

# LUST

Bistro & Bakery

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## WELCOME TO LUST BISTRO AND BAKERY

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You are about to choose from a variety of delectable dishes, made with the freshest **LOCAL PRODUCE** and a lot of South African heart.

You are about to taste authentic sourdough bread that was made with a live **WILD YEAST CULTURE**, created and nurtured by patron chef, Jean Pierre Smith.

You are about to smell the heavenly scent of goods baked in a magnificent **WOOD-FIRED HEARTH**, the heart and soul of our kitchen.

You are about to sink your teeth into a **BREAKFAST** that aspires to be served earlier and fresher than anywhere else in the winelands.

You are about to **DRINK WINE** made on a farm that dates back to 1688, built on the foundation of family, quality and love.

You are about to enjoy hearty hospitality, wholesome, honest food and in true Bistro style, delicious **DAILY CHEF'S** specials.

You are about to **EXPERIENCE... LUST.**

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**“GOOD, FRESH FOOD, TAKES TIME TO PREPARE”**

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**Kiddies menu available**

**Free Wi-fi available**

**Monday-Saturday: 7:30am - 5pm | Sunday & Public Holidays: 8am - 4pm**

All hearth loaves are baked on the premises and available for sale in our bakery.

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# BREAKFAST

Gratuity is not included in your final bill and is left at your discretion.

## TRADITIONAL BREAKFAST (design-your-own)

egg (fried, poached, scrambled)	8/each
streaky bacon / beef breakfast sausage	25
herbed sautéed button mushrooms	35
blistered cherry tomatoes	20
oak-smoked Franschhoek trout (50g)	65
hand-cut, twice-fried potato chips	30
classic hollandaise	25
spicy chicken livers	35
artisan bread basket	12
all-butter-croissant	30

## FRUIT SALAD (vegetarian)

seasonal fresh fruits, double-cream-Greek-yoghurt, berry coulis & nutty granola 85

## CROISSANT GRATIN (vegetarian)

savoury croissant-bread-and-butter 'pudding' with caramelised onion, gruyère, poached egg & classic hollandaise 85

add avocado 30

add streaky bacon 25

## BLUEBERRY BUTTERMILK CRUMPETS (vegetarian)

maple flavoured syrup & Chantilly cream 85

add streaky bacon 25

## FILLED OMELETTE

pulled pork, caramelised onion, sun-dried tomato & Danish feta 90

spinach, mushroom, white cheddar & chèvre (vegetarian) 90

oak-smoked Franschhoek trout, wilted rocket, spring onion & gruyère 110

## EGGS BENEDICT

two poached eggs, rosemary ham, classic hollandaise & toasted English muffin 98

substitute ham for bacon @ no extra charge

## BREAKFAST BURGER

sweet-potato-sourdough bun, tomato-chilli-relish, streaky bacon, fried egg, classic hollandaise, avocado & side salad 105

## EGGS FLORENTINE

two poached eggs, oak-smoked Franschhoek trout, wilted spinach, classic hollandaise, crispy deep-fried capers 110

& toasted English muffin

## MUSHROOMS ON TOAST (vegetarian)

sautéed herbed button mushrooms, touch of cream, mushroom pâté, poached egg, classic hollandaise 110

& grana Padano shavings

# LUNCH

Gratuity is not included in your final bill and is left at your discretion.

starter/main

## PEAR & GORGONZOLA SALAD (vegetarian)

red wine poached pear, arugula, sunflower & pumpkin seed brittle, deep fried crumbed gorgonzola & black-pepper-balsamic-dressing

**Wine Suggestion:** *Marguerite Chardonnay / Sarah Bubbly by Nature*

80 / 115

## 4 GRAIN SALAD (vegetarian)

brown rice, kasha, quinoa, lentils, celery, peppers, roasted red onion, granny smith, mange-tout, Danish feta & raspberry vinaigrette

**Wine Suggestion:** *Anni Sauvignon Blanc*

80 / 115

## CALAMARI SALAD

pan-fried tubes & tentacles, choriço, olives, wild rocket, salsa verde

**Wine Suggestion:** *Early Mist Riesling / Jess Rosé*

150

## CHICKPEA & AVOCADO SALAD (vegetarian)

cucumber, tomato, charred marinated peppers, avocado, greens, Danish feta & pomegranate vinaigrette

**Wine Suggestion:** *Kogelberg Chenin Blanc*

80 / 115

## FISHCAKES

rye crumbed line-fish cakes, citrus-cumin yoghurt, side salad

**Wine Suggestion:** *White Mischief*

130

## CHICKEN LIVERS

brandied livers, spicy tomato ragoût, crispy naked onions & fresh sourdough bread

**Wine Suggestion:** *Viognier / Semillon*

60 / 85

## ACORN-FED PORKBELLY

scalloped potatoes, braised cabbage & tamarind-red-wine-glaze

**Wine Suggestion:** *Pinot Noir*

195

## SOY-SESAME-BEEF-STIRFRY

aged sirloin, vegetables, wild mushrooms, scallions, soy-pomegranate-glaze & egg noodles

**Wine Suggestion:** *Côtes de Savoye*

140

## AGED RIB-EYE / FILLET (250g)

char-grilled, greens, paprika butter & hand cut fries

add balsamic mushroom sauce

add green peppercorn sauce

**Wine Suggestion:** *Boet Erasmus / Lady J Syrah*

220

35

35

## TAGLIATELLE

hand-rolled spinach tagliatelle, garden peas, asparagus, snap peas, courgette, basil pesto & grana Padano shavings

**Wine Suggestion:** *Chardonnay - Semillon blend*

75 / 130

## BURGER & FRIES

coarse ground sirloin patty (200g) OR cajun chicken breast (RDW), sweet-potato-sourdough-bun, caramelised onion, emmental cheese, shredded lettuce, fresh tomato, sriracha aioli & hand cut fries or salad

150

**Wine Suggestion:** *Malbec/Red Lady Merlot*

## SRI LANKAN CHICKEN CURRY

aromatic boneless curry, served with grilled naan, lime-tomato-salsa, cucumber raita & brinjal pickle

145

**Wine Suggestion:** *Barrique*

## SANDWICH BOSS

Be the boss of your very own gourmet sandwich, using any of our artisan, hearth-baked breads, all-butter-croissant (subject to availability) and a variety of mouth-watering fillings

## LUST FOR PIZZA

Create your own pizza, with your choice of toppings, baked in our wood-fired oven.

## PLATTERS

(we suggest any of our wines with the platters)

single / double

### PLOUGHMAN'S PLATTER

local artisan cheese, charcuterie, bacon jam, preserves, fruit & fresh breads

150 / 215

### CHEESE PLATTER

local artisan cheese, red pepper hummus, preserves, fruit & fresh breads

120 / 170

## DESSERTS

### LUSTY ICE-CREAM SUNDAY

demerara sugar meringue, vanilla ice-cream, Belgian chocolate ganache, salted popcorn & dulce de leche

80

### BELGIAN CHOCOLATE BROWNIE

80  
coconut gelato, fresh berries, burnt orange

### CINNAMON-STREUSEL

honey-comb gelato, fresh berries (seasonal) & butterscotch sauce

80

### CAKES

Please see our display in the bakery

45/slice

# BEVERAGES

We do not use plastic drinking straws to cut down on pollution.  
We do have eco-friendly straws available on request.

All coffees are prepared with Terbodore McEspresso blend

<b>SOY MILK / ALMOND MILK</b>	surcharge 10
<b>CAPPUCCINO</b> (single espresso topped with stretched milk)	standard 25 / large 42
<b>CORTADO</b> (single espresso cut with equal amount of stretched milk)	standard 25
<b>CAFÉ LATTE</b> (double espresso topped with stretched milk)	large 42
<b>ESPRESSO</b>	single 20 / double 32
<b>MACCHIATO</b> (espresso stained with stretched milk)	single 22 / double 35
<b>AMERICANO</b> (espresso with hot water & milk)	standard 24 / large 37
<b>ICED COFFEE SLUSH</b> (blended espresso, milk, ice, honey)	large 30
<b>McESPRESSO COFFEE MILKSHAKE</b>	50
<b>ENMASSE TEA</b>	
Connoisseur (organic rooibos)	25
Green rooibos (unfermented & organic)	25
Black breakfast (Vietnamese black tea)	25
Earl grey (bergamot & black tea blend)	28
<b>HOT CROSS BUN CHAI LATTE</b> (spiced chai with stretched milk. Caffeine free)	large 38
<b>RED ESPRESSO</b>	single 22 / double 34
<b>RED CAPPUCCINO</b>	standard 33 / large 47
<b>BELGIAN DARK HOT CHOCOLATE</b> <b>FRESHLY SQUEEZED</b> (350ml)	standard 38 / large 45
100% orange	45
Orange (carrot, ginger, orange)	45
Red (beetroot, carrot)	45
Green (granny smith, celery, cucumber, mint)	48
<b>SMOOTHIES</b>	55
Banana & oat smoothie (honey, cinnamon, tahini & yoghurt)	
Berry smoothie (mixed berries, yoghurt & orange juice)	
<b>MILKSHAKE</b>	
classic: vanilla, chocolate	45
specialty: red velvet berry	45
blueberry & coconut	50
adult: plum glühwein, McEspresso coffee	50

<b>MINERAL SPARKLING WATER</b>	(250ml) 20 / (750ml) 35
<b>MINERAL STILL WATER</b>	(250ml) 20 / (750ml) 35
<b>SOFT DRINKS</b> (300ml) coke, coke zero, fanta orange, crème soda	25
<b>MIXERS</b> (200ml) Fitch & Leedes lemonade, club soda, ginger ale, bitter lemon, indian tonic, pink tonic	23
<b>CORDIALS</b> (kola tonic, passion fruit, lime)	6
<b>ROCK SHANDY</b> (soda, ginger ale, lime cordial, bitters)	45
<b>SMITH'S CRAFT GINGER BEER</b> (330ml) – non-alcoholic lemon, rooibos, turmeric, hibiscus	35

## VREDE EN LUST WINES

\*Artisan wines are made in small quantities and sold exclusively on the estate & LUST Bistro

bottle / glass  
(150ml)

### ROSÉ

Jess Dry Rosé (pinotage, shiraz, grenache) 100 / 35

### BUBBLY BY NATURE

Sarah (chardonnay, chenin, pinot noir) 210 / 85

### WHITE UNWOODED

Anni Sauvignon Blanc 120 / 40

Semillon\* 150 / 50

Early Mist Riesling 120 / 40

### WHITE WOODED

White Mischief (chenin, semillon, pinot gris, sauvignon, viognier, riesling) 120 / 40

Viognier 160 / 55

Marguerite Chardonnay 190 / 65

Chardonnay / Semillon\* 210 / 70

Kogelberg Chenin Blanc – single vineyard 190 / 65

Barrique (semillon, sauvignon) 190 / 65

## RED - BARREL FERMENTED

Red Lady Merlot	130 / 50
Malbec	140 / 55
Côtes de Savoye (shiraz, grenache, viognier)	140 / 55
Lady J Syrah	180 / 70
Merlot / Shiraz / Cabernet *	220 / 90
Boet Erasmus (cabernet, merlot, petit verdot, malbec,)	280
Pinot Noir	250
Napoleonsberg Cabernet Sauvignon *	360
Cabernet Franc *	360

## ALCOHOLIC BEVERAGES

<b>DON PEDRO</b> (Kahlua OR Amarula)	65
<b>JAMESON'S IRISH COFFEE</b>	65
<b>JAMESON'S IRISH WHISKEY</b>	35 / single
<b>PREMIUM BRANDY</b>	25 / single
<b>LOCAL CRAFT GIN</b>	40 / single
<b>ABSOLUT BLUE VODKA</b>	25 / single

## SPECIALTIES

<b>GIN FLOAT</b> (craft gin, indian lemon sorbet & ginger ale)	75
<b>MOSCOW MULE</b> (absolut blue vodka, lemon ginger beer & lime)	75
<b>GINGER BEER LIME RICKEY</b> non-alcoholic (hibiscus ginger beer, club soda, lime & grenadine)	50
<b>THE FRANSCHHOEK CO. CRAFT BEERS</b>	(500ml / 300ml)
Three Oaks Lager on tap	65 / 40
Weiss 340ml	55
La Saison 340ml	55

## LOCAL BEER / CIDER

<b>CASTLE LITE</b>	35
<b>WINDHOEK LAGER</b>	35
<b>SAVANNA DRY / LIGHT</b>	40