



THE TWO OCEANS MARATHON SPECIAL OFFER

YOU'VE DONE THE TRAINING, LET US DEAL WITH YOUR REST & RECOVERY!

SHORT STAY: Rest – Run – Recover...

02-04 April 2010 (2 days)
R 2 300 per person (sharing)
Single Supplement R 400

THE PRICE INCLUDES

2 x nights at Devonvale
2 x Breakfast and Dinner
(or Lunch after race)
1 x 30min sports-massage (after race)
Transport on the 3rd of April
to Cape Town and back

LONGER STAY: Easter Weekend

01-05 April 2010 (4 days)
R 3 990 per person (sharing)
Single Supplement R 800

THE PRICE INCLUDES

4 x nights at Devonvale
4 x Breakfast and Dinner
(or Lunch after race)
2 x 30min sports-massage
Transport on the 3rd of April
to Cape Town and back

Stay at Devonvale Golf & Wine Estate on one of our 2 or 4 day packages and get ready to be pampered. Depending on the length of your stay you can choose between resting and/or warming up the legs by taking a slow jog amongst the vines and into Devon Valley. Our chef will prepare a pre-race carbo-loading dinner and on Race day, we will have a healthy, energy filled breakfast available from 04h00 – 05h00am to get your body prepared for the day ahead.

A shuttle will be available to drop and collect runners from the start, and bring you back to Devonvale for a recovery lunch/dinner. At your convenience, a recovery massage will enable your body to be revitalised and once again find its elixir of life....



MENU TWO

CANAPÉS

Assorted Fashion Sushi Rolls
Mini Bruschetta with Smoked Snoek Pate
Lamb Kofta with Thai Green Curry and Yoghurt
Chicken Bites

MAIN BUFFET

Organic Lettuce, Tomatoes, Onion Rings and Cucumber Salad
Cabbage, Lemon and Olive Oil with Baby Potatoes Tossed in Basil Pesto
Prawn and Oyster Salad with Spring Onion and Chilli Tomato Salsa

Beef Wellington with Biltong and Burgundy Sauce
Golden Grilled Chicken with Honey Mustard and Pineapple

Fragrant Basmati Rice
Horseradish Mashed Potato
Baby Carrots with Citrus Butter
Creamed Spinach and Leek

DESSERT BUFFET

Traditional Malva Pudding with Custard
Truffle Assortment Platter
Caramel Fudge Ice Cream
Fruit Display

Selection of three Cheeses and Crackers
Served with Coffee

R 320.00 PER PERSON

PRICES VALID OCTOBER 2010 - SEPTEMBER 2011

MENU THREE

CANAPÉS

Thai Fish Cakes with Hot and Sour Sauce
Springbok Carpaccio with Potato Rosti
Mini Chicken and Sesame Parcels
Calamari Tempura Rings with Lemon Tartar Dip

MAIN BUFFET

Baby Leaf Salad with Bean Sprouts and Grapes
Caprese Salad with Basil Pesto and Asparagus
Couscous Salad with Roasted Chicken
Bread and Butter on Display

Lamb Loin Roll with Demi Glace Sauce and Olives
Mild Cajun Chicken with Mushrooms

Potato Croquettes
Fragrant Rice Duo
Broccoli Cheese Bake
Butternut with Sweet Citrus

DESSERT BUFFET

Baked Berry Cheese Cake
Dark Chocolate mousse
Fresh Fruit Slices with Vanilla Ice Cream & Caramel Sauce

Selection of three Cheeses and Crackers
Coffee and Assorted Teas

R 330.00 PER PERSON

PRICES VALID OCTOBER 2010 - SEPTEMBER 2011

Plated Starter Selection could be added at an additional cost to any of our Menus

Butternut Soup with Coriander & Whole Wheat Bread
Creamy Mushroom Soup with Biltong & Fresh Panini Slices
Potato & Leek Soup with Pumpkin Seed Bread
Cold Carrot & Apple Soup with Sour Cream
Served with Celery Sticks

Salmon, Crab and Avocado Spring rolls served on Aromatic Greens
With a Vanilla infused Balsamic Dressing

Slices of Franschoek Smoked Trout served on a Potato Rosti with
Aromatic Greens and a Smoked Mango and Jalapeno Sauce

Springbok Carpaccio Served with Salad Greens
& Mango, Peppadew Salsa
Topped with Parmesan Crackers

Chunks of Camembert cheese wrapped in Phyllo
Complemented by a fig and lemon butter sauce

Fennel & Butter Grilled Line Fish with Homemade Aioli
Garnished with Lemon

Snoek Pancake with Gruyere Béchamel Sauce

Mushroom and Feta Cheese baked in Phyllo, with Rocket and Balsamic Reduction

Mini Meze Platter per Table Consisting of:
Hummus, Tzatsiki, Marinated Olives, Fried Halloumi, Toasted Pita
Cocktail Tomatoes, Greek Meat Balls & Feta Cheese

Only samples of what we could do, if any other requests it would be considered.

Plated Starters at an additional cost of R45 per person

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BRAAI MENU

CANAPÉS ON ARRIVAL

Mini 'Vetkoek' served with a matured cheddar and mince
Mini Biltong & 'droewors' sosaties

BRAAI BUFFET

SALADS

(Choice of 3 of the following)

Fresh Garden Salad with Cherry
Tomatoes, Feta and Olives
Copper penny Carrot Salad
Mediterranean Pasta Salad Tossed in a
Basil Pesto
Roasted Butternut, Beetroot and
Herbed Couscous Salad
German styled Potato Salad
A selection of bread and butter

WARM DISHES

(Choice of 2 warm dishes)

'Pap & Sous' or rice
Hot Buttered Mealies
'Pampoen Koekies'
'Boere Boontjies'
Garlic Roasted Potato Wedges
Cheesy Potato Bake
Sweet corn Dish
Slow Roasted Mediterranean
Vegetable Skewers

BRAAI MEAT/FISH

(Choice of 3 of the following)

Mozambique Prawn Skewers basted
with a garlic peri peri sauce
Rosemary & Coriander Marinated
Lamb Loin Chops
Balsamic Marinated Lamb Chops
Smoked Pork Ribs in a BBQ Sauce
Chicken Thighs marinated in Thyme
and Lemon Zest
Kingklip baked in foil with lemon butter
Traditional Potjiekos
(Oxtail, Lamb or Chicken)
Boerewors

DESSERTS

(Choice of 3 of the following)

A summer fruit Pavlova and Chantilly cream
A warm Baked Pudding with Custard
Greek Baklava and Vanilla Ice Cream
A Platter of Fruits in Season
Decadent Amarula flavoured Chocolate Mousse
Cape Cheese Platter with an assortment biscuits

R 260.00 PER PERSON

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BUFFET MENU

SALADS

Sliced Tomato & Red Onion Salad drizzled with red wine vinegar & extra virgin olive oil
Fresh Garden Salad Sliced Cucumbers & Peppers
Roasted Butternut, feta, sunflower seeds and herbed couscous salad

Bread & Butter on Display

MAIN BUFFET

Roasted Leg of Lamb with Rosemary and Garlic or Roast Beef
Chicken Dish
Vegetarian Pasta Dish

Savoury Rice
Coriander Roasted Potatoes
Green Beans with Onion
Sweet Potato in a Honey & Rooibos Reduction

DESSERTS

Baked Pudding
Layered Vanilla & Cappuccino Mousse
Crème Caramel
Ice Cream

Selection of three Cheeses and Crackers

Coffee and Assorted Teas

R 285.00 PER PERSON

Please discuss your preference with our chef

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PLATED MENU

STARTER

Butternut & Coriander Infused Soup
Served with Toasted Panini
Smoked Salmon Roulade with Fresh Dill
&
Finest Crisp Green Salad

MAIN COURSE

Lamb Shanks prepared with Olive oil, Rosemary & Garlic
or
Fillet of Beef with a Pinotage Sauce
or
Line Fish Grilled, complemented by butter infused Aniseed-sauce

Main Course will be served with:

Potatoes Dauphine
Spinach with Cherry Tomatoes
Carrot Roundels with slivers of apple

DESSERT BUFFET

Decadent Baked Cheese Cake
With berry Coulis
&
Coffee Bean Truffles
Cheese & Biscuits
Coffee to be served

R 320.00 PER PERSON (SAMPLE MENU)

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