



# BROOKDALE ESTATE



## LUNCH SAMPLE MENU

*Family-style buffets or à la carte*

# NOURISH & SAVOUR

*Our lunches change and may be a choice of the below examples*

## FRESH FROM THE VALLEY

Classic green salad

Chicken Caesar salad

Broccoli, avocado, pumpkin seeds & mustard, maple, lime dressing

Roasted red pepper, red onion & carrot salad, spinach & tahini

Gilled courgette, pea & feta with minted lemon dressing

## THE MAIN EVENT

Grilled fish

Chermoula chicken skewers

Falafel, hummus & baba ghanoush

Homemade chicken or beef burger

Durban lamb curry, cinnamon rice, carrot salad & roti

## SWEETLY EVER AFTER

Apple pie, Chantilly cream

Milk tart, cinnamon ice cream

Soft meringue pavlova