

## STARTERS

<b>CIABATTA ROLL</b> Freshly baked and infused with Garlic Herb Butter.	35
<b>SOUP</b> Ask your waiter to reveal our seasonal Soup of the Day.	85
<b>SNAILS</b> Creamy Blue Cheese Sauce with toasted Ciabatta.	95
<b>BILTONG &amp; BLUE CHEESE GNOCCHI</b> Indulge in a comforting and classic dish inspired by South African flavours with tender Gnocchi in a rich and creamy Biltong and Blue Cheese sauce.	110
<b>MUSSELS</b> West coast Mussels prepared in a spicy Cape Malay or a rich White Wine sauce. Served with toasted Ciabatta.	110
<b>TEMPURA PRAWNS</b> 3 crispy tempura battered King Prawns served with an Asian Sweet Chilli Mayo.	125
<b>CALAMARI TUBES &amp; TENTACLES</b> Grilled Calamari with Chilli, Fresh Coriander and grilled Lemon.	135
<b>SALMON TARTARE</b> Delicate hand chopped fresh Salmon Tartare with a vibrant freshness of Chives, Spring Onions and Tomato. Finished with a Chilli Saffron Mayo and a light Ginger Dressing for a fresh, zesty kick.	175

## LIGHT MEALS

<b>TEMPURA FISH GOUJONS</b> Crispy battered deep fried Hake with a freshly prepared creamy Remoulade, a tangy French Sauce made with Mayonnaise and Fresh Herbs.	98
<b>MOZAMBIQUE PERI PERI PRAWNS &amp; FOCACCIA</b> Deshelled prawns in a Peri Peri Sauce served with wood-fired Focaccia. Offering a delightful taste of Mozambican Spice.	175
<b>BEEF TRINCHADO</b> Tender Beef Fillet braised in Spicy Portuguese Sauce, served with Garlic and Herb-infused Ciabatta.	165

## SALADS

<b>GREEN (V) / GREEK (V)</b> A vibrant mix of Baby Salad Leaves, Cucumber, Cherry Tomatoes, Red Onion, all tossed in a flavourful Vinaigrette Dressing.	90 / 110
<b>CHICKEN &amp; KIMCHI SALAD</b> Succulent Herb Chicken layered with Mixed Greens, Shredded Carrot, Cherry Tomatoes and tangy Pineapple Kimchi, sprinkled with Toasted Sesame Seeds and Micro Herbs for a Zesty, refreshing finish.	165
<b>GRILLED CALAMARI &amp; KIMCHI SALAD</b> Grilled herb-basted Calamari Steak Strips served on a bed of Mixed Greens with Crisp Carrot, Cherry Tomatoes, and Pineapple Kimchi, topped with Toasted Sesame Seeds and vibrant Micro Herbs for a refreshing, bold crunch.	195
<b>ASIAN STYLE SALAD WITH SEARED SALMON</b> A crisp mixed greens tossed with Edamame Beans and marinated Seared Salmon, with vibrant shredded Carrots and Crunchy Cucumber. Lightly dressed in a Sesame-Ginger Vinaigrette.	195

## MAINS

### FROM THE SEA

All of our Seafood is Sustainably Caught.

**FRESH HAKE** 178  
Served grilled or deep fried.

**CALAMARI** 225  
Served grilled or deep fried.

**HAKE & CALAMARI COMBO** 235  
Served grilled or deep fried.

*All of the above dishes are served with a side of your choice and a creamy Remoulade Sauce.  
Add Pineapple or Beetroot & Ginger Kimchi for a vibrant burst of flavour +30*

**THAI FISH CAKES** 165  
Accompanied by Lime and Ginger Aioli and a refreshing Asian Salad.

**THAI GREEN FISH CURRY** 195  
A taste of Thailand. An aromatic, fragrant Curry. Tender Hake cooked in a creamy Green Curry Sauce with fresh Herbs, Coconut Milk, a hint of spice and seasonal vegetables.  
Served with steamed Basmati Rice, crispy Poppadum.

**PRAWNS** 275  
Savour 6 King Prawns served with your choice of a creamy Garlic Sauce or Spicy Mozambique Peri-Peri, paired with a side of your choice.  
— Add Prawns for an additional 40 each

**1 KG PRAWN** 595  
Grilled King Prawns served with a creamy Garlic Sauce or a Spicy Mozambique Peri Peri.  
Served with a side of your choice.

**LINE FISH** 240  
Fresh Catch of the Day. Grilled to perfection and served with your choice of fresh Salsa or a White Wine and Lemon Butter Sauce, accompanied by a side of your choice.

**SEAFOOD PAELLA** 295  
Prawns, Patagonia Squid, Mussels with Chorizo with White Wine, Garlic, Tomato and Saffron-infused Short Grain Rice.

**SEAFOOD PLATTER FOR TWO** 635  
A selection of Hake, Cape Malay Mussels, Calamari Tubes & Tentacles and King Prawns. This dish is complemented by Herb Basmati Rice, a Green Salad and two Sauces: Garlic Lemon & White Wine and Peri Peri.

**SEA TO TABLE PLATTER** SQ  
A generous Seafood spread for 4–6 guests, featuring King Prawns, Calamari, Hake, Cape Malay Mussels and fresh Oysters. Served with Herb Basmati Rice, Chips, a Green Salad and Garlic Lemon & White Wine and Peri-Peri Sauces.

## MAINS

### FROM THE LAND

#### BEEF FILLET PREGO 195

Grilled, sliced Fillet on a fresh Ciabatta with Lettuce, Caramelised Onions, Tomato and Spicy Mozambican Peri Peri, Lemon & Herb or Monkey Gland Sauce. Served with a side of your choice.

#### CHICKEN FILLET PREGO 175

Juicy Chicken Fillet on fresh Ciabatta, topped with Lettuce, Caramelised Onions, Tomato with a Mozambican Peri Peri, Lemon & Herb Sauce or Monkey Gland Sauce. Served with a side of your choice.

#### KAROO LAMB CURRY 195

Authentic South African Curry with Yoghurt-based Riata Sauce, a Roti and Parsley Rice.

#### BUTTER CHICKEN 165

An aromatic Delhi Curry served with a Roti and Parsley Rice.

### STEAK

All of our Beef is aged for a minimum of 28 days.  
Served with your choice of one Side and a Sauce.

BEEF FILLET 250g	285	RUMP 300g	230
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RIBEYE 300g	285	SIRLION 300g	230
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### SIDES

Rustic Cut Fries	35
Seasonal Vegetables	35
Side Salad	35

### SAUCES

Madagascan Green Pepper Sauce	40
Mushroom Bordelaise	40
Blue Cheese & Biltong	40
Creamy Garlic Butter	40

### PASTA

#### MEDITERRANEAN PASTA (V) 165

Tagliatelle Pasta with Butternut, Peppers, Basil Pesto, Caramelised Onions, Mushrooms, Sundried Tomatoes and creamy Danish Feta.

#### CHICKEN PARMIGIANO 195

Oven-baked Panko-Crusted Chicken Fillet topped with Napolitana Sauce, Basil Pesto and Mozzarella. Served on Tagliatelle.

#### BEEF FILLET PASTA 250

Marinated Fillet with Forest Mushrooms, Red Wine Sauce, Truffle Oil and Grana Padano Cheese. Served on Tagliatelle.

#### OXTAIL GNOCCHI 295

Slow-cooked Oxtail Ragout, served on Gnocchi and topped with Grana Padano Cheese.

#### @SEA PUTTANESCA PASTA 295

White Wine-braised Mussels, Calamari, and grilled King Prawns in a Tomato Puttanesca, served on Tagliatelle and topped with Grana Padano Cheese.

#### @SEA AL BIANCO 295

Mussels, tender Calamari and grilled King Prawns served on Tagliatelle, tossed in a Creamy White Wine and Garlic Sauce and finished with Grana Padano Cheese.

# PIZZA

Our Pizzas are made using Premium Stone-Ground Italian Flour and Mozzarella.

<b>FOCACCIA (V)</b>	95
Garlic and cold-pressed Olive Oil topped with creamy Danish Feta and Fresh Herbs.	
<b>MARGARITA (V)</b>	120
A timeless blend of Mozzarella Cheese, succulent Cherry Tomatoes and fragrant Basil.	
<b>ITALIAN QUEEN</b>	145
Ham, Mushrooms and Mozzarella Cheese	
<b>HTIPITA</b>	150
Tender Sweet Chilli Chicken paired with creamy Danish Feta.	
<b>GLEN TANAR</b>	160
Bacon, fresh Avocado and Feta	
<b>GLENTANA CLUB</b>	175
A blend of Chicken, Bacon, Onion, Olives, Sweet Peppadews and fresh Avocado.	
<b>MEXICAN</b>	185
Spicy Beef Mince seasoned with Mexican flavours, complemented by Guacamole, Jalapeños and fresh Tomato Salsa.	
<b>HARVEST (V)</b>	180
Roasted Butternut, Sweet Caramelised Onions, Mushrooms, Baby Marrow (seasonal) Sundried Tomatoes, Mozzarella and Danish Feta.	
<b>MEET@SEA</b>	195
A Meat lover's dream featuring Bacon, Ham, Pepperoni, Chorizo and Sweet Peppadews.	
<b>MARINA</b>	195
For the Seafood lovers - Prawns, Mussels, Calamari, Hake, Feta and a Seaside Sauce.	

## DESSERT

<b>CRÈME BRÛLÉE OF THE WEEK</b> Silky baked Custard.	85
<b>AMARULA MALVA</b> A beloved baked South African treat with a twist, served with either Ice cream or Cream.	85
<b>BELGIAN CHOCOLATE TIRAMISU</b> An Italian dessert reimagined, accompanied by an Espresso Shot.	95
<b>CAKE OF THE DAY</b> Choose a slice from our display, served with either Cream or Ice Cream.	80
<b>GELATO AFFOGATO</b> Espresso poured over creamy Gelato, drizzled with Honey and Toasted Almonds.	75
<b>GELATO</b> Decadent Homemade Italian Ice Cream. Oreo Ferrero Rocher Condensed Milk Fudge	65
<b>ICE CREAM DOM PEDROS</b> Amarula Kahlúa Jamerson Irish Whiskey	70 80 90



Experience the power of true passion!

Our chefs invest their time to thoughtfully craft each dish from scratch, using only the finest local and imported ingredients. With their patience and dedication, they infuse life into every creation, ensuring an exceptional dining experience that will have you longing for more.

# SUSHI

SERVED FROM 11H00 - 22H00

<b>CRUNCHY PRAWN ROLL (8PCE)</b>	170
Kimchi Tempura Prawn Roll, topped with Spicy Kewpie Mayo and crispy fried Noodles, drizzled with Sweet Soy.	
<b>CRAZY SALMON ROLL (8PCE)</b>	175
An inside-out roll with Salmon marinated in Kimchi, Sriracha and Kewpie Mayo. Topped with Salmon and lightly blowtorched, finished with Kewpie Mayo & Tsume Sauce.	
<b>RAINBOW RELOADED ROLL (8PCE)</b>	165
Prawn and Avocado Roll topped with Salmon & Avocado, 7 Spice and Sweet Soy.	
<b>RED ROOF ROLL (8PCE)</b>	185
Prawn and Avocado Roll topped with Salmon, 7 Spice and Tsumi Sauce.	
<b>CRISPY CALIFORNIA ROLL (8PCE)</b>	165
Deep-fried California Roll filled with Salmon and Prawn.	
<b>DRAGON ROLL (8PCE)</b>	195
Tempura Prawn Roll topped with Avocado, Spicy Mayo and Tsume Sauce.	
<b>4X4 (4PCE)</b>	165
Salmon California Roll, topped with Crispy Prawns, Sushi Mayo, Tsume Sauce and 7 Spice.	
<b>BILTONG ROLL (8PCE)</b>	195
Biltong, Springbok Carpaccio, Cream Cheese, Avocado, Carrot, Cucumber & Mushroom Atchar.	
<b>VARIETY PLATTER (12PCE)</b>	295
4 piece Dragon Roll, 4 piece Red Roof, 2 Salmon Roses, 2 Prawn Nigiri.	
<b>FAMILY PLATTER (32PCE)</b>	695
8 Dragon Roll, 8 Rainbow Roll, 3 Nigiri, 3 Salmon Roses, 3 Salmon Maki, 3 Salmon Sashimi, 4 4x4	

<b>SASHIMI (3PCE)</b>		<b>ROSES (3PCE)</b>	
Salmon	90	Salmon	90
<b>MAKI (3PCE)</b>		<b>NIGIRI (3PCE)</b>	
Salmon	60	Salmon	90
Prawn	60	Prawn	85
Avocado (V)	50		
<b>CALIFORNIA (4PCE)</b>		<b>HAND ROLL (1PCE)</b>	
Salmon	90	Salmon	90
Prawn	90	Prawn	85
		Vegetable (V)	65

WE ARE A CASHLESS BUSINESS

Right of Admission Reserved | Please ask your waiter for potential allergens

## NON-ALCOHOLIC DRINKS

### COFFEE

Espresso (Single)	25
Cappuccino	35
Americano	30
Decaf Cappuccino	35

### HOT DRINKS

Red Cappuccino	32
Chai Latte	32
Hot Chocolate	32

### TEA

Earl Grey	25
Rooibos	25

### MILK ALTERNATIVES 25

Almond Milk | Oat Milk

### COOL DRINKS

Sodas	32
Ice Tea - Peach   Lemon	35

### AQUELLÉ WATER

Still   Sparkling 500ml	30
Still   Sparkling 750ml	40

### ROSES MIX 35

Lime & Schweppes Soda,  
Passion & Schweppes Soda,  
Cola & Schweppes Tonic

### TIZERS 45

Appletizer  
Grapetizer

### BIRD BOOCHA KOMBUCHA 90

A refreshing, locally crafted fermented fizzy drink made by Feast of Eden.  
Subject to Availability

Raspberry,  
Lemon & Ginger,  
Blueberry & Ginger,  
Granadilla,  
Date & Cardamom

### ROCK SHANDY 55

### STEELWORX 60

### RED BULL 250ML 45

### FRUIT JUICE 35

Orange, Cranberry, Mango, Pineapple

### TOMATO COCKTAIL 55

### MILKSHAKES 55

Vanilla, Chocolate, Strawberry, Oreo, Coffee

## ALCOHOLIC DRINKS

### ON TAP

Castle Lite 500ml	45
Castle Lite 330ml	30
Heineken Lager 500ml	60
Heineken Lager 330ml	40
Stella Artois 500ml	60
Stella Artois 330ml	40

### ON TAP - LOCAL

#### Outeniqua Brewery

Woodlands Pale Ale 500ml	60
Woodlands Pale Ale 330ml	40
Cliffside Lager 500ml	55
Cliffside Lager 330ml	35
Black River Porter 500ml	55
Granaatjie G&T 350ml	60

### BOTTLED BEER

Castle Lite	35
Black Label	35
Amstel	35
Guinness 500ml	55
Corona	40
Heineken Lager	40
Heineken Silver	40
Stella Artois	35
Windhoek Draft	45

### CRAFT BEER

Devils Peak First Lite	45
Devils Peak Block House	50

### CIDERS

Hunters Dry	42
Hunters Gold	42
Savanna Dry	47
Savanna Lite	47

### NON-ALCOHOLIC

Heineken Zero	40
Castle Free	40
Savanna Non Alc	40
Devils Peak Hero	40
Corona Cero	47



## ALCOHOLIC DRINKS

### GIN

Gordons Gin	20
Harmony Distillery Ginzansi	30
Harmony Distillery Honey Bush	35
Harmony Distillery Aloe Ferox	35
Harmony Distillery Old Tom	55
Inverroche Amber	45
Inverroche Classic	45

### VODKA

Smirnoff	25
Absolut Vodka Blue	30
Kettle One	45
Ciroc	50
Grey Goose	55

### WHISKEY

Ballantines	30
Jack Daniels	35
Johnnie Walker Black	45
Jameson	40
Jameson Select Reserve	50
Jameson Triple Triple	45
The Glenlivet Founders Reserve	50
The Glenlivet 12yr	60
The Glenlivet 15yr	100
The Glenlivet 18yr	165
The Glenlivet Fusion Cask	130
Chivas 12yr	40
Chivas 15yr	60
Chivas 18yr	90
Lagavulin	170
Johnnie Walker Blue	215

### BRANDY & COGNAC

Richelieu	25
Buffelsfontein	25
Olof Bergh	25
Klipdrift Premium	25
Van Ryn's 10yr	35
Van Ryn's 12yr	45
Martell VS	45
Martell Blue Swift	80
Courvoisier vs Cognac	50
Courvoisier VSOP	70

### APERITIF, LIQUORS & DIGESTIFS

Amarula	20
Baileys Cream	30
Frangelico	30
Jagermeister	30
Olmeca Reposado	32
Olmeca Silver	32
Olmeca Black	35
Altos Olmeca	40
Altos Olmeca Reposado	40
Kahlua	30
Amaretto Disaronno	40
Drambuie	40
Don Julio Blanco	80
Don Julio Reposado	80

### RUM

Captain Morgan Dark Rum	25
Captain Morgan Spiced Gold	25
Malibu	25
Havana Club Anejo - 3yr	30
Stroh Rum	50

**INVERROCHE**  
BY NATURE

**OLMECA ALTOS**  
100% AGAVE TEQUILA

**MARTELL**  
COGNAC  
FONDEE EN 1715

# COCKTAILS

<b>MOJITO</b> Havana Club Rum, Lime, Mint, Schweppes Soda	75
<b>ORANGE SMASH</b> Ballantines, Grenadine, Orange Juice	80
<b>STRAWBERRY DAIQUIRI</b> Havana Club Rum, Strawberries & Ice	85
<b>FROZEN MARGARITA</b> Olmeca Silver, Triple Sec, Lime	85
<b>CRANBERRY SOURS</b> Jameson, Cranberry Juice	85
<b>GIN MARTINI</b> Beefeater London Gin, Vermouth	85
<b>TROPICAL ISLAND</b> Malibu, Blue Curacao, Grenadine, Pineapple Juice	85
<b>SEA BREEZE</b> Absolut Vodka, Blue Curacao, Sprite, Lime Juice	85
<b>TEQUILA SUNRISE</b> Olmeca Gold Tequila, Grenadine, Orange Juice	85
<b>DUCATI</b> Amarula, Stroh Rum, Strawberry Fruit Lagoon	85
<b>LONG ISLAND ICED TEA</b> Absolut Vodka, Olmeca Silver Tequila, Havana Rum, Beefeater Gin, Lime Juice, topped with Coca-Cola	110