
OYSTERS

West Coast Oysters, shucked to order with bold accents and ocean flavour at Meet@Sea.

WILD COASTAL OYSTER Served raw with Tabasco, Sea Salt, cracked Black Pepper and Lemon. Pure, briny, and wild.	38	M@S GINGER OYSTER Ginger-Soy, Citrus Mayo and Red Caviar. Bright and indulgent.	50
BLOODY MARY OYSTER SHOT Fresh Oyster, premium Vodka and house Bloody Mary mix, finished with Citrus and Celery Salt.	60	UMAMI OYSTER Crispy Onions, Ponzu, Chilli Oil, Japanese Mayo, Chives and Red Caviar.	50
COASTAL OYSTER GRANITA West Coast Oyster topped with a Cucumber, Lime, and Jalapeño Granita. Crisp and refreshing.	50	TEMPURA COASTAL OYSTER Tempura, lightly fried, served with pickled Vegetables and Zesty Citrus Mayo.	48

STARTERS

CIABATTA BUN Freshly baked and infused with Garlic Herb Butter.	35	TEMPURA PRAWNS 3 crispy Tempura battered King Prawns served with an Asian Sweet Chilli Mayo.	144
SOUP Ask your waiter for our seasonal Soup of the Day.	85	CALAMARI TUBES & TENTACLES Grilled or fried Calamari with Fresh Coriander, grilled Lemon with a Peri Peri Sauce.	140
SNAILS Creamy Blue Cheese Sauce with toasted Ciabatta.	95	SALMON TARTARE Hand-chopped Salmon with Tropea Onion, Tomato, and Avocado, finished with Citrus Mayo and light Ginger dressing. Served with crispy Wontons.	170
BILTONG & BLUE CHEESE GNOCCHI Gnocchi in a rich, creamy Biltong & Blue Cheese Sauce, inspired by South African Flavours.	115		
MUSSELS West Coast Mussels in Spicy Cape Malay or Rich White Wine Sauce, served with toasted Ciabatta.	115		

LIGHT MEALS

TEMPURA FISH GOUJONS Crispy battered deep fried Hake with a freshly prepared creamy Remoulade, a tangy French Sauce made with Mayonnaise and Fresh Herbs.			105
MOZAMBIQUE PERI PERI PRAWNS & FOCACCIA Deshelled Prawns in a Peri Peri Sauce served with wood-fired Focaccia. Offering a delightful taste of Mozambican Spice.			175
BEEF TRINCHADO Tender Beef Fillet braised in Spicy Portuguese Sauce, served with Garlic and Herb-infused Ciabatta Bun.			165

SALAD

GREEN (V) / GREEK (V) Crisp vibrant baby Leaves, Cucumber, Cherry Tomatoes and Red Onion, lightly tossed in a fresh Vinaigrette.			90 / 110
CHICKEN / GRILLED CALAMARI & KIMCHI SALAD Mixed Greens, Carrot, Cherry Tomatoes, Pineapple Kimchi and toasted Sesame.			165 / 195
ASIAN STYLE SALAD WITH SEARED SALMON Seared Salmon, mixed Greens, Edamame, Carrot, Cucumber, Red Cabbage and Sesame-Ginger Vinaigrette.			195

MAINS

FROM THE SEA

All of our Seafood is Sustainably Caught.

FRESH HAKE Served grilled or deep fried.	190
CALAMARI Served grilled or deep fried.	230
HAKE & CALAMARI COMBO Served grilled or deep fried.	249
<i>The above dishes are served with a side of your choice and creamy Remoulade. Add Pineapple or Beetroot & Ginger Kimchi +30</i>	
THAI FISH CAKES Accompanied by Lime and Ginger Aioli and a refreshing Asian Salad.	170
THAI GREEN FISH CURRY A taste of Thailand. Fragrant Green Curry with tender Hake, Coconut Milk, Herbs and Vegetables, served with Basmati Rice and crisp Poppadoms.	198
PRAWNS 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	295
1 KG PRAWN Grilled King Prawns served with a creamy Garlic Sauce and a Spicy Mozambique Peri Peri. Served with a side of your choice.	630
LINE FISH Fresh Catch of the Day. Grilled to perfection and served with your choice of fresh Salsa or a White Wine, Lemon Butter Sauce, accompanied by a side of your choice.	245
SEAFOOD PAELLA Prawns, Patagonia Squid, Mussels and Chorizo with White Wine, Garlic, Tomato and Saffron-infused Short Grain Rice.	295
SEAFOOD PLATTER FOR TWO A selection of Hake, Cape Malay Mussels, Calamari and King Prawns. This dish is complemented by Herb Basmati Rice, a Green Salad and two Sauces: Lemon, White Wine Butter and Peri Peri.	645
WHOLE FISH Baked with Olive Oil, Lemon, Fresh Herbs. Served with Chips, Green Salad and Lemon, White Wine Butter. <i>Please allow 45 Minutes for preparation.</i>	365
SOLE REVIERA Pan fried Sole, White Wine, Lemon Butter Sauce and Deep Fried Capers.	325

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 (BONE-IN) 215
Authentic South African Curry with Yoghurt-based Riata Sauce, Salsa, a Roti and Parsley Rice.

BUTTER CHICKEN 170
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 300G	285	RUMP 300G	230
RIBEYE 300G	285	SIRLION 300G	230
OSTRICH FILLET 250G	235		

SAUCES

Madagascan Green Pepper Sauce	40
Creamy Forest Mushroom	45
Blue Cheese & Biltong	40
Creamy Garlic Butter	40

SIDES

Rustic Cut Fries	35
Seasonal Vegetables	35
Side Salad	35

PASTA

MEDITERRANEAN PASTA (V) 170
Tagliatelle Pasta with Butternut, Peppers, Basil Pesto, Tropea Onions, Mushrooms, Sundried Tomatoes, creamy Danish Feta and Grana Padano.

RICOTTA & WILD MUSHROOM RAVIOLI (V) 235
Nestled on silky Butternut Velouté and finished with delicate Grana Padano shavings.

CHICKEN PARMIGIANO 195
Oven-baked Panko-Crusted Chicken Fillet topped with Napolitana Sauce and Mozzarella. Served on Basil Pesto Tagliatelle.

BEEF FILLET PASTA 255
Marinated Fillet with Creamy Forest Mushroom Sauce, Truffle Oil and Grana Padano Cheese. Served with Tagliatelle.

OXTAIL GNOCCHI 295
Slow-cooked Oxtail Ragout with Mushrooms, served with Gnocchi and topped with Grana Padano Cheese.

@SEA PUTTANESCA PASTA 295
Pan Fried Mussels, Calamari, and King Prawns in a Tomato Puttanesca, served with Tagliatelle and topped with Grana Padano Cheese.

@SEA AL BIANCO 295
Mussels, tender Calamari and grilled King Prawns served with Tagliatelle, tossed in a Creamy White Wine and Garlic Sauce, finished with Grana Padano Cheese.

PIZZA

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

FOCACCIA (V) Garlic and cold-pressed Olive Oil topped with creamy Danish Feta and Fresh Herbs.	95
MARGARITA (V) A timeless blend of Mozzarella Cheese, succulent Cherry Tomatoes and fragrant Basil.	125
ITALIAN QUEEN Ham, Mushrooms and Mozzarella Cheese.	150
HAWAIIAN Ham, Pineapple and Mozzarella Cheese.	155
HTIPITA Tender Sweet Chilli Chicken paired with creamy Danish Feta.	155
GLEN TANAR Bacon, fresh Avocado and Feta.	165
GLENTANA CLUB A blend of Chicken, Bacon, Onion, Olives, Sweet Peppadews and fresh Avocado.	180
MEXICAN Spicy Beef Mince seasoned with Mexican flavours, complemented by Guacamole, Jalapeños and fresh Tomato Salsa.	195
HARVEST (V) Roasted Butternut, Sweet Caramelised Onions, Mushrooms, Baby Marrow (seasonal) Sundried Tomatoes, Mozzarella and Danish Feta.	180
MEET@SEA A Meat lover's dream featuring Bacon, Ham, Pepperoni, Chorizo and Sweet Peppadews.	195
MARINA For the Seafood lovers - Prawns, Mussels, Calamari, Hake, Feta and a Seaside Sauce.	195
PITZALIZA An elevated classic featuring Ham, Salami, Olives, Mushrooms and marinated Artichokes for a rich Mediterranean profile.	195
BRIE ROYALE (V) Creamy Brie paired with Caramelised Onion, Toasted Sesame Seeds and fresh Rocket.	180
ITALIAN AFFAIR Delicate Parma Ham, Cherry Tomatoes, fresh Rocket and Grana Padano shavings — a timeless Italian indulgence.	250

DESSERT

CREME CATALANA	85
A Spanish classic infused with delicate notes of Orange, finished with a perfectly torched Caramelised Sugar crust.	
AMARULA MALVA	85
A beloved baked South African treat with a twist, served with either Ice cream or Cream.	
TIRAMISU	95
An Italian dessert with Espresso and Mascarpone Cream.	
CAKE OF THE DAY	80
GELATO AFFOGATO	75
Espresso poured over creamy Gelato, drizzled with Honey and Toasted Almonds.	
GELATO	65
Decadent Homemade Italian Ice Cream.	
- Oreo	
- Ferrero Rocher	
- Condensed Milk Fudge	
ICE CREAM DOM PEDROS	
Amarula	
Kahlúa	70
Jameson Irish Whiskey	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

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

SASHIMI (3PCS)		ROSES (3PCS)	
Salmon	90	Salmon	90
MAKI (3PCS)		NIGIRI (3PCS)	
Salmon	60	Salmon	90
Prawn	60	Prawn	85
Avocado (V)	50		
CALIFORNIA (4PCS)		HAND ROLL (1PCS)	
Salmon	90	Salmon	90
Prawn	90	Prawn	85
		Vegetable (V)	65

NON-ALCOHOLIC DRINKS

COFFEE

Espresso (Single)	25
Cappuccino	40
Americano	30
Decaf Cappuccino	40

TEA

Earl Grey	30
Rooibos	30

COOL DRINKS

Sodas	35
Ice Tea - Peach Lemon	40

TIZERS

Appletizer	45
Grapetizer	

BIRD BOOCHA KOMBUCHA

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

STEELWORX

RED BULL 250ML

RED BULL SUGAR FREE 250ML

FRUIT JUICE

Orange, Cranberry, Mango, Pineapple

TOMATO COCKTAIL

MILKSHAKES

Vanilla, Chocolate, Strawberry, Oreo, Coffee

HOT DRINKS

Red Cappuccino	40
Chai Latte	40
Hot Chocolate	40

MILK ALTERNATIVES

Almond Milk Oat Milk	15
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VALPRÈ WATER

Still Sparkling 500ml	30
Still Sparkling 750ml	45

90

55

60

45

45

35

60

55

ALCOHOLIC DRINKS

ON TAP

Castle Lite 500ml	50
Castle Lite 330ml	35
Guinness 500ml	65
Guinness 330ml	45
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	40
Black Label	40
Amstel	40
Castle Double Malt	40
Guinness 500ml	60
Corona	40
Heineken Lager	40
Heineken Silver	40
Stella Artois	40
Windhoek Draft	45

CIDERS

Hunters Dry	42
Hunters Gold	42
Savanna Dry	47
Savanna Lite	47
Flying Fish Pressed Lemon	40
Brutal Fruit L'Orange Rossa Spritzer	40
Brutal Fruit Ruby Apple Spritzer	40

CRAFT BEER

Devils Peak First Lite	45
Devils Peak Block House	50

NON-ALCOHOLIC

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

STELLA  ARTOIS®

ALCOHOLIC DRINKS

GIN

Gordons Gin	20
Harmony Distillery Ginzansi	30
Harmony Distillery Honey Bush	40
Harmony Distillery Aloe Ferox	35
Harmony Distillery Old Tom	55
Inverroche Amber	45
Inverroche Classic	45

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

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 Resposado	40
Kahlua	30
Amaretto Disarono	40
Drambuie	40
Don Julio Blanco	80
Don Julio Reposado	80

VODKA

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

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

RUM

Captain Morgan Dark Rum	25
Captain Morgan Spiced Gold	25
Malibu	25
Havana Club Anejo - 3yr	25
Stroh Rum	45

INVERROCHE
BY NATURE

OLMECA ALTOS
100% AGAVE TEQUILA

MARTELL
COGNAC
FONDEE EN 1715

COCKTAILS

MOJITO Havana Club Rum, Lime, Mint, Schweppes Soda.	90
ORANGE SMASH Ballantines, Grenadine, Orange Juice.	80
STRAWBERRY DAIQUIRI Havana Club Rum, Strawberries & Ice.	90
FROZEN MARGARITA Olmeca Silver, Triple Sec, Lime	90
WHISKEY SOURS Whiskey, Lemon Juice, Simple Syrup.	95
NEGRONI Gin, Vermouth, Campari & Ice.	90
TROPICAL ISLAND Malibu, Blue Curacao, Grenadine, Pineapple Juice.	90
SEA BREEZE Absolut Vodka, Blue Curacao, Sprite, Lime Juice.	95
TEQUILA SUNRISE Olmeca Gold Tequila, Grenadine, Orange Juice.	90
DUCATI Amarula, Stroh Rum, Strawberry Fruit Lagoon.	90
PINA COLADA Malibu, Coconut, Pineapple Juice & Ice.	95
APEROL SPRITZ Prosecco, Aperol, Schweppes Soda Water.	105
LONG ISLAND ICED TEA Absolut Vodka, Olmeca Silver Tequila, Havana Rum, Beefeater Gin, Lime Juice, topped with Coca-Cola.	110