



Discover the magic of the Sal e Luz Beach Estate, where every moment is infused with salt, light, and pure bliss.

BREAKFAST OR BRUNCH

OVERNIGHT OATS WITH CHIA SEEDS, FRESH FRUIT AND YOGHURT

In season, fresh fruit or a selection of frozen berries.

Optional extra: whey protein

TRADITIONAL OATS

Apple and cinnamon compote served with butter, cream & honey on the side.

AVOCADO TOAST

Avocado (in season), lightly toasted health bread

Optional extras: eggs, bacon & parmesan

FRENCH TOAST

With crispy bacon bits, butter & honey

PLATED HOT BREAKFAST

Eggs, bacon, sausage, grilled tomato, mushrooms, toast

Eggs: a choice of scrambled or fried

OMELETTE

Three-egg omelette. Vegetables: tomatoes, mushrooms, mixed peppers, onions

Cheese: cheddar, feta, gouda, mozzarella. Proteins: bacon, ham

PANCAKES

Traditional cinnamon sugar pancakes

Optional extra: lemon

MUESLI, FRUIT & YOGHURT

Seasonal fresh fruit (banana, papaya and coconut)

Optional extras: honey and a selection of seeds

SMOOTHIES

Banana, peanut butter, yoghurt, cinnamon & oats

Blueberry, strawberry, vanilla, yoghurt & honey

Blueberry, banana, yoghurt & apple juice

Mango, yoghurt, cardamom, lime & honey

Coconut, banana, turmeric, ginger, honey & oats

Mango, coconut, banana, passion fruit, yoghurt & chia seeds



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LIGHT LUNCHES

SALADS

CHICKEN SHAWARMA & CRISPY RICE SALAD WITH LEMON TAHINI DRESSING

Tender, perfectly-cooked chicken, crisp cucumbers, a bed of crispy seasoned rice, and a creamy lemon-tahini dressing to bring it all together.

ORANGE SESAME CHICKEN SALAD

Thinly grated cabbage, carrots, succulent orange wedges, stir-fried chicken, toasted sesame seeds and almonds, fresh avocado (in season) with a zesty orange dressing.

The perfect balance of sweet, tangy, and nutty flavours.

ASIAN NOODLE SALAD WITH FRESH GREENS AND PEANUT SAUCE

Rice noodles and a “boatload” of crunchy veggies, incl. cabbage, carrots, bell peppers and radishes, tossed in the most flavourful, balanced peanut sauce ever!

Optional extra: ginger chicken.

HIGH PROTEIN CHICKEN TZATZIKI CUCUMBER SALAD

Tzatziki chicken bowls made with spicy-yoghurt marinated chicken, homemade tzatziki & a refreshing cucumber & avocado salad, all smothered in cottage cheese with zesty lemon.

GREEK SALAD

Refreshing cucumber, green bell pepper, tomatoes, feta cheese, thinly sliced red onion & Kalamata olives, tossed in a fresh vinaigrette.

PRAWN MANGO AVOCADO SUMMER SALAD WITH LEMON DRESSING

Delightful flavourful prawn mango avocado salad with a zesty lemon lime dressing.

(In season only)

HALOUMI SALAD WITH ORANGE & MINT

on a bed of salad greens with walnuts.

TOASTED SANDWICHES

A selection of sourdough, Mozambican pao, & healthy seed loaf.

Protein choices: eggs, chicken, ham, tuna.

A selection of tomato, salad, pickles, cheese, avocado, & pineapple.

Optional extras: chips and/or Greek salad.



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L I G H T L U N C H E S

B U R G E R S

Succulent burgers on Mozambican pao.

Protein: beef or chicken

A selection of tomato, salad, pickles, cheese, avocado, & pineapple.

Sauce: mushroom, cheese, or pepper.

Optional extras: chips and/or Greek salad

W R A P S

Homemade wraps filled with a selection of:

protein: fish of the day, chicken, or tuna.

Salad: lettuce, cabbage, carrot, cucumber, pickled red onion,
tomato, butternut, pineapple, or mango.

Cheese: mozzarella, cheddar, or gouda.

Optional extras: chips and/or Greek salad

P I Z Z A

Homemade pizza bases filled with a selection of:

Protein: ham, bacon, chicken.

Salad: pineapple, green bell peppers, onion, olives, or mushrooms.

Cheese: mozzarella, cheddar, gouda, feta.



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D I N N E R

F R O M T H E O C E A N

CATCH OF THE DAY

Lemon butter, garlic and fresh-herb Barracuda (Cuda) or Wahoo.

Traditional tomato & onion fried rice or chips.

Light salad.

ASIAN STYLE BLUE CRAB CURRY

Freshly made curry with ginger, garlic, onion, cumin,
coriander, bay leaves, tomatoes, and cream.

Served with salsa salad, basmati rice and poppadoms.

SEAFOOD PLATTER

Mozambican prawns, catch of the day, & calamari.

Traditional tomato & onion, fried rice and chips.

Optional extra: light salad.

LEMON BUTTER CALAMARI

Deep fried or grilled.

Traditional tomato & onion fried rice, plain rice or chips.

Light salad

MOZAMBIKAN PRAWNS

Chilli butter with a squeeze of lemon.

Traditional tomato & onion fried rice, plain rice or chips.

Light salad



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D I N N E R

M E A T

FILLET STEAK

300g fillet steak

A selection of creamy pepper or mushroom sauce.

Optional extras: chips, onion rings and/or a light salad

SLOW-ROASTED OXTAIL

Rich, oozy oxtail stew in red wine & fresh herbs, with tomatoes, celery and carrots, served with basmati rice.

Optional extras: Salad

ROAST LEG OF LAMB WITH GRAVY

Leg of lamb, rubbed with garlic and rosemary, served with gravy, peas, carrots and crispy roast potatoes.

Optional extras: basmati rice

C H I C K E N

LEMON BUTTER CHICKEN

Lemon butter chicken with a selection of salads and freshly baked sour cream rolls.

CHICKEN SCHNITZEL

Chicken schnitzel with crispy potato wedges.

Optional extras: salad



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DESSERTS

CARAMEL MALVA PUDDING

Warm, baked pudding, oozing with caramel and sweetness.

Served with vanilla ice cream

BAKED CHEESECAKE

Smooth and creamy with its signature lemony tang, cheesecake with seasonal berries.

CLASSIC CHOCOLATE BROWNIES

Fudgy and chewy brownies served with vanilla ice cream.

Choose the healthier option made with sweet potato, cacao, nut butter, and honey.

DECADENT CHOCOLATE MOUSSE

Rich Lindt dark chocolate mousse.

Choose the healthier option made with boiled eggs, organic cacao, honey, and salt.

FRESH FRUIT

A selection of fresh fruit in season.

Served with vanilla ice cream, toasted coconut and honey

CINNAMON ROLLS

Fluffy cinnamon rolls filled with a cinnamon and brown sugar centre,
topped with a vanilla cream cheese glaze.

Special note: we do not operate as a restaurant; meals are prepared to cater for the entire Villa, per meal. Orders must be placed in advance of your stay to ensure you are not disappointed on the day.



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D R I N K S

REFRESHMENTS

Sparkling water

Still water

A selection of juices

A selection of sodas

Coffee

Tea

MILKSHAKES

Bubblegum, strawberry, cream soda, rum & raisin, chocolate, and salted caramel.

COCKTAILS

Mojito: white rum, lemon, fresh mint, brown sugar and soda water.

Pina colada: white rum, coconut milk, pineapple juice.

WINE

A selection of South African white wine (Sauvignon Blanc and Chenin Blanc)

A selection of South African Red wine (Pinotage, Merlot and Shiraz).

Sparkling wine

BEER

A selection of local beers.

Special note: A curated selection of spirits, cocktails, South African wines, beers, soft drinks, and both still and sparkling water is included in the fully catered price. Other drinks can be ordered by arrangement and will be quoted separately.