

La Marmite Menu

Starters

Fish Pepper soup

This delight fish soup full of balance flavours have been the most selling starter dish of La Marmite for the past 19years

N\$65

Chicken liver

succulent liver sautéed with fresh herbs and vegetables

N\$69

Snails

La Marmite own way sautéed Snails with spinach and garlic topped with cheese

N\$75

Chicken wings

A delicious fried chicken wings marinade

N\$79

Mussels

Half shell mussels topped with garlic butter bacon and cheese

N\$79

Crispy prawns

fried shell prawns served with sweet chilli and garlic mayo sauce

N\$89

Salads

Prawns salad

N\$135

Chicken Salad

N\$109

Oryx Salad

N\$119

Chichen Samoossas Salad

N\$95

Vegetarian Spring Roll Salad

N\$95

Lettuce Salad

N\$69

Sides

Basmati Rice	N\$19
couscous	N\$25
Chips	N\$25
Potatoes sauteed	N\$49
Mached potatoes	N\$49
Mixed vegetables	N\$49
Chapati	N\$28
Garlic Bread	N\$28
Maize Meal Pap	N\$20
Mahangou pap	N\$20
Foufou	N\$28
Spinach sautéed	N\$59
Beans Ragout (kidney beans)	N\$49
Rice and beans	N\$49
jellof rice	N\$59
Garry	N\$59

Meat Dish

Cameroonian curry (Oryx or beef)

this is a highly flavoured dish a ragout of meat and vegetables , No 1 sales on La Marmite main course for the past 19years

this dish is served with couscous or rice in wooden plate.

N\$175

Game steak(300g) served with Salad and vegetables

N\$179

Beef Steak (300g) served with Salad and vegetables

N\$179

Ginger curry Pork

N\$159

Grilled pork Chops served with salad

N\$149

Grilled Lamb Chops served with salad

N\$175

fried meat sautéed with spinach

N\$165

Vegetarian

vegetarian Couscous

flavoured vegetables ragout on a bed of couscous

N\$129

vegetarian peanut butter

N\$109

vegetarian Okra

N\$129

Traditional

Mopane worms (Omaghungu)	N\$59
Marathon chicken Half	N\$129
Marathon chicken full	N\$195
Oshingarli (traditional white beans purée)	N\$59
Eedingu (Dry meat ragout)	N\$149
Kapenta (fried dry small fish)	N\$79
Odjove oil for topping	N\$10
Matangara / tripe	N\$119
Oga Kapana (grilled pieces of beef, game or pork served with salad)	N\$159

seasonal

Goad head
Goad and pig trotters
Ombidi (Traditional Pinach)

Sparkling wine

Pieter Cruythoff, Prosecco style (Swartland) 750ml N\$ 290

Made with 66% Chardonnay & 34% Pinot Noir, this bubbly is extra dry but maintains a complex, fruity nose of tropical fruit and biscuit flavours. Crisp acid ensures a fresh, clean and very drinkable sparkling wine.

Enjoy well-chilled to celebrate any occasion and pair perfectly with lighter meals like pasta, salmon and salads.

Dry White Wines

House Wine: Foot-of Africa Chenin Blanc (Stellenbosch) 250ml carafe
N\$ 55

Foot of Africa Chenin Blanc 750ml N\$159

Rich tropical, lime and guava aromas show on the nose and are complemented by a long, full, crisp aftertaste. This wine is easy drinking with a good balance of Chenin Blanc flavours that complements various dishes. This wine can be enjoyed with seafood dishes like prawns and tuna.

It will also compliment other dishes like pork chops, ham, chicken and Indian cuisine.

Chardonnay

Wellington Cellars Chardonnay (Wellington) 750ml N\$229

Aromas of melon, peach and apricot with crisp citrusy flavours. Pairs well with crayfish, and smoked salmon.

Goudini "Mirabilis" Chardonnay, wooded (Robertson) **** 750ml
N\$318

Aromas of vanilla and spiced nuttiness with similar flavours. This full bodied wooded chardonnay goes well with rich and buttery or creamy fish and chicken dishes.

Chenin Blanc

Painted Wolf "the den" Chenin Blanc (Paarl) 750ml N\$195

This wine has a fruity aroma and flavours of tropical fruit with an underlying savoury minerality.

Sauvignon Blanc

Painted Wolf 'the den' Sauvignon Blanc (Paarl) 750ml N\$195

A full wine with aromas of tropical fruits, green figs and minerality with an underlying hint of

Snow Mountain "Klein Sneeu Berg" Sauvignon Blanc (Wellington)
750ml N\$165

Fresh and fruity and refreshing. Perfect for everyday drinking.

Natural Sweet White Wines

Montino Petillant Light (Swartland) 750ml N\$175

Montino Petillant Light is made from 100% Muscadel grapes, harvested early to capture their natural fruit and sweetness. The bouquet is floral and semi sweet while a light sparkle adds freshness to the pallet. At only 8.5% alcohol, Montino Light is perfect for a more conscious lifestyle.

Enjoy well-chilled. With its fruity character and low alcohol, the Montino Light is ideal for every time of the day, with or without a meal. Lovely with entrées, cured meats and tapas.

Dry Rosé Wines

Painted Wolf 'the den' Sauvignon Blanc (Paarl) 750ml N\$195

A bright, fruity wine with strawberry, cherry and cranberry flavours, a gentle, underlying minerality and a fresh lingering finish.

Natural Sweet Rosé Wines

Montino Petillant Rosé (Swartland) 750ml N\$175

Montino Petillant Natural Sweet Rosé offers a bouquet of sweet red berries in a slightly sparkling wine that gives you flavour in abundance, at a lighter 8% alcohol. It is the perfect blend made from the best quality fruit, harvested early to capture the natural fruit and sweetness of the grapes.

Enjoy well-chilled as a refreshing glass on it's own or as the perfect pairing for the al fresco dining occasions and picnic outings that characterise long, warm summers

Dry Red Wine

Medium to full bodied with a smorgasbord of red and black summer berries, savoury spice and toasty wood flavours.

Kleine Zalze Pinotage N\$229

Shiraz

Painted Wolf 'the den' Shiraz (Paarl) 750ml N\$229

Painted Wolf wines make a contribution to conservation of African Wild dogs through the sale of there award winning wines, such as this Shiraz that has aromas of spice, oak and dark red fruit with a long finish

Medium to full bodied with spicy, black cherry and black berry fruit.

Goudini Shiraz (Robertson) 750ml N\$195

Experience smoky and peppery aromas with plum and spicy pepper. An excellent partner to steaks.

Reserve Red Blend, dry

Goudini "Mirabilis" Cabernet Sauvignon based (Robertson) ****750ml

N\$365

Aromas of dark berries and pencil shavings and cigar box attributed to barrel maturation. Expect flavours of dusty tea leaves and rich tannins.