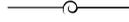




*go with the*  
*Flow*

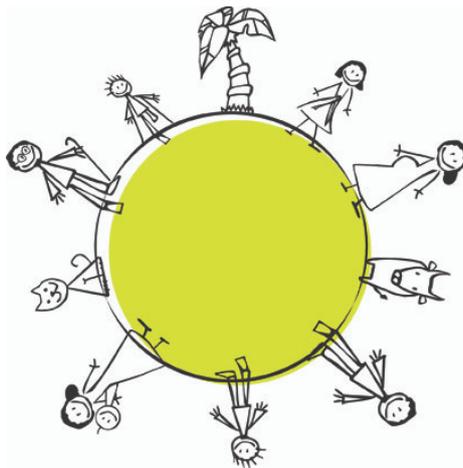
MENU



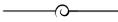
ALL PROFITS FROM GO WITH THE FLOW ARE DONATED TO  
SAMARPAN FOUNDATION – A NON-PROFIT  
ORGANISATION RUN ENTIRELY  
BY VOLUNTEERS. WE WORK TOWARDS THE  
BETTERMENT OF PEOPLE,  
ANIMALS AND THE ENVIRONMENT.

OUR VISION IS TO EXPAND OUR NETWORK  
GLOBALLY TO PROVIDE HELP AND ASSISTANCE OF ANY KIND WHERE  
THERE IS A HUMANITARIAN, ECOLOGICAL OR ENVIRONMENTAL NEED.

FOR MORE INFORMATION ABOUT  
SAMARPAN FOUNDATION PROJECTS, PLEASE VISIT  
[WWW.SAMARPANFOUNDATION.ORG](http://WWW.SAMARPANFOUNDATION.ORG).



# WELCOME



Welcome to Go with the Flow!  
Before tucking in, there's a few things you ought to  
know about our restaurant.

Please note that  
menu **prices are EXCLUSIVE**  
**all applicable Government Taxes.**

## **Environmental Consciousness**

In our effort to bring you fresh and organic food, and  
keep our carbon footprint as low as possible, we grow a  
diverse range of herbs and vegetables in our  
small gardens located just outside the kitchen. We also source  
and use local produce where possible, and reuse and  
recycle all that we can.

## **Events and Private Catering**

Go with the Flow is the perfect venue for any special occasion in Goa. We also  
offer private catering and will cook something delicious in your home, on  
your boat or at your wedding venue.

Please email **[chef@gowiththeflowgoa.com](mailto:chef@gowiththeflowgoa.com)** with your enquiry.

## **Gratuity/Tips**

Service charge is not included in your bill.  
Gratuity/tips are given at your discretion and will be shared  
equally between all staff.

We wish you an unforgettable meal and hope that you will kindly leave us a  
review on **Zomato** or **TripAdvisor** if we meet or exceed your expectations.

If we don't please let us know right away and give us an  
opportunity to rectify anything unsatisfactory.

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## SMALL BITES

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200 EACH | ANY 3 FOR 500

-  **Spicy mushroom momos (4)**  
soy & ginger dipping sauce
-  **Korean style cauliflower 'popcorn'**  
sweet chili & sesame glaze
-  **Vegetable croquettes (6)**  
tomato-coriander jam
-  **Classic Spanish patatas bravas**  
crisp fried potatoes with  
spicy tomato salsa & basil aioli
-  **Home-baked bread basket**  
hummus & butter

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## BRUSCHETTA

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-  **Salsa Rosso & Ricotta | 280**  
Italian style red salsa made from tomato,  
capsicum, onion & mint - drizzled with  
olive oil and balsamic reduction
-  **Caponata | 280**  
Sicilian style sweet & sour vegetables  
made with coconut vinegar and jaggery -  
finished with basil, black olives & capers
- Mackerel Escabèche | 340**  
mackerel, capsicum & onion marinated  
with aromatic spices, white wine, olive  
oil & coconut vinegar
- Mixed Bruschetta | 350**  
three half bruschetta of each  
of the above

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## SALADS

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-  **Aubergine with buttermilk dressing | 300**  
rocket, herbs, chili, garlic  
& cherry tomatoes
- Roast capsicum | 340**  
tahini & date dressing, rocket, basil,  
potato, croutons & capers
-  **Lightly pickled beetroot | 400**  
local buffalo milk mozzarella cheese,  
toasted walnuts, pickled cauliflower,  
rocket, cucumber & balsamic reduction
-  **Chickpea & Olive | 300**  
salsa rosso, cherry tomato,  
chopped rocket, cucumber, mint &  
homemade labneh

**Add to any salad:**

- Bacon | 100**
- Chicken | 100**
- Prawns | 200**

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## SOUPS

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-  **Vegetarian soup of the day | 250**  
changes daily - served with toast
- Chicken Coconut Soup | 280**  
light chicken & coconut broth with chicken,  
egg noodles, carrot, spring onion,  
zucchini & a hint of chilli
- Goan inspired ajo blanco with prawn | 400**  
classic chilled, white soup made with  
cashew nuts, milk, garlic, cucumber &  
coconut oil - served with marinated prawn

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## STARTERS

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 **Brazilian pão de queijo**  
gluten-free cheese breads served with  
tomato & ginger chutney, butter & hummus  
(baked to order, please allow 20 minutes)

3 piece portion | 180

6 piece portion | 350

 **Labneh Cheese Plate | 350**  
homemade labneh with za'atar, olive  
tapenade & grilled bread

**Crispy Salt and Pepper Squid | 380**  
Goan inspired rechaedo Mayo

 **Mozambican 'Prawns Nacional' | 440**  
sauteed prawns in a beer, garlic, chili &  
butter sauce - served with toast

**Crispy fried Coconut Prawns | 440**  
mango & chili dipping sauce

**Raw Red Snapper Carpaccio | 440**  
sushi grade raw fish marinated with  
passionfruit & lime, a hint of chili &  
olive oil - served with cucumber salad

 **Harissa Chicken Skewers | 400**  
olive oil hummus, pomegranate, green sauce

**Butter Chicken Crepes | 380**  
chopped chicken tikka in a creamy white  
sauce with coriander chutney

 **Chorizo & Chili Chocolate Tarts | 380**  
Goan chorizo with a hint of chili-chocolate  
ganache in small tarts - 4 in a portion

**Beef Tataki | 420**  
lightly seared rare, marinated beef with  
a hint of Kashmiri chili, spring onion &  
black pepper cream - served with dipping  
sauce

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## PASTA & RISOTTO

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Available as a **STARTER | MAIN COURSE**

 **Mediterranean Spaghetti | 270 | 340 |**  
zucchini, aubergine & capsicum in a  
spicy tomato sauce - topped with  
crumbled ricotta cheese

 **Truffled Mushroom Rigatoni | 300| 450 |**  
sauteed mixed mushrooms, caramelised  
onion, cream, parmesan cheese & truffle oil

**Chicken Capsicum Rigatoni | 290 | 430 |**  
roast chicken & capsicum with black olives,  
herbs, spring onion & parmesan cheese

 **Prawn Spaghetti | 340 | 500 |**  
prawns sauteed with garlic, chili, tomato  
& basil - finished with prawn bisque & butter

 **Vegetable Risotto Verde | 330 | 450 |**  
zucchini, pea & seasonal green vegetable  
risotto topped with crumbled ricotta cheese

 **Exotic Mushroom Risotto | 390 | 550 |**  
rich mushroom based risotto finished with  
butter, parmesan cheese & a dash of cream  
-served with sauteed spinach

**Goan Chorizo Risotto | 390 | 550 |**  
Goan chorizo, sweetcorn & basil risotto served  
with grilled baby corn & parmesan

**Add to any pasta or risotto:**

**Bacon | 100**  
**Chicken | 100**  
**Prawns | 200**

**Replace any pasta with Gluten Free,  
Low Carb 'Zucchini Noodles'  
60 | 100**



Vegetarian



Vegan



Spicy

Government Taxes as applicable

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## MAIN COURSES

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### ♥Vegan Platter | 430

chickpea fritters, grilled aubergine, caponata, grilled bread, marinated beetroot, rocket, hummus & olive tapenade

### ♥Walnut crusted Baked Beetroot | 500

lightly pickled beetroot baked in a nut crust, - served with warm hummus & lightly spiced zucchini 'spaghetti'

### ♥Moroccan inspired Pumpkin Tagine | 400

pumpkin & chickpeas cooked with aromatic spices and tomato - served with warm date couscous

### 🥕Aromatic coconut noodles | 430

Malaysian Laksa style coconut broth with shitake mushrooms, egg noodles & selection of market vegetables  
- please specify: normal or spicy -

### 🥕Sesame Crusted Paneer | 470

paneer marinated in citrus & soy sauce, coated in sesame seeds & a chili-citrus glaze - served with stir fry wok vegetables & carrot-ginger puree

### 🥕Mushroom Stroganoff | 470

mushrooms in a white wine, paprika & sour cream sauce - served with buttered greens and steamed brown rice

### 🥕Aubergine Involtini | 450

grilled slices of aubergine stuffed with ricotta cheese & herbs - baked in the oven with a slow-cooked tomato sauce & parmesan

### Chicken Parmagiana | 500

breaded chicken breast baked with slow cooked tomato sauce & mozzarella cheese - served with caponata & crispy potatoes

### Grilled Lemon Chicken Breast | 550

buttered mash, spinach, herb cream sauce

### 🌶️Spicy Piri Piri Chicken Thighs | 560

marinated chicken thighs cooked on the grill  
- served with burnt garlic rice

### Beef Na Pedra | 640

thin slices of raw beef fillet steak served with a hot stone to cook at the table  
- served with hand cut fries & a salad  
choice of béarnaise or port & mushroom sauce

### Beef Fillet Steak | 670

roasted garlic mash, spinach, mushroom duxelles & a port & mushroom cream sauce

### 🌶️North African inspired Beef Stew | 600

slow cooked spicy beef stew with aromatic spices, chickpeas & dried apricots  
-served with tabbouleh couscous

### Oven baked Red Snapper fillet | 740

basil pesto mash, tomato-olive oil emulsion & olive tapenade

### Fish fillet with Dukkah crust | 780

spiced zucchini noodles, cauliflower 'rice'  
-served with aromatic coconut sauce

### 🌶️Chermoula grilled Fish fillet | 760

Tunisian inspired herb & spice fish marinade  
- served with ratatouille and crispy potatoes

### 🌶️African inspired Spicy Prawn Rice | 800

prawns cooked in a spice paste with prawn bisque, spring onion, lemon and brown rice

### Grilled Tiger Prawns | Market Price

garlic & chilli butter & toast  
served with a salad & hand cut fries

### Prawn Butter Masala Risotto | Market Price

prawn & butter masala risotto topped with grilled tiger prawns

### Roast Belgian Import Pork Belly | 840

Vietnamese style glaze, spinach & carrot puree

### 🌶️Spicy Citrus Belgian Import Pork Belly | 840

orange, wok fried greens & crispy potatoes



Vegetarian



Vegan



Spicy

Government Taxes as applicable

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## DESSERTS

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**Light lemon mousse | 250**  
crunchy chocolate 'soil'

**Chilled coconut rice pudding | 320**  
Alphonso mango crème, poached pineapple,  
coconut shavings & mango sorbet

**Millionaire's shortbread | 340**  
Scottish style shortbread layered with caramel,  
chocolate ganache & vanilla bean ice cream

**Death by chocolate & strawberries | 350**  
Gluten-free chocolate cake, strawberry  
compote, dark chocolate ice cream  
chocolate mousse cornetto

**Warm sticky date pudding | 330**  
Bananas flambéed in rum, caramel sauce  
& condensed milk ice cream

**Strawberry Crepes | 330**  
warm strawberry compote, whipped cream,  
strawberry swirl ice cream, chocolate 'soil'

**Italian style gelato/sorbet | 300**  
selection changes, 2 scoops served with  
a home baked cookie

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## FROM THE BAR

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### DOUBLE THICK ICE CREAM SHAKES

**French vanilla bean | 220**

**Peanut butter & banana | 220**

**Oreo Cookie | 220**

**Chocolate | 200**

**Strawberry | 200**

**Espresso Coffee | 220**

### DOM PEDROS

A naughty South African adult shake  
made by blending liqueur and ice cream

**Kahlua Dom Pedro | 350**

**Whiskey Dom Pedro | 280**

**Amarula Dom Pedro | 350**

**Crème De Menthe Dom Pedro | 280**



*gowiththe*  
**Flow**

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