

Menus and Special Diets

at La Maison Anglaise

Notes: Items belonging to dietary category are marked by an X

SOUPS	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Spiced carrot and coriander	X	X	X	X	X
Beetroot	X	adaptable	X	X	X
Spiced vegetable	X	X	X	X	X
Courgette	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
COOKED SIDE DISHES					
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	olive oil	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

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UNCOOKED SIDE DISHES	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
We usually serve a home-made olive oil and lemon juice vinaigrette with raw salads.					
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
Beetroot & lemon or orange	X	X	X	X	X
Beetroot , red onion and coriander	X	X	X	X	X
Grated cucumber, carrot and yoghurt	X		X	X	X
Tomato salad with Moroccan basil pesto and toast.	X	X	No bread	No bread	X

MAIN COURSES - FISH	Wheat Free	Gluten Free	Sugar Free
Sardine kefta (balls in a spicy sauce)	X	X	X
Spiced baked sardines with vegetables (carrot, onion, tomato and peppers)	X	X	X
Spiced fish tagine & vegetables (carrot, onion, tomato and peppers). CHOICE of hake or electric eel AND sweet or savoury.	X	X	X
MAIN COURSES - MEAT			
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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MAIN COURSES -VEGETARIAN	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Egg tagine (in a spicy sauce – tomato, onion, herbs, spices 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 and 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	Filling may be served with no pastry	Filling may be 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	Without cheese	X	X	X

DESSERTS	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	No yoghurt	X	X	X
Papaya, mango and orange smoothie	X	X	X	X	X
Chocolate Mille feuille	X				X
Moroccan pastries	X	X			
Date, Almond and Chocolate Truffles	X	X	X	X	X

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<u>BREAKFASTS</u>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Selection of fruit in season (3 or 4 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) and milk	X	X	X	X	X
Porridge made from barley grown in a local mountain village on request (to add if desired: olive oil, yoghurt and orange honey)	X	X	X		X
Choice of wholemeal bread, Moroccan pancakes or croissants or pain au chocolate	X	X	X	X	X
Butter, olive oil, 2 jams and cheese portions	X		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).

<u>PICNICS</u>	Vegetarian	Vegan	Wheat Free	Gluten Free	Sugar free
Bread (wholemeal usually available)	X	X			X
Rice (to order)	X	X	X	X	X
Salad (lettuce, tomatoes, cucumber, avocado, green and black olives). Raw peas.			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 if ordered); **tinned fish** (tuna, mackerel or sardines) and/or **eggs. Fruit. Water.**

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.**

TEAS AND COFFEE AT ALL TIMES

A variety of teas (black tea, green tea, lemon verbena, thyme) and ground coffee are available at all times from the Guest's kitchen for a small donation.