



LA VIE LENTE

URBAN FARM BISTRO & VENUE



BISTRO MENU

WELCOME TO LA VIE LENTE

LA VIE LENTE was born from the dream and desire to live a simple and slow life.

The name means "the slow life" in French and epitomises our yearning for an unpretentious, wholesome and slowed-down lifestyle.

We revel in the fact that you will discover it's magic when deep diving into what we have to offer – from the food and drink we serve to our service & ambiance we strive to create.

If there is something that does not meet your expectations, please let us know while you are still with us so that we can address it straight away. Posting on social media once you have left might seem like a sensible thing to do, but it eliminates the opportunity for us to rectify where we might have failed. We pride ourselves on having you leave LA VIE LENTE happy, so please extend us this courtesy.

We wish you a pleasant "slow life" experience!

Uida & San-Marié

A FEW THINGS WORTH SHARING...

- Our passion for good food and outstanding service is colossal ... but our kitchen is somewhat smaller and more intimate. On busy days, such as SUNDAY LUNCHES, you will most probably be waiting longer than usual. However, a few extra minutes should not stand in anyone's way of enjoying this unique destination environment! Perhaps some table platters for starters, an extra glass of wine or irreplaceable family conversations could close the needed gap. WE WILL MAKE SURE THAT THE WAIT IS WORTH YOUR WHILE!
- All our homemade preserves are also available to take home – please enquire about prices from your waiter.
- Regrettably we cannot accommodate any split bills – WE BELIEVE IN POWERFUL SIMPLICITY!
- A service fee of 10% will be charged for all tables of 8 or more people
- We love happy children...Please assist us in keeping all other patrons happy as well by not kicking balls or running in between the bistro tables. ALL KIDS ACTIVITIES TO TAKE PLACE IN DESIGNATED KIDS PLAY AREAS please.
- Parents, OUR ELECTRIC FENCE IS SWITCHED OFF DURING THE DAY AND THEREFORE POSES NO HARM TO YOUR LITTLE ONES.
- PLEASE INFORM US OF ANY ALLERGIES BEFORE PLACING AN ORDER.
- Corkage fee of R60/750ml bottle applies to all wine/sparkling wine not bought from LA VIE LENTE.
- A plating fee will apply to all food consumed but not bought from LA VIE LENTE – WHETHER YOU REQUIRE A PLATE OR NOT!
- SOME WILL REJOICE AND SOME WILL CURSE BUT WE HAVE BEEN OFFICIALLY DECLARED A SMOKE FREE ENVIRONMENT

SOMETHING TO WARM you up

	Regular	Tall		
Cappuccino	R23	R34	Dilmah Tea	R17
Red cappuccino	R24	R36	(Ceylon; Rooibos; Earl Grey; English Breakfast)	
Americano	R20	R30	Dilmah Specialty teas	R23
Single espresso	R19		(Blueberry & Vanilla; Orange & Ginger; Jasmine Green Tea; Peppermint)	
Double espresso	R26			
Latte	R30		Hot Chocolate	R30
Macchiato	R21		Milo	R30
Baby-cino	R15			

Decaf	R3 extra		Cream	R4 extra

SOMETHING TO COOL you down

Juice: Apple, Orange, Grape or		BOS Ice Tea (berry; lemon; peach)	R26
Fruit Cocktail	R24	Milkshakes (strawberry; choc; vanilla & lime)	R40
Milk	R16	Kids milkshakes	R28
Seasonal Cooler	R24	Iced coffee	R45
Passion fruit & rooibos cooler		Dom Pedro	R48
Cordials (passion fruit; lime; cola tonic)	R8	Still water 1.5L	R35
Sodas 330ml	R18	Still water 500ml	R20
Mixers 200ml	R16	Sparkling water 1L	R35
Tizers (apple grape)	R26	Sparkling water 500ml	R22
Rockshandy	R36		

CARB CONSCIOUS ALTERNATIVES

At LA VIE LENTE we are committed to providing honest, wholesome alternatives to the ever growing *Carb Conscious Diner*. We shall replace the classic carb dishes and sides with alternatives that are just as tasty and in many cases even tastier, where you will feel there is no compromise on your plate!

Look out for the Carb Conscious meals indicated by the symbol **CC**. Also worth noting is the Carb Conscious replacement suggestions where you can convert your meal to a Carb Conscious friendly meal (indicated by the symbol ****CC**) by removing the carbs and adding one of the options below.

PLEASE NOTE: to replace the Carbs on your plate with one of our Carb Conscious alternatives below there will be **an extra charge of R12 to your meal.**

Cauliflower & Parmesan rösti

Courgette & Mozzarella fritter

Courgette noodles

BREAKFAST *(BREAKFAST KITCHEN CLOSSES AT 11:00)*

Mixed seasonal fruit bowl R45

add Greek Yoghurt R12

add Dry Roast Seeds R6
(pumpkin, linseed, sesame & sunflower seeds)

add Dry Roast Nuts R15
(cashew, almonds & pecan nuts)

add Honey R4

add Cinnamon R3

Granola breakfast bowl R73 [CC]

Cocoa flavoured almond, coconut shavings & mixed seeds granola • Greek Yoghurt • homemade lemon curd • (Xylitol is used as sugar substitute)

LA VIE LENTE breakfast platter SINGLE R105 TO SHARE R195

Cheese & meat platter • seasonal fruit • boiled egg • preserves • croissant • whole wheat bread

Farm style flapjacks R62

Flapjacks • vanilla cream • maple syrup • Port poached pear

Sweet country croissant R58

Croissant • homemade preserves • grated Gouda cheese

Modest beginnings R55

French Baguette OR Croissant • scrambled egg • fried tomato

add bacon R15

add smoked salmon R20

Vegetarian frittata R65

3-egg frittata • rainbow peppers • mushroom • tomato relish • Mozzarella • garden greens

Bacon frittata R72 [CC]

3-egg frittata • bacon • caramelised onion • Camembert • garden greens

Haddock R86 [CC]

Poached haddock • cauliflower rösti • sautéed spinach • creamy cheese sauce
(add an egg for R6)

Poached eggs R72 [CC]

Two poached eggs • Napoletana aubergine & spinach bake with Feta & Mozzarella • wild mushrooms

Peasant's treat R78 [CC]**

Toasted baguette • creamy beef ragu • fried egg • Cheddar cheese

The Whole Goose R92 [CC]**

2 fried eggs • crispy bacon • cheese griller • grilled tomato • thyme mushrooms • sautéed potatoes •
toasted baguette

Happy Joe burger R98 [CC]**

Pure beef patty • bacon • home baked sesame bun • sweet tomato & onion relish • fried egg •
Mozzarella cheese • garden greens • sautéed potatoes

FOR THE TABLE (served all day)

As a table starter a single platter typically serves two people. As a main meal a single platter is designed to keep one person very happy!

Fresh Veggie Platter [suitable for Vegans] SINGLE R95 TO SHARE R170

Fresh crudité vegetables • olive tapenade • hummus • basil pesto • freshly baked bread

Charcuterie & Fromage Platter SINGLE R140 TO SHARE R260

Variety of cheese • selection of cured meat • seasonal fruit • homemade preserves • freshly baked bread

Tapas Platter SINGLE R132 TO SHARE R245

Chorizo • Cervelat salami • meatballs • grilled artichokes • marinated olives • sundried tomato • pickled melanzane • homemade dips • freshly baked bread

This & That Platter SINGLE R145 TO SHARE R270

Camembert, pear and Prosciutto cigars • tender beef kebabs • jalapeno pockets • garlic & lemon prawns

Holiday platter SINGLE R98 TO SHARE R180 [CC]**

Garlic & lemon prawns • creamy white wine & fennel mussel pot • butter toasted baguette

Mild Beef trinchado R75 [CC]**

Beef trinchado • butter toasted baguette • marinated olives

SALADS (served from 11:00)

LA VIE LENTE salad R70 [CC]**

Bocconcini cheese • fresh tomato • garden greens • basil pesto • marinated olives • popped capers • butter toasted baguette

Chicken salad R80

Oriental chicken • julienne vegetables • sesame seeds • onion crisps • citrus & ginger dressing

Bacon & Feta salad R82

Garden greens • sugar snap peas • crispy bacon bits • feta • thyme-baked croutons • berries • Caesar dressing

Fillet & wild mushroom salad R92 [CC]

Seared fillet • wild mushrooms • garden greens • Parmesan • pine nuts • lemon, garlic & parsley Gremolata

TOASTED EATS *(served all day)*

**CHOOSE BETWEEN HEALTH (SEED) BREAD OR A BAGUETTE
SERVED WITH FRIES OR GARDEN GREENS**

Ham, cheese & tomato R70

Ham • tomato • Emmental cheese • sweet mustard

Salami R72

Salami • caramelised onion • gherkin • Mozzarella cheese

Bacon & Camembert R75

Bacon • Camembert cheese • pear & red wine jam

Moroccan chicken R85

Fragrant chicken • Harissa mayo • Mozzarella cheese • caramelised onion • minted yoghurt
on the side

NIBBLES *(served all day)*

Dry roasted & salted variety of nuts R48

Chevin balls: mixed herbs, biltong & apricot R58
(served with homemade digestive biscuits & cheese pastry)

Cheese board R77
(served with homemade digestive biscuits & preserves)

Marinated olives R45

Bread basket with butter R20

Hummus R15

Basil pesto R20

Red pepper dip R15

Olive tapenade R20

LIGHT LUNCHES *(served from 11:45)*

Green risotto R98

Risotto • basil pesto • mange tout • garden peas • goat's cheese

Napolitana aubergine bake R82 [CC]

Aubergine • spinach • Feta • Mozzarella • Napolitana sauce • served with garden greens

Farm style bunny chow R88 [CC]**

Mild chicken curry • sesame bun • garden greens

Linguine ragu R115 [CC]**

Linguine pasta • slow cooked shredded beef • creamy tomato based sauce • Parmesan

Vol au vent (Open Pie) R92 [CC]**

Choose one of the following toppings (all served with garden greens on the side)

Chicken & mushroom

Fragrant lamb

Gourmet burger R98 [CC]**

Pure beef patty • home baked sesame bun • Mozzarella • caramelised onion • fresh tomato
• wild mushroom sauce • garden greens • fries

HEARTY LUNCHES

(served from 11:45 – please allow 45 min preparation time)

Oriental chicken kebabs R122

Oriental chicken thigh kebabs • Asian noodles • stir fry vegetables

Pork belly R138 [CC]**

Honey glazed pork belly • roasted baby potatoes • apple & fennel salsa

Lamb chops R150 [CC]**

Thyme & rosemary crusted lamb chops • roasted baby potatoes • crunchy garden vegetables • red wine jus

Lamb tagine R145 [CC]**

Fragrant lamb (medium heat) • spiced couscous • stewed fruit • minted yoghurt

Fillet 200g R150 300g R175 [CC]**

Fillet medallions • roasted butternut • Sriracha yoghurt • coriander pesto

Wild mushroom Fillet 200g R150 300g R175 [CC]**

Fillet medallions • creamy wild mushroom sauce • roasted baby potatoes • garden greens

LIGHT & SWEET OR AFTERWARDS

Chocolate torte with cream and berries R60

Lemon meringue R60

Apple tart with vanilla cream R55

Verandah tea treat platter (2 of each): lavender infused shortbread; mini lemon meringue; chocolate brownie; choux pastry with berry cream **R80**

Cheese board with homemade digestive biscuits & preserves R77

FOR THE LITTLE ONES (served all day)

Scramble egg on toast R40

(add bacon for R15)

Greek yoghurt with honey R40

Toasted ham and cheese with fries R45

Veggie plate R30

(cocktail tomatoes, cucumber sticks, julienne carrots, gouda cheese cubes)

Fish bites and fries R48

Cheese griller and fries R42

Crumbed chicken nuggets and fries R50

Creamy ham linguine pasta R58

Chocolate brownie R28

Ice cream tubs R30

vanilla; strawberry; chocolate

Wine list

Sparkling wine

JC le Roux Fleurette		R164
Laborie MCC Brut		R245
Valdo Prosecco DOC extra dry	R70 (glass)	R290
Valdo Prosecco DOC extra dry 200ml		R150
Valdo Prosecco Rose		R370
Pongracz Rose		R315
Saronsberg MCC Brut		R350

White wine

Kleine Zalze Chenin Blanc		R135
Remhoogte Chenin Blanc		R165
Zorgvliet "Silver Myn" Sauvignon Blanc	R40 (187ml)	R145
Glen Carlou Sauvignon Blanc		R175
Oak Valley <i>Fountain of Youth</i> Sauvignon Blanc		R188
Barton Sauvignon Blanc Semillon		R180
Haute Cabriere Chardonnay Pinot Noir		R225
Springfield <i>Life from Stone</i>		R240
Doolhof Unwooded Chardonnay		R160
Graham Beck Chardonnay (wooded)		R185

Rose

Theuniskraal Muscatto Rose (semi-sweet)	R35 (glass)	R120
Barton Pinot Noir Rose		R150
Hermanuspietersfontein Bloos		R185

Red wine

House Red by the glass	R45	
Graham Beck Pinno Pinotage		R135
Kanonkop Kadette Pinotage		R205
Rustenberg Shiraz		R220
Glen Carlou Merlot		R198
Laborie Cabernet Sauvignon		R172
Doolhof Cape Boar Merlot Blend		R145
Barton Shiraz Cabernet Sauvignon		R232
Rupert Rothchild Classique		R345

Other ALCOHOLIC BEVERAGES

Cocktails

Bloody Mary (tomato cocktail, vodka & celery)	R47	Boozy Berry Ice tea (Limencello, berry ice tea, mint)	R56
Mimosa (Prosecco & Orange juice)	R70	Pimms Away (Pimms, lemonade, gingerale , citrus slices)	R50
White Sangria (white rum; Cointreau; dry white wine & a lemon wedge)	R55	Go Thyme (Double measure Tanqueray, fresh thyme, lime syrup, tonic)	R60

Beer & Cider

Amstel Lager	R26	Heineken	R30
Black Label	R24	Peroni	R29
Castle Lager	R24	Hunters Dry	R29
Castle Light	R25	Hunters Gold	R29
Millers Draught	R28	Hunters Extreme	R36
Windhoek Draught	R29	Savanna Light	R32
Windhoek Lager	R26	Savanna Loco	R38
Windhoek Light	R26	Red Square Energy	R39

Spirits & Shooters

	Single shot		Single shot
Bells	R22	Gordons Gin	R17
J&B	R22	Tanqueray Gin	R23
Jameson	R32	Smirnoff Vodka	R16
Jack Daniels	R28	Mainstay Cane	R16
Johnnie Walker RED	R23	Grappa	SQ
Glenfiddich 12yrs	R48	Allesverloren Port	R22
		Old Brown Sherry	R20
Olof Bergh Brandy	R18		
Richelieu	R18	Jägermeister	R30
KWV 5 years	R20	LOVOKA caramel	R30
		Jose Cuervo Tequila Gold	R26
Bacardi	R20	Po-10-C	R22
Malibu	R19	Cookies & Cream	R22
Spiced Gold Rum	R19	Strawberry Lips	R22
Captain Morgan	R21		