



# GEMELLI

*Health*

## MENU

PLEASE NOTE ALL OUR DISHES ARE  
COOKED WITH EITHER EXTRA VIRGIN  
OLIVE OIL OR NON-FAT SPRAY)

# PROTEIN SELECTION

<b>FREE RANGE CHICKEN</b>	(125G)	(150G)
SOUS VIDE CHICKEN BREAST	R48	R56
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THAI CHICKEN & COCONUT CURRY WITH LIME, GINGER & CHILI	R55	R65
CHICKEN LIVERS WITH TOMATO, OREGANO & OLIVES	R40	R45
<b>GRASS FED BEEF</b>	(125G)	(150G)
RUMP WITH BLACK PEPPER, ROSEMARY & THYME	R75	R82
SPICY LEAN MINCE CURRY WITH MINT YOGHURT	R48	R55
LEAN MINCE WITH BRAISED GARLIC, SHALLOTS & CARROTS	R48	R55
<b>ORGANIC PORK</b>		
GRILLED TENDERLOIN WITH APPLE & DIJON MUSTARD	R65	R70
<b>FISH</b>	(125G)	(150G)
GRILLED SALMON WITH SESAME, SPRING ONION & LIME	R115	R130
STEAMED SALMON WITH ORANGE, FENNEL & APPLE CIDER VINEGAR	R115	R130
PILCHARDS ESCABECHE WITH TOMATO & CORIANDER	R48	R55
POACHED WHITE FISH WITH CITRUS & CHIVE GLAZE	R80	R90
<b>VENISON</b>	(125G)	(150G)
SEARED OSTRICH WITH HARISSA, CUMIN & PISTACHIO CRUST	R80	R90
PEPPERED VENISON FILLET	R80	R90

# BREAKFAST

OATMEAL MUFFINS WITH BANANA & CINNAMON (2 PER SERVING)	R35
FLAPJACKS WITH DARK CHOCOLATE & ALMOND SAUCE (2 PER SERVING)	R75
EGG WHITE OMELETTE - SALMON & RED ONION SALSA (5 EGGS)	R40
EGG WHITE OMELETTE - SPINACH, MUSHROOMS & TOMATO (10 EGGS)	R55
EGG WHITE OMELETTE - SPINACH, MUSHROOMS & TOMATO (4 EGGS)	R45
FRUIT SALAD OF PINEAPPLE, PAPAYA & BERRIES (100G)	R30
FRUIT SALAD OF PINEAPPLE, PAPAYA & BERRIES (50G)	R20
BOILED EGGS	EACH R7
FAT FREE YOGHURT & FRUITS (150G)	R40
FAT FREE YOGHURT & FRUITS (125G)	R35

# STARCH SIDES

	(100G)	(150G)
MOROCCAN BULGHUR WHEAT SALAD	R30	R35
PLAIN STEAMED WHITE RICE WITH LEMON	R20	R25
PLAIN STEAMED BASMATI RICE WITH LEMON	R25	R30
PLAIN STEAMED BROWN & WILD RICE	R35	R40
SAVOURY RICE	R30	R32
HASSELBACK POTATO WITH SEA SALT, BAY & ROSEMARY	R20	R25
PEARL BARLEY WITH ROOT VEGETABLES	R25	R30
COUS COUS WITH FAT FREE CITRUS YOGHURT DRESSING	R35	R40
ROASTED SWEET POTATO MASH	R25	R30
CHICKPEA CURRY WITH MINT YOGHURT	R44	R50
SPICED BUTTERNUT ROAST	R35	R40

# VEGETABLE SIDES

VEGETABLES ARE SERVED IN A LARGE PORTION ONLY +-160G

ROASTED VEGETABLES WITH APPLE CIDER & OREGANO VINEGAR	R35
STEAMED BROCCOLI & CAULIFLOWER	R30
SAUTEED BABY SPINACH WITH CHILI	R35
GREEN SALAD OF CELERY, LETTUCE, ROCKET, TOMATO & CUCUMBER	R25
BABY CARROTS	R30
CHARRED PAK CHOI WITH JAPANESE DRESSING	R35



# PRE & POST LUNCH MEALS & OTHERS

GRANNY SMITH APPLES EACH R8

FRESH ½ AVOCADO WITH BLACK PEPPER & LIME R25

## SAUCES

SAUCES ARE A 125ML SERVING

CHIMMICHIRRU R25

SALSA VERDE R25

CURRIED TOMATO SAUCE R25

## VEGETARIAN DISHES

ROASTED BUTTERNUT (140G) WITH LOW  
FAT CREAM CHEESE, MOROCCAN SPICE &  
BULGHUR WHEAT R65

CAULIFLOWER STEAKS (150G) WITH PEARL  
BARLEY & TOMATO SAUCE R70

CHICKPEA CURRY (140G) R70