

GLUTEN FREE LUNCH MENU

CHEDDARMELT STEAK	18.0
180g Rump steak topped with a slice of cheese and mushroom sauce. Served with vegetables or rice.	
FARMHOUSE STEAK	19.0
180g Rump steak topped with bacon, fried mushrooms and cheese sauce (or sauce of your choice). Served with vegetables or rice.	
STEAK, EGGS AND VEGETABLES	18.0
180g Rump steak served with two fried eggs and vegetables.	
BOEREWORS, EGGS AND VEGETABLES	15.5
South African sausage served with two fried eggs and vegetables.	
BEEF CURRY	19.0
Mike's homemade beef curry served with rice.	
BEEF SALAD	17.0
Tender beef strips tossed in a fresh garden salad with warm balsamic dressing.	
MIKE'S BBQ CHICKEN WINGS	13.0
Marinated chicken wings grilled and basted. Served with vegetables or rice.	
FARMHOUSE CHICKEN	15.0
Grilled chicken breast topped with bacon, fried mushrooms and our cheese sauce. Served with vegetables or rice.	
PRAWN & AVOCADO CHICKEN	15.0
Grilled chicken breasts served with a chilled, slightly spiced avocado sauce and topped with prawns. Served with vegetables or rice.	
GRILLED FISH	15.0
Basted in a herb-lemon butter. Served with vegetables or rice.	
SIDE SAUCE	2.5
Mushroom, Pepper, Cheese, Garlic, Peri-Peri, Diane, Mike's Sauce (Tomato & Chutney Based).	

Whilst every attempt will be made to ensure these meals are gluten-free, Mike's Kitchen cannot guarantee there are no traces of gluten, given meals are prepared in a common kitchen. Mike's Kitchen therefore does not recommend this menu for customers with celiac disease.

