

Cape Town International Convention Centre

## CUISINE COLLECTION

CASH



INDEX	Page
Exhibition Cash Catering	2
Coffee on the Square	3
Organic Food Menu	6
Day Conferences	8
Breaks	15
Breakfast Menus	16
Cocktail Menus	19
Platted Set Menus	31
Desserts	36
Buffet Menus	38
Crew Meals	43



## EXHIBITION CASH CATERING

### **.CO.ZA CAFÉ ON THE GO (TROLLEY SERVICE)**

Pastry chef's selection of giant muffins, doughnuts and brownies **R12**

Selection of baguettes with assorted fillings **R20**

Selection of assorted sandwiches **R12**

Chef's salads, fresh fruit salad and yoghurts **R15**

Assorted pies **R10**

### **.CO.ZA CAFÉ SNACK SHACK**

Pastry chef's selection of giant muffins **R12**

Doughnuts, cakes and gâteaux **R12**

Selection of baguettes with assorted fillings **R20**

Burgers and chips **R25**

Assorted Pies **R10**

Chef's salads, fresh fruit salad **R15**

Chef's meal of the day **R35**

### **.CO.ZA CAFÉ**

Pastry chef's selection of giant muffins, doughnuts and cakes **R12**

Selection of baguettes with assorted fillings **R20**

Beef boerewors rolls **R12**

Assorted Pies **R10**

Prego beef rolls **R20**

Portuguese grilled chicken rolls **R20**

Chef's meal of the day **R35**

Selection of salads, fresh fruit salad **R15**





## COFFEE ON THE SQUARE

### BREAKFAST

6am to 11am

#### THE SQUARE R28

Fried egg, beef sausage, macon, grilled tomato and sautéed potato

#### THE UNCONVENTIONAL R38

Two eggs, rump steak, lamb sausage, baked beans, mushrooms and sautéed potato

*Eggs prepared to order: fried, poached or scrambled*

#### LIGHT BREAKFAST OPTIONS

##### FRESH FRUIT SALAD R19

With greek yoghurt

##### HOMEMADE MUESLI R19

With yoghurt

##### MUFFINS R16

Served with butter and preserves

##### BUTTERMILK SCONES R16

Served with a selection of cheeses

##### OATS PORRIDGE R17

With toasted almonds and honey



**EGGS BENEDICT R29**

Served on whole-wheat bread, mozzarella au gratin

**SCRAMBLED EGGS R29**

With smoked salmon and chives served on a savoury muffin

**POACHED EGGS R29**

With poached haddock and sause mornay served on whole-wheat toast

**SOUP OF THE DAY R20**

Served with a German pretzel

**LIGHT MEALS****SALADS, WRAPS, SANDWICHES****THAI BEEF****SALAD R42, WRAP R45, SANDWICHES R45**

Coriander, mild chilli, avocado and Danish feta

**SMOKED SALMON****SALAD R42, WRAP R45, SANDWICHES R45**

Avocado, cottage cheese, capers, spring onion and lemon

**MEDITERRANEAN VEGETABLE****SALAD R35, WRAP R38, SANDWICHES R38**

Humus, mozzarella, chickpeas and toasted sunflower seeds

**ROASTED BUTTERNUT AND DANISH FETA****SALAD R35, WRAP R38, SANDWICHES R38**

Avocado, caramelised peanuts and vinaigrette dressing

**SWEET CHILLI CHICKEN****SALAD R38, WRAP R42, SANDWICHES R42**

Danish feta, avocado and peppadew

**MOZZARELLA AND COCKTAIL TOMATO****SALAD R32, WRAP R35, SANDWICHES R35**

Calamata olives, basil pesto and toasted nuts



**FINGER FOOD****CHEESE AND BISCUIT PLATTER R39**

Apricot compote and preserves

**WARM SNACK PLATTER R29**

Samosas, beef and chicken satay, crumbed prawns  
and spring rolls with sweet chilli sauce

**SATAY PLATTER R20**

Chicken and beef

**SWEET TREATS R19**

Desserts and freshly baked cakes on display

**JUICE BAR R15**

Fresh orange

Lemon, ginger and mint

Beetroot, cranberry and apple

strawberry and litchi

carrot and pineapple

**SMOOTHIES R20 *With whey protein* +R12**

Breakfast boost

Peanut butter burst

Berry bliss

Mango tango

Banana buzz

Iced coffee

Evergreen

**COFFEE & TEA**

Selection of teas **R9**

Take-away coffee **R9**

Espresso **R18**

Café americano **R12**

Café macchiato **R12**

Cappuccino **R12**

Double espresso **R14**

Café latté **R14**

Hot chocolate **R14**

Café mocha **R16**





## RESTAURANT ORGANIC MENU

---

### LAMB CUTLETS R55

Tender lamb cutlets infused with fynbos honey nestled on a whole-grain pomace mustard and watercress mash with autumn vegetables

### OSTRICH ESPETADA R55

Grilled ostrich Espetada marinated with papaya and sweet bell pepper pesto on creamy sweet potato with a hint of curry, topped with a cranberry jus

### DIABLO LIVERS R40

Organic chicken livers sautéed in a delicious creamy peri-peri and thyme sauce served with warm ciabatta bread

### THAI SEAFOOD CURRY R65

Fresh seafood in a coconut and thai red sauce with crisp vegetables and fragrant jasmine rice

### CRISP SALAD R35

Crunchy mixed leaves with spicy rocket, toasted pine nuts, marinated buffalo mozzarella and sweet basil roasted cherry tomatoes with chilli croutons and a raspberry dressing

### SANDWICHES R25

Cajun grilled chicken focaccia with sweet bell pepper mayonnaise and crisp rocket  
Ripe plum tomatoes, sweet basil pesto, buffalo mozzarella and toasted pine nuts on olive ciabatta  
Thinly sliced smoked salmon bagel with lemon scented crème fraiche and fried capers





### DESSERTS R15

Baked dark chocolate tart served with mascarpone cream  
and a mandarin orange reduction

Baked lemon cheesecake with almond praline  
Cardamom and coconut crème caramel

Please note that it is at the discretion of the Catering Department whether CO.ZA Café catering outlets will be opened. Operational times will also be at the discretion of the Catering Department. When planning your exhibition please ensure that the kiosks located in 1A, 1B, 2 & 3 are left unblocked in order for this type of catering .





## **DAY CONFERENCE PACKAGE**

---

### **BREAKFAST MENU**

#### **ON THE TABLE**

Platter of pastries and muffins  
Sliced fresh fruit platter or  
Swiss muesli and yoghurt  
Breakfast preserves  
Fresh fruit juice

#### **HOT BUFFET OR PLATED**

Baked beans or grilled mushrooms  
Sautéed potatoes or rösti potatoes  
Breakfast sausage - chicken or beef  
Scrambled egg  
Grilled tomato  
Macon - beef or chicken

#### **CONTINENTAL BREAKFAST**

Plain, herb and cheese croissants with a variety of preserves  
Assortment of Danish pastries and muffins  
Bakers' basket of fresh bread rolls  
Seasonal sliced fruit platters  
Selection of fruit and plain yoghurts with compotes  
Fruit juices - selection of orange and fruit cocktail  
Freshly brewed coffee and assorted teas





## LUNCH MENU

### OPTION ONE

#### COLD

Crisp seasonal salad greens and accompaniments

Penne pasta salad with Mediterranean chicken

Cucumber, feta, garlic croûtes and roasted walnut salad

Selection of freshly baked bread and bread rolls

#### HOT

Char grilled beef medallions served with a creamy peppercorn sauce

Roasted new potatoes with herbs

Medley of roasted Mediterranean style vegetables

### VEGETARIAN OPTION

Mozzarella, sweet basil and almond ravioli with a chunky Napoli sauce

### DESSERT

Hot sticky toffee pudding with custard

Mini Mandarin cheesecake

Fresh fruit pavlova

Seasonal fresh fruit salad



**OPTION TWO****COLD**

Crisp seasonal salad greens and accompaniments  
Spanish tuna salad  
Crisp vegetable and citrus noodle salad with spicy beef strips  
and sesame dressing  
Selection of freshly baked bread and bread rolls

**HOT**

Tandoori and cumin spiced chicken breast with a creamy tikka sauce  
Fragrant jasmine rice  
Roasted butternut with green beans and mustard seeds

**VEGETARIAN OPTION**

Thai green vegetable curry

**DESSERT**

Fruit kebabs with a yoghurt and banana dip  
Chocolate and almond tartlets with whipped cream  
Mixed berry cheesecake  
Vanilla and cranberry mousse





### OPTION THREE

#### COLD

Crisp seasonal salad greens and accompaniments  
Selection of dips and pâtés with crostini and toasted pitas  
Roasted beetroot and feta cheese salad  
Selection of freshly baked bread and bread rolls

#### HOT

Grilled line fish with herb and lemon beurre blanc  
Savoury rice  
Grilled marinated Mediterranean vegetables

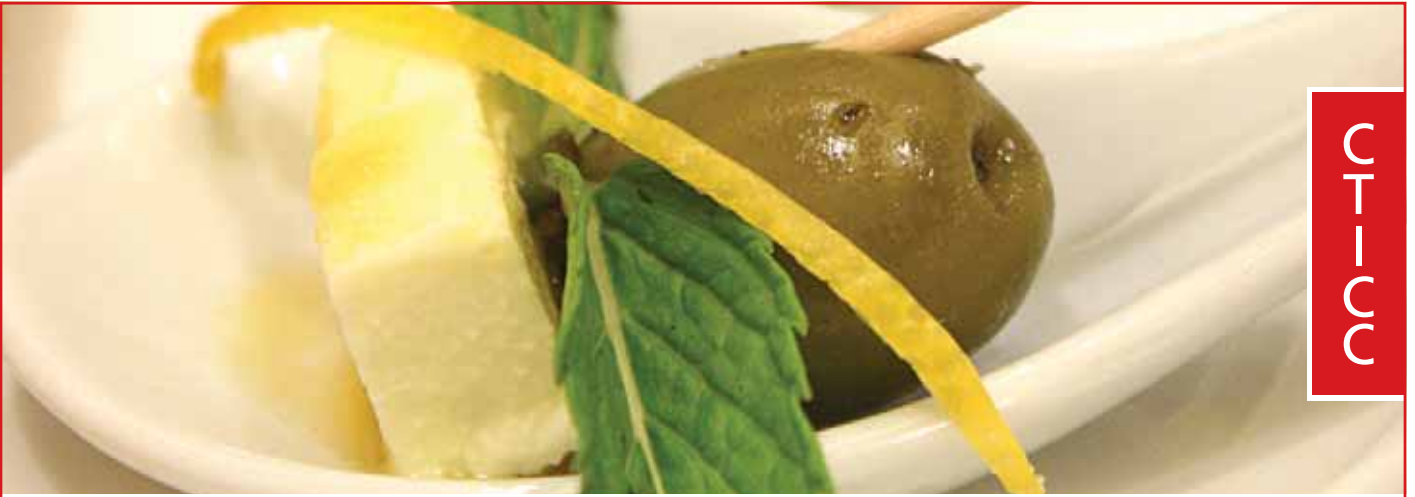
#### VEGETARIAN OPTION

Potato gnocchi with grilled vegetables and a three cheese sauce

#### DESSERT

Pastry Chef's selection of cheesecakes  
Mini fruit tartlets  
Chocolate sachertorte  
Fresh seasonal fruit salad with vanilla cream



**OPTION FOUR****COLD**

Crisp seasonal salad greens and accompaniments  
New potato, feta and onion salad with cherry  
tomatoes and a herb mayo  
Marinara seafood salad with a sauce marie rose  
Carrot and coriander salad  
Selection of freshly baked bread and bread rolls

**HOT**

Lamb and potato curry  
Baked jasmine rice  
Röti  
Traditional sambals, atchars and accompaniments

**VEGETARIAN OPTION**

Vegetable breyani with dhal

**DESSERT**

Chocolate torte with chantilly cream  
Banoffi tartlets  
Fresh seasonal fruit medley with toasted coconut





### **TWILIGHT MENUS**

To be served between 16h00 and 18h00 or 20h00 and 22h00 only

#### **OPTION ONE**

##### **COLD**

Crisp garden salad greens and accompaniments  
Smoked salmon and butterfish with a caper cream sauce  
Chicken liver parfait with Melba toast  
Selection of freshly baked breads, bread rolls and bread sticks  
Local cheese and biscuit platter

##### **HOT**

Mini chicken and peppadew quiche  
Honey glazed lamb kebabs  
Prawn tempura served with a teriyaki glaze  
Sweetcorn and cheese samoosa  
Sheish kebabs with a cucumber raita

#### **OPTION TWO**

##### **COLD**

Crisp garden salad greens and accompaniments  
Biltong and dry sausage (South African specialty)  
Variety of dips and pâtés  
Selection of freshly baked breads, bread rolls and bread sticks  
Local cheese and biscuit platter

##### **HOT**

Mixed seafood thermidor with a mushroom pilaff  
Prawn bomb with a sweet chilli glaze  
Mini beef medallions on a maize and fig cake with a cranberry jus  
Crayfish samoosa  
Vegetable and cashew nut spring rolls





### PLATTER SELECTION

(Recommended for working luncheons and as additional items on existing menus.

A platter can serve between 8 – 10 pax.

Platters can only be catered for numbers less than 50 pax

#### OPTION 1 – R85 per person

Selection of local cheeses, cured and smoked cold meats, pickles, biscuits, breads, breadsticks, bread rolls, dips, biltong and dried wors

#### OPTION 2 - R105 per person

Mediterranean Mezze platter of dolmades, grilled marinated artichokes and aubergines, taramasalata, tzatziki, hummus, tramezzini, ploughman's platter of local cheeses, cold meats and pickles, smoked salmon, mini quiches, breads, bread rolls and bread sticks



## **BREAKS**

### **FRESHLY BREWED COFFEE AND A SELECTION OF HOUSE TEAS**

- Coffee, tea **R15 per person**
- Coffee, tea and biscuits **R20 per person**
- Coffee, tea and scones **R30 per person**
- Coffee, tea and muffins **R30 per person**
- Coffee, tea and pastries **R30 per person**
- Biscuit platter (per 10 pax) **R38**
- Assorted pastry platter (15 pieces) **R95**

### **THEMED BREAKS R40 per person per themed break choice**

#### **Death by chocolate**

Chocolate and pecan nut brownies, choc-chip cookies, chocolate shortbread fingers

#### **Proudly South African**

Milk tarts, koeksisters, caramelised orange tartlet

#### **Health, Wealth and Happiness**

Bran muffins, oats and honey bars, fruit skewers

#### **Le Patisserie Delight**

Caramel profiteroles, petits fours, lintzer tartlets

#### **Belgian Delight**

Waffles and crêpes with cream, nuts, coulis and sauces

### **POWER BREAK R35 per person**

- Energy bars, chocolate-dipped bananas, tropical fruit smoothies plus additional energy drink
- Red bull **R20**
- Powerade **R15**





## **BREAKFAST MENUS**

---

### **BUFFET**

#### **CONTINENTAL BREAKFAST R105 per person**

##### **OPTION 1**

Plain, herb and cheese croissants with a variety of preserves  
 Assortment of Danish pastries and muffins  
 Bakers' basket of fresh breads and bread rolls  
 Sliced cheese platters with compotes and jams  
 Seasonal sliced fruit platters  
 Selection of fruit and plain yoghurts with stewed fruit  
 Fruit juices – selection of orange and fruit cocktail  
 Freshly brewed coffee and assorted teas

#### **DELUXE CONTINENTAL BUFFET BREAKFAST R125 per person**

##### **OPTION 2**

An assortment of halaal cured and roasted cold cuts  
 Sliced cheese platters of local and imported cheeses  
 Plain, herb and cheese croissants with a variety of preserves  
 Assortment of Danish pastries and muffins  
 Bakers' basket of fresh breads and bread rolls  
 Seasonal sliced fruit platters  
 Selection of fruit and plain yoghurts with stewed fruit  
 Selection of cereals including muesli, Cornflakes,  
 All bran, Weetbix and Rice Crispies  
 Fresh and skim-milk  
 Fruit juices – selection of orange and fruit cocktail  
 Freshly brewed coffee and assorted teas



**FARMHOUSE BUFFET MENU R140 per person****COLD**

An assortment of halaal cured and roasted cold cuts  
Sliced cheese platters of local and imported cheeses  
Plain, herb and cheese croissants with a variety of preserves  
Assortment of Danish pastries and muffins  
Bakers' basket of fresh breads and bread rolls  
Seasonal sliced fruit platters  
Selection of fruit and plain yoghurts with stewed fruit  
Selection of cereals including muesli, Cornflakes,  
All Bran, Weetbix and Rice Crispies  
Fresh and skim-milk  
Fruit juices – selection of orange, and fruit cocktail

**HOT****Select One Dish**

Scrambled eggs  
Eggs Benedict  
Poached eggs  
Vegetable frittata

**Select One Dish**

Beef macon  
Chicken macon

**Select One Dish**

Spicy lamb sausage  
Beef boerewors  
Chicken sausage  
Breakfast beef patty  
Breakfast lamb patty

**Select One Dish**

Sautéed potatoes  
Hash brown potatoes

**Select two dishes**

Grilled tomato  
Baked beans  
Chilli bean chutney  
Sautéed mushroom  
Creamed corn

Freshly brewed tea and coffee



**BREAKFAST MENUS PLATED R125 per person****ON THE TABLE**

Fresh fruit juices

Bakers' platter of Danish pastries, muffins and croissants

Grated cheeses and jam confits

Fresh toast basket

**STARTERS**

Swiss muëсли cocktail (layered with yoghurt and fruit coulis)

Fresh seasonal sliced fruit plate

Strawberry yoghurt timbale garnished with fresh fruit

An assortment of cured and smoked cold meat and cheese platter

**MAINS**

Scrambled eggs with grated cheese, minute steak, tomato with creamed corn, grilled lamb chipolata and sautéed potatoes

Scrambled egg, poached haddock with a chive cream sauce, grilled tomato, hash brown potatoes and sautéed mushrooms

Masala spiced scrambled egg, grilled chicken sausage, sautéed potatoes, Macon, chilli beans and sautéed mushrooms

Poached eggs benedict with rolled macon, grilled boerewors, sautéed mushroom, grilled tomato and sautéed potatoes

Spanish omelette, grilled tomato, beef breakfast patty, rösti potatoes and grilled mushrooms





## COCKTAIL MENUS

---

Available from 16h00 – 18h00

### OPTION 1 **R135 per person**

#### COLD

##### Select 5 dishes

Mozzarella, pesto and tomato bruschetta  
Marinated shrimps with lime and coriander in a pastry shell  
Parmesan biscotti topped with gorgonzola cream and caramelised onions  
Chicken liver parfait with Melba toast  
Roast beef on camembert with cranberry glaze  
Assorted sushi and maki rolls  
Smoked salmon forks  
Seafood cocktail with dill and lemon served in a shot glass  
Vegetable crudités and dip platters  
Thai prawn satay with a sweet chilli glaze  
Snoek pâté profiterole  
Asian vegetable wrap

#### HOT

##### Select 5 dishes

Mini beef espetadas with harissa dip  
Char-grilled chicken satays  
Cocktail samoosa with a spicy tomato relish  
Spinach and feta rissoles  
Asparagus and feta cheese tartlet  
Tandoori chicken kebab with a mint and coriander raita  
Chicken and prawn wontons with a plum and sesame sauce



Vegetable and cashew nut spring rolls  
 Peri-peri winglets  
 Mini chicken and peppadew quiche  
 Honey glazed lamb kebabs  
 Prawn tempura served with a teriyaki glaze  
 Sweetcorn and cheese samoosa  
 Sheish kebabs with a cucumber raita

**OPTION 2 R140 per person**

**COLD**

**Select 7 dishes**

Mozzarella, pesto and tomato bruschetta  
 Parmesan biscotti topped with gorgonzola cream and caramelised onions  
 Roast beef on camembert with cranberry glaze  
 Dill scone with smoked salmon  
 Assorted sushi and maki rolls  
 Roast lamb on ricotta bruschetta with mint glaze  
 Parmesan tartlet with seafood ceviche  
 Smoked salmon forks  
 South African cheese and biscuit platters  
 Seafood cocktail with dill and lemon served in a shot glass  
 Vegetable crudités and dip platters  
 Thai prawn satay with a sweet chilli glaze  
 Snoek pâté profiterole  
 Asian vegetable wrap  
 Fresh oysters on rock salt  
 Lime and coriander marinated queen prawns in a shot glass

**HOT**

**Select 7 dishes**

Mini beef espetadas with Harissa dip  
 Char-grilled chicken satays in a Thai peanut sauce  
 Cocktail samoosa with a spicy tomato relish  
 Asparagus and feta cheese tartlet  
 Tandoori chicken kebab with a mint and coriander raita  
 Chicken and prawn wontons with a plum and sesame sauce  
 Crumbed mushrooms filled with goats' milk cheese  
 Vegetable and cashew nut spring rolls  
 Mini seafood kebabs  
 Minted lamb cutlets basted in a garlic and honey marinade  
 Peri-peri winglets  
 Mini chicken and peppadew quiche  
 Honey glazed lamb kebabs



Prawn tempura served with a teriyaki glaze  
 Crispy Peking duck pancakes with spring onions  
 Prawn spring rolls  
 Prawn bomb with a sweet chilli glaze  
 Crayfish samoosa

### LATE SUBSTANTIAL COCKTAIL MENU

(From 18h00 onwards)

Choose a minimum of 4 stations at **R50 per person per station**

#### OVERVIEW

To create an informal yet workable environment serving food from 8 themed food stations creating a food market feel with a choice and variety second to none

#### CANAPÉS

A selection of canapés on open French bread, rye bread, tartlet cases etc.  
 with a variety of fillings served on trays by waiters

#### SEAFOOD STATION

A medley of smoked salmon, steamed whole prawns and calamari served cold with a variety of condiments and sauces e.g. coral mayo, sauce marie rose etc.

#### SATAY STATION

A selection of chicken, beef, vegetable and fish kebabs served with a variety of sauces and dips e.g. Peanut sauce, sweet chilli, wasabi mayo

#### CARVERY STATION

Roast beef rump served with cocktail Portuguese rolls, mustards, sliced tomato, sliced cucumber, onions and lettuce

#### SUSHI STATION

A variety of California and maki rolls with pickled ginger, wasabi and Kikkoman Soya sauce

#### CURRY STATION

Lamb rogan josh, chicken & prawn and bean & potato served with basmati rice, röti and traditional sambals

#### SAMOOSA STATION

Variety includes mince, potato, snoek, butternut & coriander, feta cheese & fig and sweet corn & cheese served with a chilli relish and tamarind sauce



**RIBS AND WINGS**

Lamb & beef ribs and chicken wings  
marinated in honey and rosemary

**DESSERT STATION**

A selection of our pastry chef's creations

**AROUND THE WORLD FINGER FORK MENU**

The idea is to create various stations creating  
a food market environment and feel

**R50 per person per country with a minimum of 4 countries**  
(Can be served for cocktail or lunch)

**CHINESE**

Chicken, vegetable and prawn spring rolls served with a sweet chilli sauce

Prawn and chicken wontons served with a plum sauce

Vegetable and noodle stir-fry

Cantonese beef

Fried rice

**INDIAN**

Lamb Rogan josh

Röti, pilaff rice, pickles

Selection of samosas served with a chilli chutney

Tandoori chicken kebabs served with cucumber raita

**ITALIAN**

Italian salad

Caprese salad

Carpaccio of beef

Butternut and almond ravioli

Pizza margherita

**JAPANESE**

Selection of sushi including nigiri, maki and California rolls

Wasabi and pickled ginger

Tepenyaki of fish and calamari served with a teriyaki sauce  
on braised sprouts and cabbage



**MAURITIAN**

Chicken and prawn gumbo  
 Mango savoury rice  
 Cajun grilled line fish  
 Chilli and banana grilled kebabs  
 Cajun spiced prawn and pineapple skewers

**MORROCAN**

Chermoula chicken  
 Minted dried fruit couscous  
 Braised baby potato and spinach with cumin  
 Moroccan spiced beef kebabs

**GERMAN**

German potato salad with crispy Macon  
 Mini pretzels  
 Butchers cuts of smoked and cured cold meats  
 A selection of smoked and cured sausages  
 with a variety of mustards  
 Kaesespatzle

**SOUTH AFRICAN**

Kalahari salad  
 Grilled boerewors skewers  
 Maize pancakes  
 Rooibos infused honey glazed lamb cutlets

**BELGIAN DESSERTS**

Black forest gâteau  
 Fresh fruit tartlets  
 Pecan nut tartlets  
 Sachertorte  
 Mocha mousse  
 Berry cheesecake



Mandarine  
Panna cotta

### THEMED COCKTAILS

### SHEBEEN EVENING FINGER FORK MENU **R185 per person**

#### STARTERS

Selection of garden greens and condiments  
New potato salad  
Three bean salad  
Barbeque spare ribs  
Mushroom and leek ragout in a puff pastry shell  
Bakers' basket of fresh breads and bread rolls

#### MAINS

Grilled chicken drumsticks  
Beef and bell pepper kebabs  
Lamb shank and vegetable hot pot  
Boerewors in a tomato and onion relish  
Traditional African tripe  
Vegetable kebabs  
Mielie pap  
Savoury rice  
Roast potato wedges  
Oven roasted mixed vegetables  
Chakalaka

#### DESSERTS

Fresh fruit kebabs  
Chocolate coated bananas  
Cape brandy tart  
Caramel custard  
Ebony and ivory mousse

### MEDITERRANEAN BUFFET MENU **R185 per person**

#### COLD

Mini pitas and bruschettas accompanied by a  
selection of dips including hummus, tzatziki and tapenade  
Dolmades  
Antipasti platter  
Greek salad  
Marinated calamari salad  
Chunky tuna and pasta salad



**HOT**

Rosemary, apricot and honey roasted leg of lamb  
Chicken provençale  
Buttered penne noodles with olives  
Lemon and herb grilled line fish  
Balsamic grilled Mediterranean vegetables

**VEGETARIAN OPTION**

Spinach and artichoke Moussaka

**DESSERTS**

Baklava  
Tiramisu  
Fruit Pavlova  
Crème brûlée

**ASIAN BUFFET MENU R185 per person****COLD**

Egg noodle, teriyaki beef, sprouts, pickled  
ginger salad with coriander dressing  
Vegetable spring rolls with sweet chilli and soy sauce  
Five spice chicken salad  
Carrot and pineapple salad  
Assorted sushi rolls

**HOT**

Beef and sesame stir-fry  
Chicken chow mein  
Sweet and sour line fish  
Marinated lamb spare ribs  
Thai green coconut chicken curry  
Fragrant Thai rice

**VEGETARIAN OPTION**

Vegetable chow mein

**DESSERTS**

Rice pudding  
Banana fritters  
Bowties



**MEXICAN BUFFET MENU R185 per person****COLD**

Nachos with cheese, sour cream, assorted dips and salsas  
Mexican bean salad  
Salad bar of fresh lettuce, tomato, onion and cucumber  
Spicy chicken wraps with sour cream and guacamole

**HOT**

Beef enchiladas  
Chicken burritos  
Chilli con carne  
Baked line fish with cumin and papaya  
Pepper fried rice

**VEGETARIAN OPTION**

Four bean tortillas

**DESSERTS**

Coconut fruit salad  
Chocolate and nut tartlet  
Mini baked cheesecakes  
Whipped cream

**INDIAN BUFFET MENU R185 per person****COLD**

Tandoori line fish with cucumber raita  
Assorted samosas and chilli bites  
Cucumber, lime and coriander salad  
Salad bar of fresh lettuce, tomato, onion and cucumber



**HOT**

Lamb and potato curry  
Butter chicken  
Fragrant basmati rice  
Masala fried line fish  
Aloo jeera (potatoes with cumin)  
Röti's

**VEGETARIAN OPTION**

Butter bean and potato curry

**DESSERTS**

Coconut fruit salad  
Sweetmeats  
Keer

**AFRICAN BUFFET MENU R185 per person****COLD**

Cape mussel and calamari salad  
Moroccan couscous salad  
Salmon and Kingklip terrine  
Salad bar of fresh lettuce, tomato, onion and cucumber  
Cape Malay pickled fish

**HOT**

Beef with cumin and okra  
Tangine of chicken with lime and tomato  
Line fish baked with papaya  
Pumpkin and lamb bredie  
Samp with beans

**VEGETARIAN OPTION**

Vegetable tangine

**DESSERTS**

Milk tart  
Malva pudding  
Banana tartlets  
Ebony and ivory mousse  
Fresh fruit salad



**TRADITIONAL BRAAI R235 per person****COLD**

Selection of salad greens, accompaniments and condiments  
Sweet potato, sour cream and herb salad  
Beetroot and onion salad  
Fruity coleslaw with pecan nuts  
Wild spinach salad  
Bakers' basket of corn bread, garlic bread, pot bread and rolls

**OFF THE COALS**

Lamb cutlets  
Traditional boerewors  
Beef steaklets  
Chicken kebabs  
Vegetable kebabs marinated in tumeric and yoghurt

**HOT**

Pap  
Chakalaka  
Corn on the cob  
Baked potatoes with sour cream  
Baked butternut with creamed spinach and feta

**DESSERTS**

Milk tart  
Koeksisters  
Trifle  
Malva pudding with vanilla custard  
Fruit salad and ice cream  
Pecan and macadamia nut pie

**NEPTUNE'S BRAAI R245 per person**



### COLD

Greek salad  
 Mediterranean pasta salad  
 New potato salad with feta and cherry tomatoes  
 Beetroot and feta salad  
 Bakers' basket of breads, garlic bread and rolls

### OFF THE COALS

Fresh whole snoek with an apricot glaze  
 Calamari steaks  
 Prince prawns  
 Cape salmon kebabs  
 Crayfish – Additional **R150 per person**

### HOT

Savoury rice  
 Mussel hot pot  
 Baked potatoes with sour cream  
 Baked butternut with creamed spinach and feta  
 Balsamic glazed baby onions with tomatoes  
 Oven roasted Mediterranean vegetables  
 Garlic, lemon and peri-peri butter

### DESSERTS

Fruit pavlova  
 Fresh fruit kebabs  
 Ebony and ivory mousse  
 Passionfruit charlotte russe  
 Marbled chocolate orange and chocolate cheesecake



**WILD AFRICAN BRAAI R245 per person****COLD**

Garden greens with accompaniments and condiments

Kalahari salad

Melon and feta salad

Marinated pepper salad

Corn salad

**OFF THE COALS**

Ostrich steaks marinated in papaya

Crocodile ribs with guava and tamarind

Venison kebabs

Ginger beer marinated baby quail

Vegetable kebabs

**HOT**

Pumpkin bredie

Baked sweet potatoes

Pap

Creamed spinach

Wild berry jus

Venison potjie

**DESSERTS**

Guava Parfait

Wild berry cheesecake

Bread and butter pudding

Mocha mousse

Fruit salad

Iced berries with mascarpone cheese





## PLATED SET MENUS

Lunch set menus – minimum of 2 courses from **R155 per person**

### STARTERS

Delectable citrus cured Norwegian salmon from the grill topped with dill poached prawns and lemon scented mascarpone cream with a petit garden bouquet **R60**

Grilled sun-dried tomato and yoghurt marinated chicken breast set on seasonal greens with olives, cherry tomatoes and creamy feta with a sweet basil dressing **R60**

Buffalo mozzarella and roasted plum tomato salad with a petit garden bouquet, basil pesto and an aged balsamic reduction **R60**

Baked goats cheese, pine nut and sage phyllo pastry rolls with a seasonal salad bouquet and raspberry vinaigrette **R49**

Spicy chermoula grilled chicken breast with a pineapple salsa, garlic crostini and roasted pepper salad **R45**

Crunchy sesame beef and asian noodle salad with cucumber, carrots, ginger and sprouts with a chilli plum sauce **R45**



Creamy feta and walnut spring roll with a sweet fig reduction,  
served with a roasted beetroot and mint salad **R49**

Seafood delight of dill prawns, smoked salmon with lemon,  
mussels with garlic and sweet chilli calamari strips,  
accompanied by sauce marie rose, seasonal greens  
and a herb lavash **R65**

Refreshing Thai chicken and prawn pancake roll  
with crunchy vegetables and coriander accompanied  
with plum and sesame dip **R55**

Fine roulade of oak smoked Franschoek salmon,  
with chive crème fraîche, thinly sliced marinated cucumber  
and topped with a creamy dill and lime dressing **R60**

Mediterranean Aubergine, tomato, goats cheese  
and sweet basil stack with a herb lavash, red onion marmalade  
and a red pepper coulis **R45**

Oriental pancake filled with grilled chicken  
in a sticky plum sauce and spring onions accompanied  
by a sweet Indonesian soy sauce and crisp Chinese greens **R45**

Mediterranean vegetable and mascarpone cheese terrine  
with a pomodori tomato coulis, balsamic reduction, crisp salad greens,  
parmesan shavings and roasted pine nuts **R45**

Pâté of smoked Franschoek river trout with crisp Melba toast  
with a bed of fresh garden greens and a citrus dill cream garnished  
with a rosette of fresh smoked Norwegian salmon **R50**

Mediterranean goats cheese roll with peppadews, pine nuts  
and olives served on a petit herb salad and drizzled  
with a raspberry vinaigrette **R45**

Smoked butterfish on a spinach and pear salad  
with capers and a wasabi cream **R45**





### ENTRÉES

Rich Cape Crayfish bisque topped with a chive cream  
and served with herb lavash **R65**

Brown forest mushrooms, goats cheese an gratin, set on petit  
seasonal bouquet accompanied by a light pomodori tomato salsa **R45**

Mozzarella, sweet basil and almond ravioli napped  
with a light creamy sun-dried tomato sauce **R45**

Chilled Roasted tomato and beetroot gazpacho  
with basil oil and served with a parmesan straw **R45**

East African prawn and coconut soup  
scented with coriander **R50**

Cream of forest mushroom soup scented  
with herbs de Provence and garnished with a delicate truffle cream  
and Swiss cheese pastry swirl **R45**

Linguini pasta with hot smoked salmon, prawns, mussels  
and calamari in a delicate dill beurre blanc **R60**

### SORBET **R17**

Cranberry and ginger

Litchi and chilli

Lime and basil

Lemon

Raspberry and lime

Passionfruit

Melon and mint

Mandarine



**MAIN COURSE**

Tender lamb shank slow roasted in a rosemary and thyme jus served on a creamy sweet potato mash tartlet with a seasonal vegetable bouquetiere **R105**

Pesto infused deboned rolled loin of lamb on lyonnaise potatoes with a phyllo vegetable basket napped with a delicate truffle jus **R105**

Duo of karoo lamb and beef fillet on a potato bake with oven roasted vegetables and berry jus **R105**

Pan seared Scottish salmon layered on rocket crushed new potatoes with a vegetable phyllo basket **R105**

Marinated and grilled beef fillet medallions set on herbed rösti with a creamy mushroom sauce and seasonal vegetable bundle **R105**

Grilled pepper crusted beef fillet accompanied with roast château potatoes, roast vegetables and a delicate pesto jus **R105**

Fresh line fish from the grill served on a butternut and almond ravioli with a creamy saffron velouté and butternut and vegetable bouquetiere **R105**

Catch of the day served with parsleyed new potatoes, seasonal vegetable bundle, topped with a creamy prawn and dill sauce **R105**

Tandoori and cumin spiced chicken served with an Asian noodle stir-fry and a coconut and cashew salsa **R105**

Mango and leek filled chicken breast supreme grilled with lemon and cumin on a grilled sweetcorn and peppadew polenta cake with steamed pearl vegetables and saffron cream **R85**

Pan-fried salmon with crayfish butter served on rocket crushed new potatoes with sautéed mangetouts and peppers with a lemon beurre blanc **R90**

Grilled peppadew pesto infused ostrich fillet medallion with lyonnaise potatoes and parisienne spring vegetables encased in a puff pastry lattice, napped with a mature Shiraz jus **R90**

Cajun style grilled Cape salmon stuffed with a crab and leek farce on pumpkin and spinach risotto drizzled with a Pommery mustard cream sauce **R95**



Blue cheese, spinach and butternut risotto crusted Karoo saddle of lamb accompanied by sage château potatoes, spring vegetables and a creamy lavender jus **R95**

Poached Scottish salmon topped with crispy potato on a basil flavoured cream with ribbon vegetables filled with a brunoise of root vegetables **R95**

#### VEGETARIAN OPTIONS

Duo of mushroom and pimento ragout in sage crêpes, accompanied by potato croquettes au gratin (gratinated with a creamy gruyère cheese sauce)

Creamy feta, almond and spinach ravioli in a Napoli sauce with crème fraîche and balsamic reduction

Vegetable, tomato and goats cheese cannelloni napped with a creamy sun-dried tomato sauce

Potato gnocchi tossed with roasted onions and peppers, topped with a saffron and truffle scented velouté, fresh rocket and parmesan shavings

Marinated mediterranean vegetable tower layered with sweet basil pesto, goats cheese and pine nuts, complemented by a chunky cherry tomato and basil salsa

Crunchy vegetable and coriander crêpes on fried egg noodles with ginger infused plum sauce and vietnamese soy

Aubergine, brie and roast onion tart on garlic and polenta mash with chunky olive and tomato relish





## DESSERTS

Wild berry panna cotta served with  
lavendar infused ice-cream and white chocolate **R65**

Decadent passionfruit crème brûlée  
with pistacchio praline **R65**

Iced mocha parfait with warm berries **R65**

Fresh seasonal fruit mille feuille layered with hazelnut  
meringue and chantilly cream **R65**

Caramelised coconut crème caramel  
with a mango and lime syrup **R65**

Chocolate and hazelnut praline mousse with  
fresh berries and caramelised sugar **R65**

Marbled raspberry and white chocolate cheesecake  
with a cherry glaze and couverture garnish **R65**

Duo of ebony and ivory sachertorte  
with passionfruit coulis and chocolate garnish **R65**

Cinnamon scented apple, brioche  
and butter pudding with crème anglais **R65**



Tangerine and coconut panna cotta served with a chocolate swirl with fresh berries and a minted citrus coulis **R65**

A trio of mandarine cheesecake, tiramisu and mocha mousse served with fresh fruit and piped chocolate **R65**

Marbled chocolate cheesecake with Swiss Couverture ganash on chocolate quills with a caramel cream **R65**

Decadent chocolate stack of chocolate leaves, mousses with berry and passionfruit coulis **R65**

Traditional baked Alaska with caramel glazed fresh fruit and cream **R65**

South African cheese and biscuit platter (2 per table) **R25 per person**

Selection of pastry chef's friandise **R15 per person**





## **BUFFET MENUS**

### **OPTION 1 R180 per person**

#### **COLD**

##### **Select 5 dishes**

Selection of garden greens, condiments and dressing

Calamari salad

Cold meat platters

Spicy chicken salad

Spinach noodle and feta salad

Spinach and pumpkin terrine

Thai baby potato salad

Tuna, coriander and chilli pasta salad

Cajun chicken and peppadew salad

Roast beetroot and onion salad

Thai beef and cucumber salad

Bakers' basket of fresh bread and bread rolls

#### **CARVERY**

##### **Select 1 dish**

##### **Additional items charged at R15 per person**

Pepper crusted roast loin of beef with demi pepper sauce

Corn-fed roast chicken

Roast topside of beef with creamy mushroom sauce

Roast leg of lamb with a dried fruit stuffing



**SAUCES****Select 2 dishes**

Creamy mushroom sauce  
Pepper sauce  
Pesto jus  
Barbeque sauce  
Peri-peri sauce

**HOT****Select 3 dishes**

Butter chicken curry  
Grilled line fish with a lime butter sauce  
Lamb Rogan josh with baked fragrant rice  
Mixed seafood thermidor with savoury rice  
Potato gnocchi with roasted onions and peppers and a saffron velouté  
Creamy feta, almond and spinach ravioli in a Napoli sauce

**VEGETABLES****Select 4 dishes**

Golden roast potatoes  
Potatoes au gratin  
Potato croquettes  
Fragrant baked rice  
Savoury rice  
Tomato and sweet basil risotto  
Couscous  
Mélange of vegetables  
Baked Mediterranean vegetables  
Glazed carrots and broccoli almondine  
Roasted butternut with green beans and mustard seeds  
Grilled marinated Mediterranean vegetables  
Cauliflower and broccoli au gratin  
Cinnamon baked pumpkin

**DESSERTS****Select 4 dishes**

Tropical fruit salad  
Mocha mousse  
Malva pudding  
Trifle  
Tiramisu  
Passionfruit crème brûlée  
Bannofi tartlets  
Berry panna cotta





Milk tart  
 Banana tartlets  
 Berry cheesecake  
 Mini fruit flan  
 Baklava  
 Fruit pavlova  
 Mini koeksisters  
 Summer fruit tartlets  
 Fresh fruit kebabs  
 Chocolate tarts  
 Pecan nut tartlets

**OPTION 2 R195 per person**

**COLD**

**Select 7 Dishes**

Selection of garden greens, condiments and dressing  
 Smoked salmon platter  
 Seafood salad in a creamy dill and lemon dressing  
 Cold meat platters  
 Marinated mushroom salad  
 Spicy chicken salad  
 Feta and olive penne salad  
 Salmon and kingklip terrine  
 Steamed prawns with sauce marie rose  
 Wild mushroom terrine  
 Thai baby potato salad  
 Tuna, coriander and chilli pasta salad  
 Herbs de Provence chicken salad  
 Roasted beetroot and onion salad  
 Niçoise salad  
 Caprese salad garnished with sun-dried tomatoes  
 Bakers' basket of fresh bread and bread rolls



**CARVERY****Select 2 dishes****Additional items charged at R15 per person**

Pepper crusted roast loin of beef with demi pepper sauce

Corn-fed roast chicken

Roast topside of beef with creamy mushroom sauce

Roast leg of lamb with a dried fruit stuffing

**SAUCES****Select 2 Dishes**

Creamy mushroom sauce

Pepper sauce

Pesto jus

Barbeque sauce

Peri-peri sauce

**HOT****Select 3 Dishes**

Butter chicken curry

Grilled line fish with a lime butter sauce

Lamb Rogan josh with baked fragrant rice

Mixed seafood thermidor with savoury rice

Seafood paella

Potato gnocchi with roasted onions and peppers and a saffron velouté

Creamy feta, almond and spinach ravioli in a Napoli sauce

**VEGETABLES****Select 4 dishes**

Golden roast potatoes

Potatoes au gratin

Potato croquettes

Fragrant baked rice

Savoury rice

Tomato and sweet basil risotto

Couscous

Mélange of vegetables

Baked Mediterranean vegetables

Glazed carrots and broccoli almondine

Roasted butternut with green beans and mustard seeds

Grilled marinated Mediterranean vegetables

Cauliflower and broccoli au gratin

Cinnamon baked pumpkin



**DESSERTS****Select 6 Dishes**

Tropical fruit salad

Chantilly cream

Mocha mousse

Malva pudding

Trifle

Tiramisu

Black forest gâteau

Granadilla crème brûlée

Mandarine orange and chocolate cheesecake

Bannofi tartlets

Berry panna cotta

Milk tart

Banana tartlets

Berry cheesecake

Mini fruit flan

Baklava

Fruit pavlova

Crème brûlée

Ebony and ivory mousse

Mini koeksisters

Summer fruit tartlets

Fresh fruit kebabs

Chocolate tarts

Pecan nut tartlets



## **CREW MEALS**

---

Served to members of staff working at the CTICC  
Can be served plated or buffet with a vegetarian  
option available **R75 per person**

### **OPTION 1**

French salad, sheperd's pie, chocolate mocha mousse

### **OPTION 2**

Mediterranean pasta salad, roast chicken, rosemary potato wedges,  
baked butternut, natural jus, fruit salad and cream

### **OPTION 3**

Three bean salad, pie, gravy and chips, peas, fruit trifle

### **OPTION 4**

Potato and chive salad, baked line fish, savoury rice,  
seasonal vegetables, bread and butter pudding

### **OPTION 5**

Fruity coleslaw with pecan nuts, roast beef, roast potatoes,  
peas and carrots, peppermint fridge cake

### **OPTION 6**

Thai chicken noodle salad, lamb and potato curry,  
sambals, rice, fruit tartlets

### **OPTION 7**

Greek salad, fish and chips, malva pudding and custard





### LUNCH AND SNACK BOXES

These boxes are designed for clients to take along with them when going off site on an excursion or tour.

#### OPTION 1 R90 per person

Portuguese baguette with beef pastrami,  
grated gherkins and pommery mustard

1x cheese and biscuit portion

1x packet crisps

1x chocolate bar

1x fruit juice portion

1x whole fruit

1x cutlery pack

#### OPTION 2 R95 per person

Olive and herb panini smothered with mozzarella cheese,  
smoked chicken, basil pesto on fresh rocket

1x cheese and biscuit portion

1x packet jungle mix

1x dessert (cheesecake, crème caramel or fruit salad)

1x chocolate bar

1x fruit juice portion

1x whole fruit

1x cutlery pack

**OPTION 3 R95 per person**

Herb focaccia layered with smoked salmon,  
chive cream cheese and salad greens  
1x cheese and biscuit portion  
1x packet health mix  
1x salad (waldorf, pasta or rice)  
1x dessert (cheesecake, crème caramel or fruit salad)  
1x fruit juice portion  
1x whole fruit  
1x cutlery pack

**OPTION 4 (BREAKFAST BOX)**

1x portion yoghurt  
1x muffin  
1x jam portion  
1x butter portion  
1x health breakfast bar  
1x juice portion  
1x croissant filled with emmenthaler cheese and salami  
1x fresh fruit  
1x cutlery pack



**HEALTHY OPTIONS R90 per person****OPTION 1**

- 1x mini panini with roast beef and gherkin
- 1x greek salad
- 1x health bar
- 1x tropical muesli mix
- 1x fruit juice
- 1x cutlery pack

**OPTION 2**

- 1x pre-packed carrots and celery with hummus
- 1x muesli bar
- 1x mini bagel with smoked salmon and cream cheese
- 1x fruit salad
- 1x fruit juice
- 1x cutlery pack

**OPTION 3**

- 1x mini whole-wheat baguette with smoked chicken and spicy mayonnaise
- 1x energy bar
- 1x roasted nut mix
- 1x pre-packed cucumber and chive cream cheese dip
- 1x apple, celery and walnut salad
- 1x fruit juice
- 1x cutlery pack

**OPTION 4**

- 1x mini olive focaccia with mozzarella, sweet basil and tomato
- 1x dry fruit mix
- 1x health chocolate bar eg: snacker
- 1x green salad
- 1x cheese portion and provitas
- 1x fruit juice
- 1x cutlery pack



Convention Square, 1 Lower Long Street, Cape Town 8001, South Africa

Tel: +27 21 410 5000 Fax: +27 21 410 5001

Email: [info@cticc.co.za](mailto:info@cticc.co.za)

[www.cticc.co.za](http://www.cticc.co.za)