



The Grill Jichana menu embraces the flavors and aromas of the original spice route on the African East Coast ..... cassia, cloves, cinnamon, ginger, cardamon, turmeric and pepper.

“Jichana” translates as “good eating” in Swahili slang, and our robust and flavoursome spices compliment the grilling of meat, fish and chicken..... creating what else, but Jichana!

### ***To begin with.....***

- |                |  |
|----------------|--|
| <b>90</b>      | <b>Grilled Marrow Bone</b><br>microgreen salad • cherry tomatoes • toasted bruschetta  |
| <b>145</b>     | <b>Beef Carpaccio</b><br>sliced fillet • tomato compote • shaved parmesan • rocket • truffle oil   |
| <b>75</b>      | <b>Jichana's Spicy Livers</b><br>sautéed chicken livers • homemade peri-peri sauce • toasted baguette  |
| <b>135</b>     | <b>Prawn Gratin</b><br>prawns • red onion • lemon scented cream • cheese   |
| <b>180</b>     | <b>Norwegian salmon fish cakes</b><br>coriander • chili • pickled ginger • panko crumbs • soy reduction • toasted sesame seeds   |
| <b>100 (V)</b> | <b>Black Mushrooms</b><br>sliced charred black mushrooms • balsamic reduction • toasted brioche • hollandaise sauce • rocket   |
| <b>90 (V)</b>  | <b>Roasted Red Pepper and Aubergine Bruschetta</b><br>toasted bruschetta • sundried tomato • feta • roasted red pepper • aubergine • crispy zucchini • shaved parmesan |

We use ingredients in our food that some people may be allergic to. All food is stored and prepared in a common kitchen with risk of exposure to allergens. We cannot guarantee that any foods or beverages are allergen free even if the allergen does not appear in the name or the ingredient listing. If you have food allergies please ask management about specific allergens in the food before eating any food from the menu.



***Signature salads prepared with only the freshest market ingredients.....***

- 95 Jichana Salad**  
biltong • blue cheese • mixed greens • red onion • green olives • pepper dews • toasted granola
- 95 Spicy Chicken**  
pulled rotisserie chicken • avocado • cherry tomatoes • mixed greens • pepper dews • tortilla bits
- 95 Caesar Salad**  
half cos lettuce • boiled egg • garlic croutons • anchovies • parmesan shavings
- 140 Asian Prawn Salad**  
grilled prawns • garlic • paprika • deseeded chilli • egg noodles • rocket • cherry tomatoes • toasted sesame seeds • balsamic reduction

**Your choice of complimentary house dressings**

- Honeyed pomegranate vinaigrette • Classic caesar salad dressing
- Gingered citrus vinaigrette • Creamy herbed ranch style • 1000 Island

***Freshly tossed pasta.....***

- 120 (V) Penne • Tagliatelle • Gnocchi**
- Alfredo • Napolitano • Capsicum & Sundried Tomato Pesto**
- 50 add Chicken**

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## ***From the grill.....***

Our steaks are carefully selected and hand cut by our butcher before being aged through a specific maturation process. This allows us to offer you the best prime cuts available seasoned Black pepper, before being flamed grilled over volcanic rock with herbed honey BBQ basting. with our aromatic house spice, Infused with crushed mustard seed, rock sea salt and lemon.

<b>220</b>	<b>Rump</b>	300 grams
<b>190/210</b>	<b>Sirloin</b>	200/300 grams
<b>260/350</b>	<b>Fillet</b>	200/300 grams
<b>360</b>	<b>Ribeye</b>	300 grams
<b>360</b>	<b>T-bone</b>	600 grams

## ***Choose one starch or side for the above grills.....***

- homemade bafana potato chips • creamed potato mash • shoestring fries • baked potato
- crispy battered onion rings • sautéed button mushrooms • fresh steamed vegetables
- creamy butternut mash • baby spinach braised in garlic cream • jollof rice

## **45 additional Side Orders**

## **40 Jichana Sauces**

- madagascar pepper • jichana chef jus • roast garlic cream • mushroom • creamy cheese
- béarnaise

## **30 Jichana's Café de Paris Butter**

## ***Jichana Burgers.....***

## **145 Jichana Burger**

flame grilled 200g pure beef homemade patty • toasted bun • caramelized onions • tomato relish • dill pickle • cheddar cheese

## **120 Chicken Burger**

grilled chicken breast • toasted bun • lettuce • dill cucumber • grilled pineapple • mozzarella cheese • smoked paprika mayo

## **120 (V) Vegetarian Lentil Burger**

homemade grilled lentil patty • toasted bun • lettuce • fresh red onion • tomato relish

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### ***Grilled fish and seafood.....***

- 235**                    **SASSI listed Line Fish of the Day**  
lemon butter • choice of side
- 330**                    **Norwegian Salmon**  
mash potato • sautéed baby spinach • Lemon and dill beurre blanc
- 220/360**            **6 or 9 Grilled LM tiger prawns**  
served on jollof rice with lemon butter

### ***Signature dishes.....***

- 220**                    **Pepper Crusted Ostrich Fillet**  
250 grams grilled ostrich • roasted baby onions • button mushrooms •  
sautéed spinach • creamed mash potatoes • red wine jus
- 380**                    **Chef's Signature - Duo of Lamb Chops**  
200 grams T-bone cutlet + 200 grams double loin cutlet • red wine jus • choice of sides
- 360**                    **Lamb Shank**  
slow braised lamb shank • root vegetables • creamy mash potatoes • chef jus
- 240**                    **Roast Duck**  
grilled breast • confit leg • wok fried vegetable • egg noodles • cinnamon  
scented citrus jus
- 220**                    **Jichana Baby Chicken**  
marinated in mozambican piri piri sauce • choice of side
- 110 (V)**            **Vanilla Bean Butternut Risotto**  
butternut risotto • air dried butternut shards • parmesan shaving • gold dust • vanilla bean  
• gremolata dust
- 120 (V)**            **Haloumi Stack**  
haloumi cheese • aubergine • black mushroom • red pepper •  
baby marrow ribbons • garlic buttered grilled polenta • savoury red lentils •  
saffron veloute • rocket pesto

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## ***Desserts.....***

- |            |   |
|------------|---|
| <b>25</b>  | <b>Ice Cream/Sorbet per scoop</b><br>our homemade selection                           |
| <b>75</b>  | <b>Cardamon and Rose Water Panacotta</b><br>infused set cream • berry compote         |
| <b>75</b>  | <b>Baked Lemon Tart</b><br>toasted candied nuts • lemon sorbet                        |
| <b>85</b>  | <b>Seasonal Fruits and Berries</b><br>when available fresh!                           |
| <b>155</b> | <b>Local South African Cheese Board</b>   |
| <b>145</b> | <b>5 Chocolate Valrhona chocolate ball</b><br>with fresh fruit relish great to share! |

## ***Sweet & Fortified wines.....***

- |           |            |  |
|-----------|------------|--|
| <b>90</b> | <b>360</b> | <b>De Krans Red Moscato</b><br>Calitzdorp    |
| <b>70</b> | <b>360</b> | <b>Nederburg Noble Late Harvest</b><br>Paarl |

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