



Menus and Special Diets

Notes: [Items belonging to dietary category are marked by an X](#)

<u>SOUPS</u>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Spiced carrot and coriander	X	X	X	X	X
Beetroot, potato and ginger	X	adaptable	X	X	X
Spiced vegetable	X	X	X	X	X
Creamy courgette with herbs	X	adaptable	X	X	X
Lentil	X	X	X	X	X
Harira (chick pea, lentil and vegetable)	X	X	X	X	X
Bessara (broad bean or split peas)	X	X	X	X	X
Haricot bean (Moroccan "baked beans")	X	X	X	X	X
Spicy pumpkin	X	X	X	X	X



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COOKED SIDE DISHES	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Carrot with, garlic, herbs and spices	X	X	X	X	X
Pumpkin (savory spicy)	X	X	X	X	X
Pumpkin (sweet spicy)	X	X	X	X	X
Spicy aubergine	X	X	X	X	X
Green beans	X	X	X	X	X
Peas	X	X	X	X	X
Broad Beans	X	X	X	X	X
Quinces	X	X	X	X	Honey
Spiced sweet potato chips	X	X	X	X	X
Spiced potato chips	X	X	X	X	X
Baked cauliflower cheese	X				X
Cauliflower salad with lemon	X	X	X	X	X
Garlic mashed potatoes	X		X	X	X
Red, Yellow & Green Pepper "tektouka"	X	X	X	X	X
Baked vegetables with cumin & garlic (potato, courgette & tomato)	X	X	X	X	X
Globe Artichokes with lemon and butter	X		X	X	X
Mallow with spices, garlic and herbs	X	X	X	X	X
Spiced Rice (choice of sweet or savory and spices like saffron and nigella seeds)	X	X	X	X	X
Spicy carrots	X	X	X	X	X



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UNCOOKED SIDE DISHES <i>We usually serve a home-made olive oil, balsamic vinegar and/or lemon juice vinaigrette with raw salads</i>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Moroccan salad (tomato, peppers, red onion & cucumber)	X	X	X	X	X
Mixed salad (grated carrot, beetroot, shredded cabbage, tomato, cucumber Optional: sweet corn, potato or rice)	X	X	X	X	X
Red cabbage and raisin salad with orange blossom water	X	X	X	X	X
Carrot salad with orange blossom water and peanuts	X	X	X	X	X
Avocado, tomato, cucumber & lettuce	X	X	X	X	X
Cooked Beetroot with lemon or orange	X	X	X	X	X
Raw Beetroot, red onion and coriander	X	X	X	X	X
Raw Beetroot and Apple	X	X	X	X	X
Grated cucumber, carrot and yoghurt	X		X	X	X
Tomato salad with Moroccan basil pesto	X	X	X	X	X



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MAIN COURSES – FISH	Wheat Free	Gluten Free	Sugar Free
<i>Note that our nearest port, Agadir, lands a wide variety of fish, and is the biggest sardine port in the world. Fresh sardines are very fresh here and very nice too! Availability of fish species varies. No fresh fish on Sundays.</i>			
Sardine kefta tagine (balls made sardines and rice with in a spicy sauce)	X	X	X
Spiced baked sardines with vegetables (carrot, onion, tomato and peppers)	X	X	X
Spiced white fish tagine & vegetables (carrot, onion, tomato and peppers). CHOICE sweet or savoury	X	X	X
Spiced baked white fish with vegetables (carrot, onion, tomato and peppers)			
MAIN COURSES – MEAT <i>No fresh meat on Mondays except chicken.</i>			
Chicken tagine - spiced (CHOICE of Taroudant olives and lemon OR dried fruit & onion)	X	X	X
Lamb Tagines – spiced (CHOICE sweet – prunes or apricots and sesame seeds OR savoury – vegetables)	X	X	X
Kefta - beef meat balls in a spicy sauce with tomatoes	X	X	X
Brochettes - beef or chicken marinated with spices and cooked on a skewer	X	X	X
Pastilla – filo type pastry crust with filling of lightly spiced vegetables, chopped almonds, egg and chicken.	without pastry	without pastry	X
Chickpea, chicken and raisin barley couscous	X	X	X
7 vegetable meat barley couscous with caramelised onion and raisins. CHOICE of chicken or beef	X	X	X



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<u>MAIN COURSES -VEGETARIAN</u>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Egg tagine in a spicy sauce – tomato, onion, herbs and garlic	X		X	X	X
Egg, tomato and aubergine bake	X		X	X	X
Spiced lentils with preserved lemon	X	X	X	X	X
Bessara (a stew made of broad beans or split green peas)	X	X	X	X	X
Moroccan “Baked Beans”	X	X	X	X	X
Falafels (chick pea mini-burgers)	X	X	No flour	No flour	X
Chickpea & raisin barley couscous	X	X	X		X
7 vegetable barley couscous with caramelised onion and raisins	X	X	X		X
Pastilla – filo type pastry crust with filling of lightly spiced vegetables, chopped almonds, egg and chicken.	X	X	served with no pastry	served with no pastry	X
Vegetable tagine (spicy version) CHOICE of roasted almonds or walnuts & prunes or apricot	X	X	X	X	X
Baked vegetables with tomato sauce, spices, cheese and herbs	X	No cheese	X	X	X
Spicy Baked aubergine with tomato sauce stuffed with rice	X	X	X	X	X
Aubergine rolls stuffed with mashed potato with a tomato, garlic, herbs and spices	X	X	X	X	X



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<u>DESSERTS</u>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Banana ice cream (OPTION of nut or grated chocolate topping)	X	X	X	X	X
Banana and strawberry ice cream	X	X	X	X	X
Apple AND/OR pear cooked in orange juice with blanched almonds	X	X	X	X	X
Fruit salad (OPTION of dried fruit)	X	X	X	X	X
Fruit Platter	X	X	X	X	X
Cinnamon and cardamon spiced dried fruit compote and OPTION of yoghurt	X		X	X	X
Chocolate mille feuille (flaky pastry)	X				X
Moroccan pastries	X	X			
Date, Almond and Chocolate Truffles	X	X	X	X	X
Fruit crumble (choice of fruit in season)	X				
Avocado chocolate mousse	X	X	X	X	X
Avocado mint chocolate chip ice cream	X	X	X	X	X
Apricot coconut oat balls	X	X	X	X	X
Various cakes: chocolate; orange; banana; lemon and coconut	X				



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<u>BREAKFASTS</u>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Selection of fruit in season (at least 2 types)	X	X	X	X	X
Selection of dried fruit & nuts	X	X	X	X	X
Selection of drinks (English tea, Coffee made from Arabica beans in a French Press, lemon verbena herb tea and freshly squeezed juices (orange, grapefruit, strawberry, water melon according to season). Milk to add as desired)	X	X	X	X	X
Porridge made from kibbled barley grown in a local mountain villages. Offered at cooler times of year . Firm favourite of our guests. Oat porridge on request	X	X	X		X
Yoghurt	X		X	X	X
Olive oil	X	X	X	X	X
Orange honey	X		X	X	X
Choice of bread and pastries such as croissants or pain au chocolate or home-made Moroccan pancakes	X	X	X	X	X
Spreads: Butter, 2 jams and cheese portions	X		X	X	



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LUNCHES

We can supply **picnics for excursions** or for you **to take when travelling** or a **lunch at the guest house** (lunch or dinner menu). A selection of the items below are offered according to season & any requests that you make. If you want a picnic for your journey home, ideally provide your own picnic box & utensils, but we can supply a reusable picnic box for a small charge. We prefer not to supply any disposable cutlery if possible.

<u>PICNICS contain a variety of the following:</u>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Bread (wholemeal usually available). If you are gluten or wheat-free please bring your own crackers/bread/biscuits – not easy to source here	X	X			X
Rice or potato salad (on request)	X	X	X	X	X
Salad (contains a few of these: lettuce, tomatoes, cucumber, avocado, grated carrot, green and black olives). Raw peas.			X	X	X
Spreads/Pates (hummus/white bean/lentil)	X	X	X	X	X
Tinned fish: choice of tuna, mackerel or sardines			X	X	X
Cheese triangles	X		X	X	X
Hard boiled eggs	X		X	X	X
Salted peanuts or sunflower seeds	X	X	X	X	X
Fruit selection (usually bananas and satsumas or oranges, sometimes dates, pears and apples).	X	X	X	X	X

If you have any preferences please let us know. Content of picnics may vary according to availability of certain items according to season and when travelling whether we have a good choice of fresh supplies (fresh wholemeal bread & avocados for example).

LUNCH AT THE GUEST HOUSE

Salads. Soup according to weather or your preference, with bread (rice or potatoes if ordered); **tinned fish** (tuna, mackerel or sardines) and/or **eggs. Fruit.**

Water. NB the quality of tap water is excellent & safe– it is sourced from the mountains & in our opinion is far better than bottled water which both causes lots of plastic waste as well as the plastic polluting the water you drink

Please let us know your preferences from the **soup and salads from our dinner menu**. Most popular salads for lunch include: **mixed salad** (several vegetables, some cooked some raw. Please ask if you prefer all raw or if you would like us to include any/all of these: usually carrot, beetroot, tomatoes, cucumber, lettuce, olives and maybe potato, green beans, eggs, fish and cabbage) or **avocado/tomato/cucumber/lettuce with olives.**