

LUNCH MENU

Served 12h00 - 15h00

SOUP

- 75 / **Soup of the Day**
Served with bread

SALADS

- 120 / **Classic Caesar Salad** @ @S / **Vegetarian Caesar** @
Cos lettuce, bacon, anchovies, tomato, red onion, garlic, croutons, boiled egg with Caesar dressing
Optional Extras: "Josper" grilled chicken / grilled vegetables
- 105 / **Mediterranean Salad** @
Persian cucumbers, chopped tomato, red onions, pitted kalamata olive, artichoke hearts, parsley with a garlic, and herb vinaigrette
- 115 / **Herbed Quinoa & Chickpea Salad with Lemon-Tahini Dressing** @
Chickpeas, baby spinach, fresh flat-leaf parsley, coriander and green onion

PASTA & RISOTTO

- 130 / **Mushroom and Pea Risotto** @
Served with parmesan Reggiano
- 140 / **Creamy Fricassée of Potato Gnocchi** @
Baby spinach, cherry tomato, garlic, sweet red onion, parsley and parmesan Reggiano
- 115 / **Penne / Fettuccine**
Served with parmesan and your choice of Italian sauce Pomodoro @ / Creamy Garlic @
- 120 / **Penne / Fettuccine**
Served with Ragu Bolognese sauce parmesan Reggiano

SANDWICHES – SAVOURIES

White / Brown / Ciabatta / Seed / Low GI Bread.
Served with side salad or chunky chips

- 175 / **The Maslow Club Sandwich** @
Josper-grilled chicken breast, bacon, lettuce, tomato, mayo, cheddar and fried egg
- 145 / **Sandwiches**
Chicken and Mayo / Ham and Cheese @ / Bacon and Egg @ / Cheese and Tomato @

BURGERS

Served with side salad or chunky chips

- 160 / **The Maslow Beef Cheeseburger**
Josper-grilled beef patty in a sesame bun with gherkins, lettuce, onion, tomato, cheddar and cheese sauce
- 150 / **Chicken Breast Burger**
Grilled chicken breast in a sesame seed bun with cheese, rocket, kachumbari salad, tomato, onions and yoghurt raita
- 120 / **M.A.T Spiced Chickpea Burgers** @ @ @
Vegetarian burger patty in a sesame bun with lettuce, onion, tomato and cucumber
- 120 / **Moroccan Wrap**
Vegetarian @ / Chicken
Herbed quinoa, feta, avocado, carrots, tomato salsa, coriander, spicy Moroccan sauce with salad or chunky chips

FROM THE JOSPER

This selection of meat is cooked over the finest charcoal embers on a specially imported Josper oven, imparting a unique flavour. Please note that these items may take up to 30 minutes, depending on cut and degree of cooking.

SPECIALITY STEAKS

- 340 / Fillet (250g)
255 / Rump (300g)
330 / T-bone (500g)
390 / Lamb Rack Chops (400g)

Steaks include one side and fresh market vegetables, with your choice of sauce

SIDES

- 65 / Triple-Cooked Chunky Chips
55 / Creamy Mashed Potatoes
55 / Fresh Market Vegetables
55 / Tenderstem Broccoli
55 / Herbed New Potatoes
55 / Steamed Rice

SAUCES

- 25 / Red Wine Jus
25 / Pepper
25 / Mushroom
35 / Harissa
25 / Chimichurri
35 / Café du Paris Butter
25 / Béarnaise

- 220 / **Lebanese Chicken**
Served with Lebanese slaw & new potatoes

- 250 / **Grilled Pair Pork Chops** @
Served with mashed potatoes, tenderstem broccoli, roasted cherry tomato, and onion petals with a rosemary apple sauce

@ Chilli @Nuts @Pork @S Seafood @V Vegetarian @ @ @ @ Vegan

lacuna
AT Sun The Maslow

THE MASLOW SANDTON
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PLATS MAISON

- 695 / Meet Platter to Share for Two** 🍷
Beef sliders, smoked pork ribs, BBQ beef ribs and sticky sriracha Buffalo wings (4 of each), served with chunky chips
- 260 / Fillet of Sea Bass à la Plancha** 🍷
Served Spanish-style with crushed new potatoes, sautéed carrots, baby marrow, julienned onion, butter beans and lemon wedges
- 160 / Golden Crispy Fish and Chips** 🍷
Crispy battered fish, served with chunky chips and a tartare sauce
- 280 / Algerian-Style King Prawns** 🍷
Marinated King prawns, served with steamed rice, tomato relish and a garlic, herb and mint sauce
- 295 / Durban Chicken and Prawn Curry** 🍷 🍷
Served with steamed rice, sambals and chapatti
- 160 / Mediterranean Vegetable and Chickpea Stew** 🍷 🍷 🍷
Eggplant, yellow and green bell pepper, onions, butternut, zucchini, tomato, beans, herbs
- 160 / Aloo Gajar Matar** 🍷 🍷 🍷
Potatoes, carrots, peas, green chillies, and chopped coriander

DESSERTS

- 120 / Cheese Board**
A selection of artisanal cheese, savoury crackers, tomato chilli jam, ginger preserve and fresh grapes
- 150 / Trio of Maslow Desserts**
Chef's dessert selection of the day, please ask your waitron on availability
- 120 / Lemon Meringue Tart**
Served with seasonal berries and meringue crumble
- 140 / Chocolate Opera Gateaux**
Chocolate biscuit crumble, berry coulis and macaroon
- 145 / Baklava with Pistachio Filling** 🍷
Served with vanilla ice cream
- 135 / Almost-Flourless Chocolate Cake** 🍷 🍷 🍷
Choc-chip biscuit crumble with cinnamon ice cream
- 160 / Baked Cheesecake**
Served with chunky berry coulis
- 70 / Artisanal Ice Cream or Sorbet** 🍷
(Two Scoops)
Cinnamon / Vanilla / Chocolate / Ferrero Rocher / Ginger Shortbread

🍷 Chilli 🍷 Nuts 🍷 Pork 🍷 Seafood 🍷 Vegetarian 🍷 🍷 🍷 Vegan



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Find out **what's ON** at The Maslow

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AT *Sun* The Maslow

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