



La Maison Anglaise  
• Garden Ecolodge •  
Holidays with Heart

## Menu and Special Diets

**Items in each dietary category are identified by a YES**

<b><u>SOUPS</u></b>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar free</b>
<b>All soups are normally spiced except the courgette soup which has a mild flavour</b>					
Beetroot	YES	YES	YES	YES	YES
Bissara (based on broad beans or split peas)	YES	YES	YES	YES	YES
Carrot and coriander	YES	YES	YES	YES	YES
Carrot and tomato	YES	YES	YES	YES	YES
Creamy courgette with herbs	YES	YES	YES	YES	YES
Harira (chick pea, lentil and vegetable)	YES	YES	YES	YES	YES
Lentil and vegetable	YES	YES	YES	YES	YES
Loubia (haricot beans with tomatoes, garlic and herbs)	YES	YES	YES	YES	YES
Pumpkin (option of added red lentils)	YES	YES	YES	YES	YES
Soba (spiced vegetable)	YES	YES	YES	YES	YES

Moroccan Traditional Cookery and Fusion Dishes using fresh local produce including some from our own organically-managed gardens and hens



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<b>COOKED SIDE DISHES</b>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar free</b>
Baked vegetables with cumin & garlic (potato, courgette & tomato)	YES	YES	YES	YES	YES
Broad Beans	YES	YES	YES	YES	YES
Carrot with, garlic, herbs and spices	YES	YES	YES	YES	YES
Cauliflower with spicy red sauce	YES	YES	YES	YES	YES
Coloured Peppers in spicy sauce (tektouka)	YES	YES	YES	YES	YES
Cooked Greens (spinach, beet leaves, mallow with spices, garlic and herbs)	YES	YES	YES	YES	YES
Crispy Potatoes & rosemary & garlic	YES	YES	YES	YES	YES
Garlic mashed potatoes (bound by egg)	YES		YES	YES	YES
Globe Artichokes or Cardoon + lemon	YES	YES	YES	YES	YES
Green beans	YES	YES	YES	YES	YES
Peas	YES	YES	YES	YES	YES
Pumpkin (savory spicy)	YES	YES	YES	YES	YES
Pumpkin (sweet spicy)	YES	YES	YES	YES	YES
Quinces	YES	YES	YES	YES	Honey
Spiced potato chips	YES	YES	YES	YES	YES
Spiced Rice (choice of sweet or savory and spices like saffron and nigella seeds)	YES	YES	YES	YES	YES
Spiced sweet potato chips	YES	YES	YES	YES	YES
Spicy aubergine (zalook)	YES	YES	YES	YES	YES
Spicy carrots	YES	YES	YES	YES	YES

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<b>UNCOOKED SIDE DISHES</b> <i>With olive oil, balsamic vinegar and/or lemon juice vinaigrette or mayonnaise or tahini &amp; lemon dressing</i>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar free</b>
Avocado, tomato, cucumber & lettuce	YES	YES	YES	YES	YES
Carrot salad with orange blossom water and peanuts	YES	YES	YES	YES	YES
Chickpea, pea, tomato & avocado	YES	YES	YES	YES	YES
Mixed salad (grated carrot, beetroot, tomato, cucumber Optional: sweet corn, potato or rice)	YES	YES	YES	YES	YES
Moroccan salad (tomato, peppers, red onion & cucumber)	YES	YES	YES	YES	YES
Raw Beetroot and Apple	YES	YES	YES	YES	YES
Raw Beetroot, cucumber & potato cakes with lemon & egg	YES	YES	YES	YES	YES
Raw Beetroot, red onion and coriander	YES	YES	YES	YES	YES
Red cabbage and raisin salad with orange blossom water	YES	YES	YES	YES	YES
Stuffed avocados (either cooked peppers & raisins or apple, cheese and walnuts)	YES	YES	YES	YES	YES
Tomato salad with Moroccan basil pesto	YES	YES	YES	YES	YES

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<b><u>MAIN COURSES – FISH</u></b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar Free</b>	<b>Dairy Free</b>
<p><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.</i></p> <p><b>Available Monday to Saturday.</b>  <b>There is NO fresh fish in town on Sundays</b></p>				
<b>Briouates</b> filo pastry parcels			YES	
<b>Sardine Kefta Tagine</b> (balls made sardines and rice with in a spicy sauce)	YES	YES	YES	YES
<b>Spiced Baked Sardines</b> with vegetables (carrot, onion, tomato and peppers)	YES	YES	YES	YES
<b>Spiced White Fish Cutlets Tagine &amp; vegetables</b> (carrot, onion, tomato and peppers). CHOICE sweet or savoury	YES	YES	YES	YES
<b>Spiced Baked White Fish with vegetables</b> (carrot, onion, tomato and peppers)	YES	YES	YES	YES
<p><b>White Fish with Sauce.</b> Choose from:</p> <p>1. lemon and orange herb (gluten and dairy free) <b>or</b>            2. garlic, spinach and lemon (gluten free) <b>or</b>            3. honey &amp; mustard (contains dairy and wheat)            4. turmeric, yoghurt and lemon (contains dairy)            5. honey, yoghurt &amp; lemon (contains dairy)</p>	Sauces 1,2,3 and 4	Sauces 1,2,3 and 4	YES	Sauces 1 and 2

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## Menu and Special Diets

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<b>MAIN COURSES – MEAT INCLUDING POULTRY</b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar Free</b>	<b>Dairy Free</b>
<i>NB On Mondays chicken is available</i>				
<b>Briouates</b> filo pastry parcels			YES	
<b>Brochettes</b> - either beef or chicken marinated with spices and cooked over charcoal on a skewer	YES	YES	YES	YES
<b>Chicken tagine</b> with either Taroudant olives and lemon or dried fruit & onion	YES	YES	YES	YES
<b>Chickpea, chicken and raisin couscous</b> (either wheat or barley)			YES	YES
<b>Kefta</b> - beef meat balls in a spicy sauce with tomatoes	YES	YES	YES	YES
<b>Lamb or Beef Tagine</b> with either vegetables or dried fruit (either prunes or apricots, both with sesame seeds)	YES	YES	YES	YES
<b>Pastilla</b> Lightly spiced vegetables, herbs, chopped almonds, egg and chicken in filo-type pastry crust	without pastry	without pastry	YES	No cheese
<b>Seven vegetable couscous</b> (either wheat or barley) with caramelised onion and raisins with either chicken or beef			YES	

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## Menu and Special Diets

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<b>MAIN COURSES - VEGETARIAN</b>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar free</b>
<b>Baked vegetables</b> with spicy tomato sauce, cheese and herbs	YES	nuts not cheese	YES	YES	YES
<b>Bissara</b> (a thick stew made of broad beans or split green peas)	YES	YES	YES	YES	YES
<b>Briouates</b> filo pastry parcels (cheese, egg, nuts & vegetables)	YES	Nuts			YES
<b>Cauliflower, onions, florence fennel &amp; potatoes</b> with cheesy béchamel sauce	YES	Tomato sauce	Tomato sauce	Tomato sauce	YES
<b>Chickpea couscous</b> (barley or wheat)	YES	YES	YES		YES
<b>Egg tagine</b> in a spicy sauce – tomato, onion, herbs and garlic	YES		YES	YES	YES
<b>Falafels</b> (chick pea mini-burgers) coated in sesame seeds and in a tomato sauce	YES	YES	YES	YES	YES
<b>Kalinti</b> a tasty chick pea flour based flan	YES	No eggs	YES	YES	YES
<b>Mashed potato &amp; rolled aubergine bake</b> with tomato, garlic, herbs & spices	YES	YES	YES	YES	YES
<b>Millet, mushroom, nut, herby bake</b>	YES		YES	YES	YES
<b>Moroccan “Baked Beans”</b>	YES	YES	YES	YES	YES
<b>Pastilla</b> – lightly spiced vegetables, herbs, chopped almonds and egg in filo pastry	YES	YES			YES
<b>Seven vegetable couscous</b> (either barley or wheat) with caramelised onion and raisins			YES		YES
<b>Spiced lentils</b> with preserved lemon	YES	YES	YES	YES	YES
<b>Stuffed Baked Vegetables</b> rice, nuts, herbs, mushrooms & tomato sauce	YES	YES	YES	YES	YES
<b>Vegetable tagine</b> (spicy) with <b>either</b> almonds or walnuts AND <b>either</b> prunes or apricots	YES	YES	YES	YES	YES

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<b>DESSERTS including CAKES &amp; PASTRIES</b>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar free</b>
Apples Poached in Orange Juice with strawberries & flaked almonds	YES	YES	YES	YES	YES
Avocado Chocolate Mousse	YES	YES	YES	YES	YES
Avocado Mint Chocolate Chip Ice Cream	YES	YES	YES	YES	YES
Banana and Strawberry Ice Cream	YES	YES	YES	YES	YES
Banana Ice Cream (option of nut or grated chocolate topping)	YES	YES	YES	YES	YES
Chocolate, Honey-toasted Oats with yoghurt, almond & date topping	YES		YES		YES
Cinnamon and Cardamom-spiced Dried Fruit and Apple or Pear Compote	YES	YES	YES	YES	YES
Date, Almond and Chocolate Truffles	YES	YES	YES	YES	YES
Fruit Crumble (choice of fruit in season)	YES				
Fruit Salad (option of dried fruit)	YES	YES	YES	YES	YES
Lemon and Orange Tart	YES				
Orange Cream	YES	YES	YES	YES	YES
Pears with Orange and Ginger sauce	YES	YES	YES	YES	YES
<b>CAKES &amp; PASTRIES</b>					
Apple Cake	YES	YES			
Banana and/or Apple cake with walnuts & orange juice	YES	YES			
Carrot Cake with cinnamon & ginger	YES	YES			
Coconut Yoghurt cake	YES	YES			
Lemon and/or Orange Semolina Cake (similar to lemon drizzle)	YES	YES			
Moroccan Pastries	YES	YES			

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<b><u>BREAKFASTS</u></b>	<b>Vegetarian</b>	<b>Vegan</b>	<b>Wheat Free</b>	<b>Gluten Free</b>	<b>Sugar free</b>
<b>Fruit</b> in season (at least 2 types)	YES	YES	YES	YES	YES
<b>Dried fruit &amp; nuts</b>	YES	YES	YES	YES	YES
<b>Drinks</b> (English tea, Coffee made from Arabica beans in a French Press, Moroccan Mint tea (includes green tea), lemon verbena, lemon grass and other herb teas from garden and freshly squeezed juices (according to season). Milk to add as desired)	YES	YES	YES	YES	YES
<b>Porridge</b> made from kibbled barley (grown in a local mountain villages). <b>Offered at cooler times of year.</b> <b>Oat porridge on request.</b> Oats to make your own muesli with dried and fresh fruit and nuts.	YES	YES	YES		YES
<b>Yoghurt</b> - home-made	YES		YES	YES	YES
<b>Spreads:</b> butter, 2 jams and cheese portions	YES		YES	YES	
<b>Olive oil</b>	YES	YES	YES	YES	YES
<b>Orange honey</b>	YES		YES	YES	YES
<b>Choice of bread and pastries</b> such as croissants or pain au chocolate or home-made Moroccan pancakes (either the ones that are similar to thin crumpets or the flaky ones)	YES	YES	YES	YES	YES

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### **LIGHT MEALS**

Usually served at lunch time but can be served in the evening. We supply both **picnics for excursions** or for you **to take when travelling** or a **lunch at the guest house**.

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 (or have a sandwich so no utensils are needed), but we can supply a reusable picnic box for a small charge.

Dinner menu can be served at lunch on request.

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

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 ECOLOGE**

**Salads and/or Soup** according to weather or your preference, with bread (rice or potatoes on request); **tinned fish** (mackerel or sardines) and/or **eggs; fruit**.

**Water**. NB the quality of tap water is excellent & safe & 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, green beans, avocado, tomato, cucumber, lettuce, olives, eggs....