

# FARM-TO-TABLE MENU

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## MAINS

Cream of broccoli soup / *toasted sourdough*  
Eight garden salad, toasted sunflower seeds / *Cluver Jack dressing*  
Grilled chicken Caesar salad / *croutons, parmesan, cos lettuce, anchovy dressing*  
Beetroot salad / *rocket, dried apricots, toasted cashew nuts, cheddar cheese crumble*  
Twice baked spinach soufflé / *roasted tomato cream, goats cheese*  
Sweet potato Gnocchi / *mushroom, broccoli, spinach*  
Slow roasted Farmer Angus chicken, leek and mushroom pie / *buttered garden vegetables*  
Farmer Angus BBQ roasted chicken / *herb roasted root vegetables, sautéed spinach*  
Farmer Angus pasture-reared beef burger / *double smoked bacon, coleslaw, hand cut chips*  
Farmer Angus pork neck steak / *crushed garlic potato, warm kohlrabi, fennel and cabbage slaw, honey and mustard jus*  
Grass-fed Farmer Angus rump / *mushroom mash, winter vegetables, smoked bone marrow butter*

## DESSERT

Warm lemon crumble pudding / *amazi ice cream*  
Rich chocolate brownie / *banana ice cream*  
Flourless chocolate cake / *chocolate soil, cinnamon cream*  
Orange cheesecake / *black chery frozen yoghurt*



Welcome to Eight.

**This farm-to-table eating experience embodies balance, cycles, harmony, infinity and abundance – just like its name.**

## OUR FOOD PHILOSOPHY

*Crafted by Spier's chef, Lolli, our farm-inspired menu changes with the seasons. Natural and organic ingredients are preferred, creatively combined to create nourishing, healthy, and delicious food.*

*Our greens and fresh veggies are grown without using artificial fertilisers, pesticides or chemicals. They're freshly picked from the food gardens here at Spier, as well as from nearby farms.*

*Our meat comes from grass-fed cattle reared by Farmer Angus on Spier's pastures. He also supplies us with eggs, laid by hens that roam freely in our outdoor fields. Both the chickens and cattle are raised without the use of antibiotics or hormones.*

## WINES

*Spier's award-winning wines compliments the menu, along with freshly-squeezed vegetable and fruit juices, craft beer and artisanal sodas.*

## ART AND DÉCOR

*Eight's décor illuminates the restaurant's ethos. The light fittings have been made by Heath Nash from recycled plastic bottles. Taking pride of place on the main wall, Tamlin Blake's *Altered Yarns*, is a series of tapestries made from dyed newspaper strips by. The works explore the many ways in which our lives are shaped by the stories of others.*

*Eight has been included in the 2016 Eat Out 500, a list of the top restaurants in South Africa as determined by a panel of food and restaurant experts*

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