

Makutsi: dietary restrictions and food intolerances

At Makutsi we serve a set 3-course meal at dinner time, which means we cook one meal for all of our guests.

Please keep the following in mind:

1. Our food is prepared in one area. This makes it hard to avoid cross-contamination, as we cannot prepare in separate areas.
2. Makutsi lies in a remote area. We do not have shops anywhere nearby. The closest shops are 70km from the lodge and only offer a small selection of special dietary food.
3. Should a guest need medical assistance, bear in mind that the nearest hospital or doctor is about 70km away.
4. All special meal requests **must be booked at least 2 week prior** to arrival at Makutsi.

Below you will find an overview of what we can and cannot offer guests with special food requirements.

What is possible:

- **Vegan** – A plant based diet with no animal products: no meat, fish, eggs or dairy products. Soy milk is available but soy yoghurt is not.
- **Vegetarian** – A plant based diet with or without the inclusion of dairy products or eggs, with the strict exclusion of meat and fish. Gelatine free yogurt is not available at Makutsi.
- **Pescetarian** – Vegetarian diet but with fish included
- **Gluten intolerance or Coeliac disease:** we serve dishes without using any wheat, barley or rye or wheat-based products, specially made gluten free bread, pasta and a small selection of desserts. We **do not** serve gluten free cereal, oats, muesli, crackers, biscuits, beer, wine, etc. Due to the fact that our food preparation takes place in one area, avoiding cross-contamination is unfortunately something we **cannot guarantee**.
- Meals free from red meat / pork / fish / chicken
- Catering for food intolerances, such as:
 - Lactose or dairy intolerance
 - Garlic / onion / leeks
 - Raw tomatoes, raw apples etc
- We are able to cater for children at dinner time, if they do not eat what is on the menu. However, this will be basic food such as spaghetti with tomato gravy and **needs to be ordered in the morning or evening before**.

What is not possible:

- Any diet that requires strict separate preparation of food
- Catering for guest with food allergies that can cause Anaphylaxis (extreme and severe allergic reactions to food, egg, peanuts, tree nut, dairy products, fish etc.)
- Macrobiotics
- Juicarianism, Sproutarianism
- Kosher (Judaism) or Halal (Islam)