

# *Sagewood*

*Passion on a Plate*

*Online menu only*



**Nature knows best when it comes to food,  
health and balance. Our approach is to create  
dishes that are delicious, good for the body  
and in harmony with the earth.**

***Welcome to Passion on a Plate!***

FREE DELIVERY OVER R350  
R35 WITHIN 5KM RADIUS

## *Salads / Bowl Food*

### **PULLED PORK AND SALTED APPLE** 120

Smoked pork, slow cooked and pulled to perfection. Charred green onion, pickled ginger, salted apple wedges, cucumber and deep fried cherry tomatoes. Spinach tempura, pumpkin seed brittle and focaccia

### **CHICKEN, PINEAPPLE AND AVO SALAD** 120

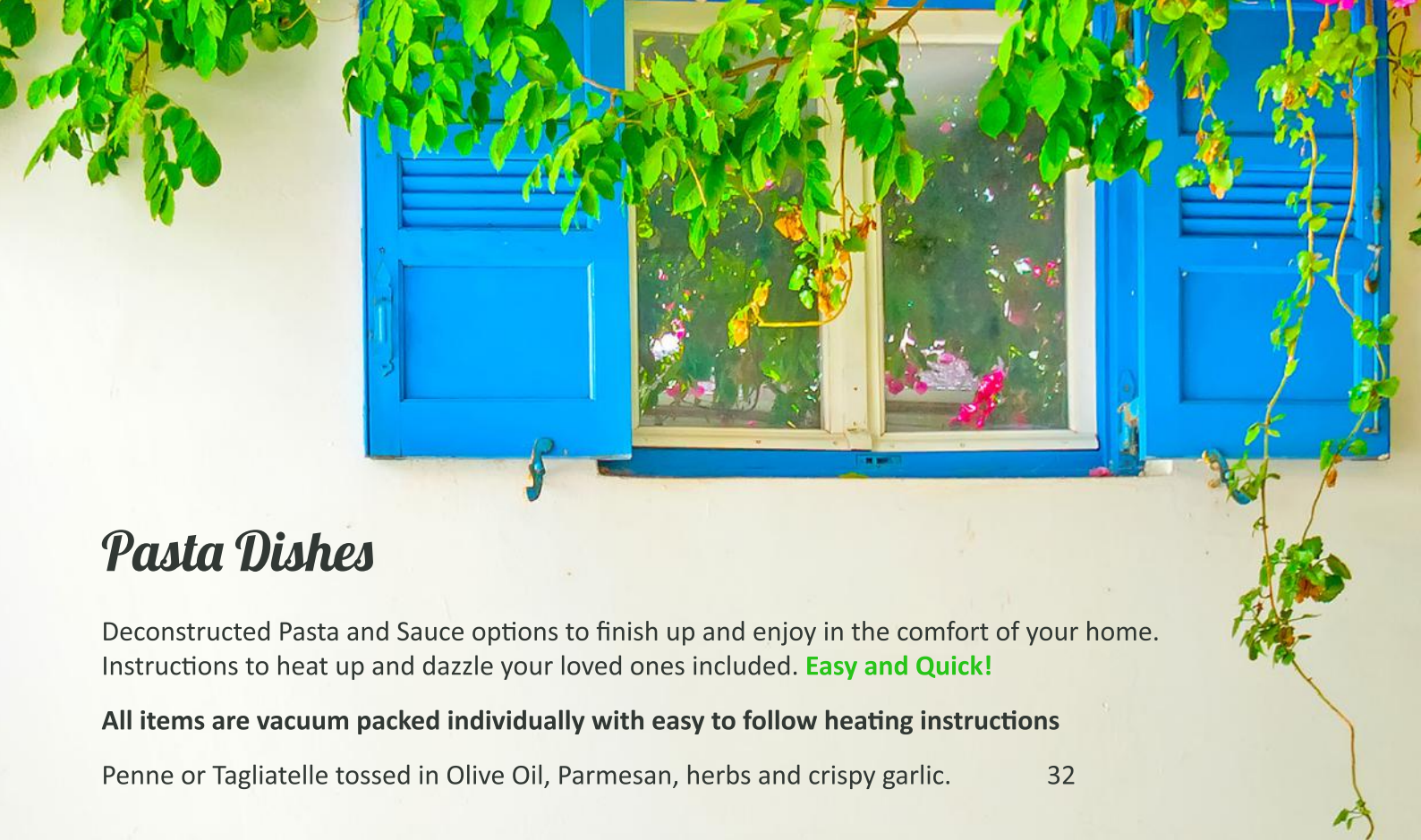
Grilled chicken fillet, marinated in masala / yoghurt. Fresh avocado, grilled pineapple, focaccia and charred lemon scented beans. Cherry tomatoes, red onion, marinated olives, organic feta, shaved cucumber and garden grown greens. Sagewood signature dressing.

### **FRESH CUT STEAK BOWL** 130

150g Marinated Beef fillet, grilled to your liking. Garden grown greens, grilled onions, shaved cucumber, deep fried cherry tomatoes, peppadews and gherkin fries. Salsa verde and gratinated white cheddar.

### **BANTING BOWL** 115

Slow cooked beef, served with avo on top of tossed garden greens, brown rice, charred green onion, shaved cucumber, deep fried cherry tomatoes, roasted sweet potato and beetroot. Mung bean sprouts and spinach crisp. Sagewood signature dressing.



## *Pasta Dishes*

Deconstructed Pasta and Sauce options to finish up and enjoy in the comfort of your home. Instructions to heat up and dazzle your loved ones included. **Easy and Quick!**

**All items are vacuum packed individually with easy to follow heating instructions**

Penne or Tagliatelle tossed in Olive Oil, Parmesan, herbs and crispy garlic. 32

### **SAUCES:**

Bacon, Olive, Feta, Roasted Sweet Potato, Spring Onion, Cream, Parmesan. 48

Wild Rocket & Basil Pesto, Tomato, Olives, Parmesan. 42

Fillet, Black Truffle, Bacon, Baby Spinach, Tomato, Parmesan, Cream 60

Chicken, Black Truffle, Bacon, Baby Spinach, Tomato, Parmesan, Cream 60

Roasted Sweet Potato, Butternut, Sundried Tomato, Olives, Mushrooms, Pesto, Tomato 48

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## Veg and Vegan

### GREEN VALLEY BURGER 110

Freshly prepared chickpea, red onion, spinach, ginger, garlic, lentil, sweet potato and sesame patty. Homemade artisan bun, lettuce, tomato, charred peppers and brinjal. Topped with grilled pineapple, avocado and gherkin chips. Sumac Potato Crisps with chilly tomato relish on the side.

### VEGAN EARTH BOWL 110

Garden grown greens and brown rice, tossed with roasted sweet potato, beetroot, chickpea popcorn and marinated vegetable slaw. Topped with spinach tempura, avocado, fresh sprouts, baby tomatoes, dehydrated seed crackers. Roasted sweet pepper dressing.

### THAI GREEN VEGAN CURRY 115

*Items are vacuum packed individually with easy to follow heating instructions.*

Fragrant coconut, lemongrass and ginger based Thai curry, packed with lentils, chickpeas, spinach, green beans, basil, brinjal, cherry tomato. Green apple, sprout, tomato and onion salsa with brown rice. Sweet tomato jam on the side.

## Burger & Fries

### THE DON BEEF BURGER 115

200g coarse ground, free range beef patty. Homemade artisan bun, horseradish, lettuce, tomato, charred peppers and brinjal. Topped with caramelised onion and gherkin chips. Sumac Potato Crisps with cheeky tomato relish on the side.

Add cheese 12 / Add Bacon 14 / Add Fried Egg 10

### CHICKEN, AVO & PINEAPPLE BURGER 115

Flame grilled, seasoned and masala marinated Chicken Fillet. Homemade artisan bun, lettuce, tomato, charred peppers and brinjal. Topped with grilled pineapple, avo and gherkin chips. Sumac Potato Crisps with cheeky tomato relish on the side.

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## Main Courses

Deconstructed Mains with Starch, Vegetable options to finish up and enjoy in the comfort of your home. Instructions to heat up and dazzle your loved ones included. **Easy and Quick!**

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### **BRAISED LAMB SHANK** 160

500g slow cooked lamb shank, garlic and herb mash, roasted vegetables, crispy onions, tempura spinach and gravy.

### **CHICKEN, PROSCIUTTO AND BRIE** 135

Grilled chicken fillet, stacked with melted brie and local pork prosciutto, napped with a honey and wholegrain mustard sauce. Seated on a bed of roasted vegetables and topped with organic sweet potato crisps.

### **HOT, SWEET & STICKY PORK RIBS** 130

Delicious locally smoked red ribs, basted in our homemade sauce. Topped with caramelised apple, ginger and chilli compote. Sumac Potato Crisps on the side.

### **BUTTER CHICKEN MASALA** 125

Marinated chicken fillet, simmered in fragrant masala spices, tomato, coconut and lime. Green apple, sprout, tomato and onion salsa with brown rice, apple mint slush and minted cucumber raita.

## Sides

Portioned and Vacuum packed with easy to follow heating instructions.

Buttery Garlic, Parmesan and Herb Mash	35
Sweet Potato Mash, Rosemary, Butter	35
Seasonal Roasted Vegetables, Olive oil, Balsamic Vinegar, Fresh Herbs	39
Brown Rice with Lentils	35
Sumac Potato Crisps	35
Sweet Potato Crisps	35

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## Artisan Pizzas

### FOCACCIA

Garlic and herb	65
Garlic, feta, peppadew and herb	70

### Add Cheese

Mozzarella	22
Vegan Mozzarella	32

### MARGHERITA 95

Napoli Sauce, tomatoes, mozzarella and basil pesto

### VEGAN 115

Napoli sauce, Vegan mozzarella, mushrooms, avocado, spinach crisps, cherry tomato

### SAGEWOOD 125

Beef bolognaise, chorizo sausage, caramelised onions, tomato, chilli and garlic

### DARGLE 130

Smoked, pulled pork, shaved biltong, fig preserve, peppadews, garlic, crispy onions

### TUSCANY (VEGETARIAN) 120

Sweet chilli and balsamic roasted vegetables, crispy onions, garlic and spinach

### VINTAGE 120

Marinated chicken, mushrooms, cream cheese, avocado, peppadews, and charred green onion

### SEASHELLS 135

Lemon butter masala spiced mussels, anchovies, prawn meat, calamari, garlic, lemon and crispy onions

### CHICKEN TROPICAL 115

Spicy chicken, bacon, pineapple, crispy spinach and spring onion

### LOCAL LOVE 110

Bacon mince, avocado, caramelised onion and feta

### COASTAL 135

Smoked Salmon Trout, cream cheese, anchovies, avocado, green onion, wild rocket, garlic and caramelised onion

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# Artisanal Beverages

## Cold Pressed Juices

375ml

### GREEN JUICE 35

Spinach, kale, Granny Smith Apples, lemon, ginger, carrot

### RED JUICE 35

Beetroot, strawberry, Granny Smith Apples, lemon, ginger, carrot

### YELLOW JUICE 35

Pineapple, turmeric, carrot, Granny Smith Apples, lemon, ginger

## Kombucha

Live Probiotic naturally fermented tea drink. Great for gut and overall health!

### BLUEBERRY 32

### MANGO 32

## Signature Milkshakes

Banana Caramel 38

Chocolate Brownie 38

Vanilla Cinnamon 38

Strawberry Oreo 38

Peanut Butter 38

Coffee Milkshake 38

**“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.”**

**Albert Einstein**

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## Kiddies Menu

Grilled Chicken Strips, Potato Crisps 50

Crumbed Chicken Strips, Potato Crisps 50

Beef Burger, Potato Crisps 50

Chicken Burger, Potato Crisps 50

Sticky Pork Ribs, Potato Crisps 50

## Kiddies Milkshakes

Banana Caramel 26

Chocolate Brownie 26

Vanilla Cinnamon 26

Strawberry Oreo 26

Peanut Butter 26