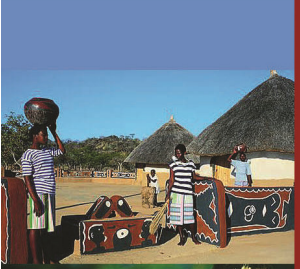

Southern Africa • Southern Africa • Southern Africa • Southern Africa • Southern Africa • Southern Africa •

moyo is celebrating Southern Africa

For centuries, Africa has mesmerized the world with its stunning scenery, its ancient civilizations, its hypnotizing music, undulating rhythms and vibrant dance

"Learning expands great souls." Namibian Proverb

Join us in celebrating the food and rhythms of **Southern Africa** from February to April.
Southern Africa is the southernmost region of the African continent, defined by the United Nations scheme of geographic regions as consisting of these five countries:

Botswana
Lesotho
Namibia
South Africa
Swaziland

Every morning in **Africa**, a Gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a Lion wakes up. It knows it must outrun the slowest Gazelle or it will starve to death. It doesn't matter whether you are a Lion or a Gazelle... when the sun comes up, you'd better be running."

Southern African tasting platter for two: R130

Maize and bean dip on melba toast
Origin: Xhosa
Swazi marinated avocado carpaccio
Origin: Swaziland
Avocado marinated in lime and lemon juice, preserved lemon and ginger topped with peppedews and roasted peanuts and served on a bed of lettuce
Seswaa in Botswana and Lekhotloane in Lesotho
Origin: Botswana/ Lesotho
Pounded lamb served on a layer of pap and African spinach with tomato salsa
Trio of venison medallions
Origin: Namibia
A trio of sliced venison medallions drizzled with a berry sauce and served with pumpkin fritters

Dessert: R35
(not included in the platter)
moyomisu with pap custard
Origin: Zulu
an African twist on the traditional tiramisu made with maize meal . a dessert to love!