

# Taste the Continents

## Sunday Lunch Menu 4 - Africa

### Salad bar

A selection of natural and composed salads from our gardemanger, including marinated and pickled vegetables, terrines, pates and dry cured meats served with flavoured dressings and house chutneys



### Soup

Shorbah lebeya; traditional North African lamb broth with fresh mint (M) (G) (V)  
Honey roasted carrot and ginger soup, flavoured croutons (MOL) (F) (CL)



### Pasta station

Penne tossed in ginger, garlic, shellfish and fresh coriander (G) (M) (N) (V)  
Baked rigatoni with curried chicken and arctic spices velouté (G) (M) (CL) (G)  
Maccheroni al torchio tossed in a tomato fondue with fresh local mozzarella (G) (M) (N) (V)



### Carvery

Roast leg of lamb crusted with red peppercorn and cumin seeds, minted yogurt (SFH) (MU)  
Roasted spiced whole chicken served with cumin lebanh (SFH)

### Hot counter

Sayyadih Middle Eastern fish pilaf (M) (F) (G)  
Tagag bil busla; braised chicken with onion and chickpeas (SES) (M) (N) (SFH)  
Beef stew with spinach and spices (M) (CL)  
Arabic kousa (zucchini) and bulgar wheat (G) (M) (N)

### Accompaniments

Ras al hanaut spiced couscous (M) (G) (SFH)  
Rus bil khultha; rice cooked with lamb liver, cinnamon and ghee (M) (N)  
Batata I forn; roasted potatoes (M) (N) (SFH)  
Traditional potatoes with and fennel (M)



### African stall

Falafel; chickpea fritters  
Dolma; vine leaves stuffed with lamb mince (SFH)  
Embatthan; stuffed potatoes with beans and spring onions (G)  
Assorted traditional middle eastern dips and pates (G) (M) (F) (N) (MU) (CL)



### Cheese table

A selection of local and international cheeses, water biscuits, grissini, nuts, grapes and dried fruits



### The pastry corner

A variety of gâteaux and pies served with fruit coulis and fresh cream



Urban Valley  
Resort & Spa

Please advise your server if you have any dietary requirements

Cereals containing Gluten (G) Crustaceans (CR) Egg (E) Fish (F) Peanuts (P) Soya (SY) Milk including Lactose (M)  
Tree Nuts (N) Celery (CL) Mustard (MU) Sesame (SES) Lupin (L) Molluscs (MOL) Sulphites (SFH)