

Kitchen  Bar



BREAKFAST

breakfast

breakfast is served until 12:30,
with toast of your choice
eggs may be ordered fried, scrambled or poached

traditional 59
2 eggs, bacon, 1 sausage (pork or beef),
grilled mushroom, tomato & breakfast potatoes
*add rump (100g) 25

express 29
1 egg, 3 rashers of bacon & grilled tomato

⑤ **mediterranean scramble** 59
3 eggs with spinach, feta, olives & tomato

⑤ **zucchini & halloumi rosti** 59
topped with spinach, grilled mushroom,
poached eggs, hollandaise & served on rye

eggs benedict 55
poached eggs, ham & hollandaise, served on a
toasted english muffin

⑤ **eggs florentine** 55
poached eggs, sauteed spinach & hollandaise,
served on a toasted english muffin

breakfast croissant 59
layers of rocket, feta, oven roasted tomatoes
with bacon & a poached egg

⑤ **french toast** 45
stacked with grilled banana or strawberries,
served with caramel & mascarpone cheese
*add bacon 15

omelette

all omelettes are 3 eggs & served with toast

italian omelette 55
ham, cheese & mushroom

salmon omelette 59
salmon, cottage cheese & chives

⑤ **mediterranean omelette** 59
spinach, feta, tomato & mushroom

healthy choice

⑤ **fruit, muesli & yoghurt** 55
muesli, vanilla yoghurt & fresh seasonal fruit

⑤ **vanilla spiced oatmeal** 29
flavoured with vanilla, cinnamon,
pecan nuts, raisins & brown sugar



grilled sandwich

with your choice of rye, brown or white
served for breakfast & lunch only

anchovy toast 25

🍷 cheese & tomato 38

chicken mayonnaise 42

ham & cheese 42

bacon, egg & cheese 49

baguette

home-baked white french baguette or multi-grain roll
served for breakfast & lunch only

sopressata salami 59
mozzarella, sundried tomato pesto,
olive tapenade & greens

🍷 tuscan roast vegetable 59
roasted vegetables, tomato pesto &
parmesan shavings

chicken & avo 59
tender chicken breasts, avo, feta, tomato,
greens & mayo

prosciutto di parma 65
parma ham, fior di latte mozzarella,
tomato, fresh basil & basil pesto

prego
drizzled with Kitchen Bar's secret sauce
on a toasted panini & fries

beef 69

chicken 65

tapas•meze

biltong 150g 65

crostini 59
a selection of 8 little crusts topped with
feta, parma ham, tomato, avo, salami,
gorgonzola, sweet chilli prawns & peppadews

🍷 dip platter 59
a choice of 3 dips served with pita

🍷 meze platter - veg 115
a selection of halloumi, falafel, dolmades,
pita, roasted marinated peppers, olives,
hummus & tzatziki

meze platter - meat 145
2 lamb kofta, 1 beef & 1 chicken kebab,
4 medium prawns, grilled calamari,
halloumi, hummus, tzatziki and pita

dips

tzatziki
hummus
brinjal dip
olive tapenade
tarama

12

starters

baby calamari	49
grilled or fried calamari with a lemon butter sauce	
stuffed calamari	49
grilled calamari stuffed with cheese & herbs 4 per portion	
prawn & mussel pot	69
grilled prawns & New Zealand mussels in a spicy tomato sauce finished off with crumbled feta & toasted ciabatta	
prawn spring rolls	49
3 spring rolls filled with cheese & coriander served with sweet chilli sauce	
beef carpaccio	59
shaved parmesan, celery, rocket & olive oil	
oysters – luderitz	19
oysters each	90
6 oysters	
halloumi	39
flame-grilled with lemon & sweet chilli	
camembert cheese	49
crumbed & fried golden brown, with homemade tomato jam	
chicken livers	39
peri-peri with toasted ciabatta	
snails	49
creamy garlic with parmesan crust & toasted ciabatta	
parma ham & melon	59
imported parma ham & fresh chilled *melon *seasonal	
crispy coconut prawns	59
3 crispy prawns coated in coconut flakes & served with sweet chilli sauce	

fresh baked bread

bread basket	12
focaccia classic	22
focaccia garlic & herb	22
focaccia feta & garlic	39

sushi

maki 6 pieces	
avo	29
cucumber	29
salmon	45
tuna	45
prawn	45
crab stick	40

sashimi 3 pieces	
salmon	45
tuna	45

california 8 pieces	
salmon	49
tuna	49
prawn	49
crab	46
vegetarian	42

fashion 6 pieces	
salmon	68
tuna	68
prawn	68
crab	58
vegetarian	42

nigiri 2 pieces	
salmon	32
tuna	32
prawn	32

hand roll 1 piece	
salmon	45
tuna	45
prawn	45
crab	40

specialities	
4 tuna roses	69
4 salmon roses	69
8 salmon rainbow rolls	58
8 california smoked salmon & cream cheese	49

salmon platter	135
15 pieces	
1 handroll	
2 nigiri	
6 california	
6 maki	

tuna platter	135
15 pieces	
1 handroll	
2 nigiri	
6 california	
6 maki	

lunch platter	135
14 pieces	
2 tuna nigiri	
2 salmon nigiri	
2 tuna sashimi	
2 salmon sashimi	
6 salmon rainbow rolls	

deluxe platter	295
34 pieces	
6 avo maki	
4 salmon nigiri	
4 tuna nigiri	
6 salmon rainbow rolls	
4 salmon roses	
4 prawn nigiri	
3 salmon sashimi	
3 tuna sashimi	



salads

- | | | |
|---|--|----------|
| | honey sesame chicken
crispy honey glazed chicken breast with feta, avo, cucumber, cherry tomatoes, peppers, carrots & greens | 65 |
| | chicken masala
apples, pecan nuts, avo, celery & greens with curry yoghurt dressing | 65 |
| ✓ | rocket & parmesan
parmesan shavings, avo & greens | 59 |
| ✓ | roast beetroot & goats cheese
caramelised pear, onion, pine nuts & greens | 59 |
| | seared spicy tuna
seared tuna, tomato, carrot, ginger, avo & greens
*substitute tuna with salmon | 75 |
| | beef maestro
grilled fillet of beef, peppers, rocket, balsamic cherry tomatoes, parmesan, pine nuts & greens | 69 |
| ✓ | greek
lettuce, tomato, cucumber, red onion, olives, feta, peppers & greens
*add chicken | 55
15 |
| ✓ | original greek
tomato, cucumber, red onion, olives & feta | 55 |
| ✓ | caprese
fior di latte mozzarella, tomato, fresh basil leaves & pesto | 59 |
| | prawn & calamari
grilled prawns & calamari, spicy tomato salsa, avo, feta & greens | 69 |
| ✓ | halloumi & roast veg
grilled halloumi, roast seasonal veg, avo & greens
*add chicken | 59
15 |

meat

served with french fries or rice & a side dish of your choice
steaks prepared with either pepper crust or bbq basting

lamb cutlets lamb chops with lemon & herb basting	119
fillet ^{300g}	129
fillet ^{200g}	105
rump ^{600g}	149
rump ^{300g}	95
t-bone ^{500g}	105
pork ribs ^{1kg} honey marinated	149
1/2 rack of ribs honey marinated	99
lamb shank slow roasted to perfection served with roast potatoes & oven baked veg	139
oxtail ^{450g} served with mash or rice	129
beef curry served with rice and sambals	109

burgers

twin burgers, served with fries & all the trimmings

beef twin homemade lean mince patties	59
chicken twin bbq chicken breasts	59
steak twin 100g rump steak	69

pita (shwama)

folded pita bread served with french fries

beef tzatziki, tomato, red onion, herbs	59
chicken tzatziki, tomato, red onion, herbs	55

asian bowls

exotic thai flavours with crisp vegetables & cashew nuts
served with a choice of egg noodles or basmati rice

beef	79
chicken	69
prawn	89
veg	59

side dishes

*seasonal

roasted baby veg
mashed potatoes
sauteed spinach
butternut
french fries
roast potatoes
crispy onion rings
side salad

22

burger extras

add avo
add bacon
add cheese
add egg
add feta

15

seafood platter

served with rice & chips

4 queen prawns
mussel pot
grilled calamari
kingklip

165

meat platter

served with pita,
dips & chips

half spring chicken
riblets
beef kebab
chicken livers

135

seafood

grilled kingklip served with french fries or rice & a side dish of your choice	116
salmon teriyaki served with warm potato, tomato & spinach salad	125
sole served with french fries or rice & a side dish of your choice	105
calamari grilled or fried calamari tubes & heads served with french fries or rice & a side dish of your choice	89
stuffed calamari grilled calamari stuffed with cheese & herbs 10 per portion	89
prawn curry fragrant coconut flavoured curry served with basmati rice & sambals	145
king prawns 8 king prawns served with french fries or rice & a side dish of your choice	195
queen prawns 8 queen prawns served with french fries or rice & a side dish of your choice	135
lobster platter for 2 preparation 30min lobster, 6 queen prawns, linefish, calamari & mussels served with french fries or rice & a side dish of your choice	395

chicken

spring chicken preparation 25min 99
peri-peri or lemon & herb with french fries
& a side dish of your choice

chicken florintine 89
tender chicken breasts layered with spinach, feta & tomato
finished with a creamy mustard sauce & served on a bed of mash

giant chicken skewer 85
lemon & herb chicken skewer
served with french fries, tomato, onion, pita & tzatziki

grilled chicken breast 65
with side salad

combos

served with french fries & a side dish of your choice

chicken & steak 105
half peri-peri or lemon spring chicken with a prime beef rump

chicken & rib 95
half peri-peri or lemon spring chicken with half a rack of ribs

steak & rib 105
prime beef rump with half a rack of ribs

prawn & rib 135
4 queen prawns with half a rack of ribs

prawn & chicken 115
4 queen prawns with half peri-peri or lemon spring chicken

extra sauces

mushroom
pepper
garlic
mustard

18



pizza

- Ⓥ **margherita** 45
 tomato & mozzarella
- Ⓥ **capricciosa** 75
 fresh tomato, basil & fior di latte mozzarella
- pollo al funghi** 65
 chicken & mushroom
 *add avo
 *seasonal
- pescatora** 79
 mussels, calamari, prawn, basil, feta & cherry tomatoes
- prostituto** 65
 bacon, avo & olives
- tropicana** 59
 ham & pineapple
- parma** 75
 parma ham, mushroom, rocket & parmesan shavings
- mexicana** 69
 bolognaise, peppers, onions & chilli
- bocconcini** 75
 chicken, chorizo (pork), olives, baby tomatoes & basil
- Ⓥ **greca** 59
 feta, olives, cherry tomatoes & oregano

design your own

margherita 45
 tomato & mozzarella



vegetables 10each

artichokes
 jalapeno
 mushrooms
 olives
 onion
 peppers
 broccoli
 spinach

avo
 banana
 pineapple
 tomato

seafood 20each

anchovies
 calamari
 mussels
 prawns
 smoked salmon

meat 20each

bacon
 bolognaise
 chicken
 chorizo
 ham
 salami
 parma ham

cheeses 18each

fior di latte mozzarella
 danish feta
 gorgonzola
 parmesan shavings

pasta & risotto

⑤ pomodoro	55
spaghetti with fresh tomato & basil	
bolognese	69
spaghetti with ground veal & herbs in a pomodoro sauce	
⑤ rocket ai olio	59
linguini with garlic, chilli, rocket, baby tomatoes & feta	
⑤ all'arrabiatta	55
penne with tomato & chilli	
pescatora	89
linguini with prawns, mussels & calamari in a pomodoro sauce	
carbonara	65
spaghetti with bacon, mushroom, parmesan cheese & a white wine sauce	
⑤ primavera	65
penne with veggies, garlic, cream, white wine, pine nuts & pesto	
*add beef or chicken	
20	
pollo al funghi	69
linguini with chicken, mushrooms & fresh oregano in a creamy white sauce	
creamy salmon	75
linguini with basil & parmesan cheese	
chicken jalapeno	69
penne with chicken & jalapeno in a pomodoro sauce with a dash of cream	
putanesca	59
spaghetti with anchovies, olives & capers in a pomodoro sauce	
⑤ penne pesto	59
penne with pesto sauce	
*add beef or chicken	
20	
⑤ risotto all' funghi	79
creamy mushroom & white wine	

half portions available at 70%

dessert *indulge a little*

carrot cake 45
our customer Malcolm rates our carrot cake the best in South Africa

cheese cake 45
baked cream cheese cake with a granadilla glaze

tiramisu 42
layers of fresh cream, mascarpone, espresso & ladyfingers

home-made apple pie 45
served hot with cream or ice cream & crème anglaise

cremé brûlée & nutella 42
velvety vanilla baked custard with caramelised sugar crust

hot chocolate fondant 42
baked hot chocolate pot with vanilla ice cream & crème anglaise

grandma's home-made halva ice cream 39
smooth & creamy laced with halva, almonds & marashino cherries

lemon meringue 45
mouth-watering parcel of lemon curd, biscuit crust & meringue

greek yoghurt, honey & nuts 39
traditional greek yoghurt served with honey & pecan nuts

strawberry tumble 40
vanilla ice cream smothered with fresh strawberry drizzle

chocolate bliss 45
moist chocolate cake with a chocolate ganache centre

malva pudding 45
moist sponge cake with hints of apricot, ginger & caramel

ice cream & chocolate sauce 35
vanilla ice cream with bar one sauce

dessert platter

select six of your
favourite items from
the dessert menu
& cake table

195



organic coffee

cappuccino	16
cappuccino-decaf	16
americano	15
americano-decaf	15
espresso	12
double espresso	16
macciato	16

hot beverages

café latte	18
hazelnut latte	19
café mocha	18
chai latte	18
hot chocolate	18
milo	18
horlicks	18

cold beverages

sodas 340ml	16
appetizer	19
grapetizer	19
iced teas peach & lemon	16

anti-oxidant teas

served hot or iced

pear & cinnamon	20
ginger & pineapple rooibos	20
strawberries & cream	20
peach melba fruit	20
plum blossom black	20
japanese cherry green	20
spicy black chai	20

fresh squeezed juices

orange	19
zesty lemonade freshly squeezed lemons muddled with sugar & mint	24
carrot & apple	24
carrot cocktail carrot, pineapple, orange & honey	22
fruit cocktail pineapple, orange, mango, honey & coconut	24
go green cucumber, celery, apple & ginger	29

smoothies

mango & strawberry mango, strawberries, kiwi, yoghurt & milk	29
banana & berries berries, banana, yogurt & milk	29
athlete's smoothie banana, yoghurt, peanut butter & whey chocolate protein	35

water

acqua panna 250ml still	18
acqua panna 750ml still	35
s. pellegrino 250ml sparkling	18
s. pellegrino 750ml sparkling	35
local spring water still 250ml 1.5 litre	13 26

shakes

vanilla	22
chocolate	22
strawberry	22
freezochino	26

wine list

champagne

dom perignon 1900
cuvee blanc

laurent-perner 795
cuvee brut rose NV

moet & chandon 690
imperial brut NV

verve clicquot 690
yellow label brut NV

cap classique

boschendal 80
grande cuvee brut 2006

graham beck rose 195
NV

pongraz 750ml 165
NV

j.c le roux 95
le domaine

white

sauvignon blanc

cederberg	170
springfield life from the stone	165
vergelegen	165
paul cluver	160
southern right per glass	155 45

chardonnay

hamilton russell vineyards	390
rijks	195
fat bastard	125
graham beck waterside per glass	95 30

chenin blanc

mulderbosch	375
ken forrester	135

white blends

vergelegen white	490
boschendal 1685 chard pinot noir	150
KWV roodeburg	125
buitenverwachting buitenblanc	110
zandvliet crème per glass	95 30

semi sweet

boschendal le bouquet per glass	95 30
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blush

boschendal blanc de noir	95
nederburg rosé	95
brampton rosé per glass	95 30

pinot noir

bouchard finlayson galpin peak	380
de wetshof nature in concert	330

organic white

reyneke chenin blanc	180
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reds

cabernet sav

rust en vrede	275
springfield whole berry	195
KWV reserve	165
zandvliet per glass	120 30

shiraz

rijks	255
zandvliet	155
graham beck	150
fat bastard per glass	115 35

merlot

veenwouden	375
durbanville hills	145
guardian peak	120
franschhoek cellar	95

pinotage

rijks	265
de waal	125
beyerskloof	115
cafe culture per glass	115 30

red blends

meerlust rubicon	390
rustenburg john x merriman	280
ernie els the big easy	245
rupert & rothschild classique	180
KWV roodeburg	160
vergelegen cabernet merlot	155
kanonkop kadette	150
hartenburg cabernet shiraz	115
zandvliet my best friend per glass	95 30

organic red

laibach ladybird red	185
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premium spirits

antonella cabernet grappa	18
jagermeister	22
patron tequila	28
tanqueray no. ten gin	30
grey goose vodka	28

single malts

talisker 10 year	45
glenfiddich 18 year	60
lagavulin 16 year	75
singleton of dufftown	30
glenlivet 18 year	70

whisky

johnny walker green	50
johnny walker gold	70
johnny walker blue	190
johnny walker swing	50
chivas regal 12 year	30
chivas regal 18 year	75
jack daniel's single barrel	30
fish eagle	18

irish whiskey

jameson 18 year	80
bushmills 10 year	30

cognac

hennessey vs	40
hennessey xo	120
courvoisier vsop	40
remy martin xo	130
remy martin vsop	38

brandy

kwv 10 year	18
kwv 15 year	32
kwv 20 year	45

after dinner drinks

irish coffee	25
chocolate irish coffee	30
patron coffee	39
dom pedro	25
patron dom pedro	39
frangelico dom pedro	29

sherry & port

moni's range of sherries	25
de krans ruby port	25



cocktails 45

Martini

classic martini

premium vodka or gin with a mist of dry vermouth
fine strained & garnished with olives, a lemon twist or served dirty

pom star martini

passion fruit shaken cold with vodka, amaretto & vanilla
served with a champagne charger

strawberry & balsamic martini

wild strawberry liqueur, fresh strawberries, vodka & balsamic reduction

vanilla espresso martini

espresso shaken cold with vanilla sugar,
café liqueur, vodka & a splash of fresh cream
fine strained & garnished with three coffee beans

melonchy martini

green melon liqueur & vodka shaken cold with cream,
triple sec, fresh pineapple, lime & coconut

eldergreen & cucumber martini

cucumber slices muddled then shaken
cold with elderflower, london dry gin & green melon

rose martini

strawberries & rose petal infused vodka shaken cold with coconut cream

cosmopolitan

citrus vodka shaken cold with triple sec, lime & fresh cranberry
flamed with an orange zest

classic daiquiri

cuban rum shaken cold with fresh lime juice & raw sugar cane syrup

classic margarita

tequila, triple sec, lime & lemon
shaken cold, fine strained & served with a half salted rim
* coconut available

peppered panty margarita

amaretto, tequila, cracked pepper, pineapple puree & vanilla sugar

scotch cooler

white crème de cacao liqueur,
scotch whiskey, vanilla syrup & orange bitters

chestnut toddy

blended whisky, fresh cream & chestnut syrup
shaken cold & sprinkled with cinnamon

french rosemary fling

london dry gin shaken cold with fresh rosemary, crème de cassis & pineapple

Frozen

strawberry daiquiri

cuban rum shaken cold with fresh lime juice & raw sugar cane syrup
also available in melon or mango

chocolate margarita

patron tequila blended with chocolate, coffee & low fat milk

classic margarita

tequila, triple sec, lime & lemon
shaken cold, fine strained & served with a half salted rim
* coconut available

Long

caipirinha

the authentic taste of brazil! lime wedges muddled
with tapioca premium cachaca & raw sugar cane syrup

mojito

lime wedges muddled then built tall with mint, cuban rum,
crushed ice & soda crowned with dark rum

papple flower collins

william pear liqueur built tall with green apple, fresh lemon,
london dry gin & elderflower syrup lengthened with soda

pine-basil caipiroska

lime wedges muddled with vodka, pineapple, fresh basil & lime sugar

mayflower

apricot brandy liqueur
shaken cold with gin, fresh lime, green apple & vanilla

jameson candy

lime wedges muddled with fresh mint,
caramel, jameson, crushed ice & ginger ale

godfather

amaretto & scotch whiskey gently stirred over cubed ice

pina colada

coconut rum blended smooth with fresh pineapple, coconut & cream

tease me mai tai

light & dark rum shaken cold with amaretto, mango & fresh orange

watermelon smash

watermelon liqueur, cuban rum, fresh mint & vanilla
shaken cold, strained over crushed ice & charged with ginger ale

party karate

apricot liqueur, fresh mango, tequila & blood orange



virgins 35

- 1 daiquiri - strawberry, melon or mango
- 2 pina-un- colada
- 3 mosquito
- 4 jungle juice



please note

10% gratuity is custom
& will be added to
tables of 6 or more

please expect a delay to
any menu variations

regretfully - no cheques

credit cards are welcome

seasonal items subject
to availability

prices subject to change
without prior notice

