, as it is refreshing and cool. other ingredients.

Malva Pudding: a sweet pudding of South African origin. It contains apricot jam and has a spongy caramelized texture. A cream sauce is often poured over it while it is hot, and it is usually served hot with custard and/or ice-cream. Many South African restaurants offer it.

Alliums: is a genus of monocotyledonous flowering plants that includes hundreds of species, including the cultivated onion, garlic, scallion, shallot, leek, and chives. The generic name Allium is the Latin word for garlic, and the type species for the genus is Allium sativum which means "cultivated garlic".

Brassicas: is a genus of plants in the mustard family (Brassicaceae). The members of the genus are informally known as cruciferous vegetables, cabbages, or mustard plants. Crops from this genus are sometimes called cole crops—derived from the Latin caulis, denoting the stem or stalk of a plant.

Pink pepper: (French: baie rose, "pink berry") is a dried berry of the shrub Schinus molle, commonly known as the Peruvian peppertree. Although a peppercorn is the dried fruit of a plant from the genus Piper, pink peppercorns came to be called such because they resemble peppercorns, and because they, too, have a peppery flavour. As they are members of the cashew family, they may cause allergic reactions including anaphylaxis for persons with a tree nut allergy.

Ceviche: also cebiche, seviche or sebiche is a seafood dish typically made from fresh raw fish cured in citrus juices, such as lemon or lime, and spiced with ají, chili peppers or other seasonings including chopped onions, salt, and cilantro. Whereas the dish is not cooked with heat, it must be prepared and consumed fresh to minimize the risk of food poisoning.

Gastrique: is caramelized sugar, deglazed with vinegar, used as a flavoring for sauces. To this a little fond (browned bits or drippings from meats or vegetables, found on the bottom of a sauté or roasting pan via the Maillard reaction) or stock may be added. It is used to flavor sauces such as tomato sauce, savory fruit sauces, and other sweet and sour sauces such as the classic orange sauce for duck à l'orange.

Miso: is a traditional Japanese seasoning produced by fermenting soybeans with salt and koji (the fungus *Aspergillus oryzae*) and sometimes rice, barley, seaweed or other ingredients. The result is a thick paste used for sauces and spreads, pickling vegetables or meats, and mixing with dashi soup stock to serve as miso soup called misoshiru, a Japanese culinary staple. High in protein and rich in vitamins and minerals, miso played an important nutritional role in feudal Japan. Miso is still widely used in Japan, both in traditional and modern cooking, and has been gaining worldwide interest.

Botarga: is the Italian name for a delicacy of salted, cured fish roe, typically of the grey mullet or the bluefin tuna (bottarga di tonno), frequently found near coastlines throughout the world, that often is featured in Mediterranean cuisine and consumed in many other regions of the world. The food bears many different names and is prepared in several different ways.

Sea urchin:The gonads of both male and female sea urchins, usually called sea urchin roe or corals, are culinary delicacies in many parts of the world. In Mediterranean cuisines, *Paracentrotus lividus* is often eaten raw, or with lemon, and known as ricci on Italian menus where it is sometimes used in pasta sauces.

Rhubarb: according to the British Royal Horticultural Society is a species of plant in the family Polygonaceae. It is a herbaceous perennial growing from short, thick rhizomes. The fleshy, edible stalks (petioles), are used in cooking, but the large, triangular leaves contain high levels of oxalic acid, making them inedible. The small flowers are grouped in large compound leafy greenish-white to rose-red inflorescences.

Black truffle: *Tuber melanosporum*, called the black truffle, Périgord truffle or French black truffle, is a species of truffle native to Southern Europe. It is one of the most expensive edible mushrooms in the world.

Pumpernickel: is a typically heavy, slightly sweet rye bread traditionally made with sourdough starter and coarsely ground rye. It is often made today with a combination of rye flour and whole rye berries.

Saffron: is a spice derived from the flower of *Crocus sativus*, commonly known as the "saffron crocus". The vivid crimson stigmas and styles, called threads, are collected and dried to be used mainly as a seasoning and colouring agent in food. Saffron, long among the world's most costly spices by weight, was probably first cultivated in or near Greece.

Riesling: is a white grape variety which originated in the Rhine region. Riesling is an aromatic grape variety displaying flowery, almost perfumed, aromas as well as high acidity. It is used to make dry, semi-sweet, sweet, and sparkling white wines. Riesling wines are usually varietally pure and are seldom oaked.

Confit: comes from the French word confire which means literally "to preserve, a confit being any type of food that is cooked slowly over a long period of time as a method of preservation.

Fermentation: is a metabolic process that produces chemical changes in organic substrates through the action of enzymes. In biochemistry, it is narrowly defined as the extraction of energy from carbohydrates in the absence of oxygen. In the context of food production,

Branston pickle: is made from a variety of diced vegetables, including swede (rutabaga), carrots, onions and cauliflower pickled in a sauce made from vinegar, tomato, apple and spices. In recent years high-fructose corn syrup has replaced sugar in the product sold in the American market.

Bergamot: *Citrus bergamia*, the bergamot orange, is a fragrant citrus fruit the size of an orange, with a yellow or green color similar to a lime, depending on ripeness. Genetic research into the ancestral origins of extant citrus cultivars found bergamot orange to be a probable hybrid of lemon and bitter orange. Extracts have been used to scent food, perfumes, and cosmetics

Posset: was originally a popular British hot drink made of milk curdled with wine or ale, often spiced, which was often used as a remedy. In the 16th century the drink evolved into a cream, sugar and citrus-based confection, which is still consumed today as a cold set dessert similar to syllabub.

Lemon verbena: is a species of flowering plant in the verbena family Verbenaceae, native to western South America. Common names include lemon verbena and lemon beebrush. It was brought to Europe by the Spanish and the Portuguese in the 17th century and cultivated for its oil.

Black pudding: is a type of blood sausage originating in Great Britain and Ireland. It is made from pork blood, with pork fat or beef suet, and a cereal, usually oatmeal, oat groats or barley groats. The high proportion of cereal, along with the use of certain herbs such as pennyroyal, serves to distinguish black pudding from blood sausages eaten in other parts of the world.

Massaman curry: is not a native Thai word. It is generally thought to refer to the Muslims, with earlier writers from the mid- 19th century calling the dish "Mussulman curry"; Mussulman being an archaic form of the word Muslim.