

Dietary restrictions



& food intolerances

At Makutsi, dinner is a shared 3-course meal — one menu for all guests. We are happy to accommodate most dietary requirements, but please read the following carefully before your visit.

Please keep the following in mind:

- All food is prepared in one kitchen. While we take every care, we cannot guarantee the complete absence of cross-contamination between ingredients.
- Makutsi is in a remote area. The closest shops are 70km from the lodge and offer only a limited selection of speciality dietary products.
- Should a guest need medical assistance, the nearest hospital or doctor is approximately 70km away.
- All special meal requests must be submitted at least 2 weeks prior to arrival at Makutsi.



What is possible:

- Vegan — a plant-based diet with no animal products: no meat, fish, eggs, or dairy. Soy milk is available but soy yoghurt is not.
- Vegetarian — a plant-based diet with or without dairy products or eggs, with the strict exclusion of meat and fish. Please note: gelatine-free yoghurt is not available at Makutsi.
- Pescetarian — vegetarian diet with fish included.
- Gluten intolerance or Coeliac disease — we serve dishes without wheat, barley, rye, or wheat-based products, and offer specially made gluten-free bread, pasta, and a small selection of desserts. We do not stock gluten-free cereal, oats, muesli, crackers, biscuits, beer, or wine. As all food is prepared in one kitchen, we cannot guarantee the complete absence of gluten cross-contamination.
- Meals free from red meat / pork / fish / chicken.
- Food intolerances, including:
 - Lactose or dairy intolerance
 - Garlic / onion / leeks
 - Raw tomatoes, raw apples, and similar
- Children's meals — we are happy to prepare simple meals for children at dinner time if they do not eat from the main menu. This needs to be ordered the morning or evening before. Options include basic dishes such as pasta with tomato sauce.



What is not possible:

- Any diet that requires strict separate preparation of food in a dedicated area.
- Guests with food allergies that can cause anaphylaxis — we are unfortunately unable to guarantee a safe environment for guests with severe allergic reactions to foods such as eggs, peanuts, tree nuts, dairy products, fish, or similar. Guests with severe food allergies are strongly advised to consult with us directly before booking.
- Macrobiotics.
- Juicarianism or Sproutarianism.
- Kosher (Judaism) or Halal (Islam) — we are unfortunately unable to guarantee the standards of preparation required for these dietary laws in our kitchen.