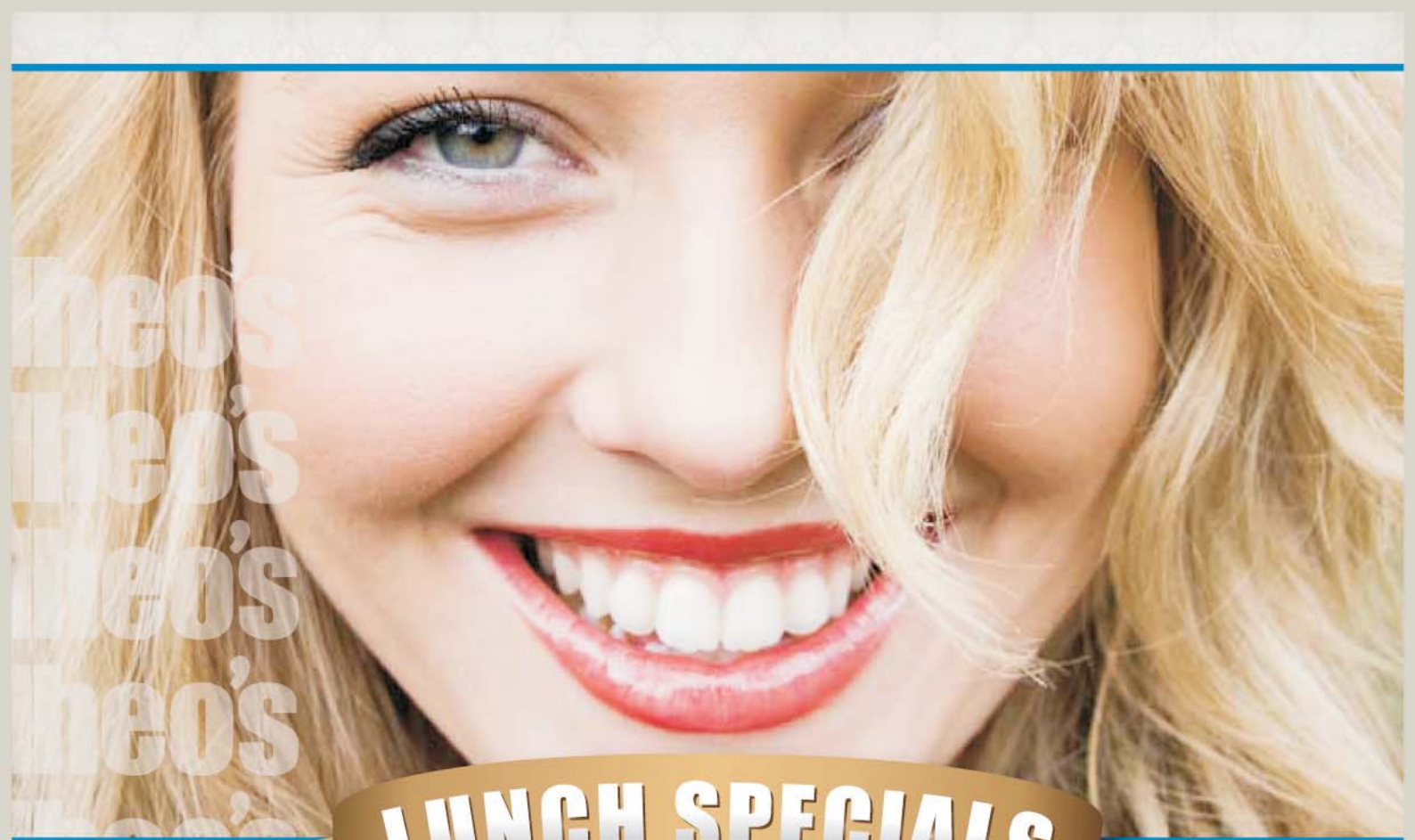


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**MAIN MENU**



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★ **LUNCH SPECIALS** ★

## SEAFOOD

OYSTERS	each R 6
1 KG PRAWNS	R99
LINE FISH	R79

## MEAT & POULTRY

300g SIRLOIN	R79
SPATCHCOCK CHICKEN PERI-PERI	R79
500g SPARE RIBS	R79

NO SHARING OR TAKE-AWAYS.  
ALL DISHES SERVED WITH STARCH OR SIDE SALAD.

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# HOT STARTERS

<b>CRUMBED MUSHROOM</b> Served with homemade tartar sauce.	R48
<b>CHICKEN LIVERS À LA PORTUGUESE</b> Grilled to perfection in a genuine Portuguese peri-peri.	R53
<b>BABY CALAMARI</b> Choose between; grilled with lemon butter, dusted in a light New Orleans cajun spice or Theo's "baby" - lightly dusted and fried to perfection. Served with skordalia.	R48
<b>SOUP OF THE DAY</b> Minestrone	R38
Bouillabaisse	R48
<b>SNAILS</b> Served with our creamy blue cheese or traditional garlic butter sauce.	R55
<b>CAMEMBERT</b> Only one way to do it - deep-fried and served with cranberry sauce.	R58
<b>BUFFALO WINGS</b> Chicken wings flame-grilled and served with your choice of peri-peri, blue cheese or BBQ sauce.	R48
<b>MUSSELS</b> Served in a cream, garlic and white wine sauce.	R53
<b>PORTUGUESE SARDINES</b> Flamed-grilled the traditional way, served with coarse salt and topped with marinated green peppers, raw onion and olives.	R55

# COLD STARTERS

<b>CHAMPAGNE OYSTERS</b> Cultivated local oysters from our mini ocean. Goes well with a glass of Champers!	each R12
<b>PARMA HAM</b> With melon and black pepper.	R58
<b>SMOKED SALMON</b> With cottage cheese, capers, lemon wedges and sprinkled with black pepper. Served with brown bread.	R58
<b>CARPACCIO</b> Thinly-sliced fillet (or tuna when available) served with shaved parmesan, cos lettuce, celery, raw mushroom and drizzled with olive oil.	R58
<b>AVOCADO RITZ</b> (seasonal) Served with succulent shrimp, tangy seafood dressing and avocado.	R58

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## SALADS & LIGHT MEALS

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| <b>THEO'S TRADITIONAL GREEK SALAD</b><br>A traditional Mediterranean-style Greek salad with olive oil, olives, feta, tomato, cucumber, peppers and onion and finished with a sprinkle of oregano.                | R55 |
| <b>GREEK SALAD</b><br>A mixture of olives, feta, tomato, cucumber, peppers, onion and lettuce. Topped with a delicious Greek dressing.   | R55 |
| <b>MIXED SALAD</b><br>Medley of tomato, onion, peppers, cucumber, feta and olives with slices of avocado and pear. Enhanced by a delicious French dressing.  | R55 |
| <b>ROQUEFORT SALAD</b><br>A selection of lettuce, onion, peppers and cucumber. Topped with shavings of Roquefort and thick Roquefort dressing.   | R48 |
| <b>SEAFOOD SALAD</b><br>Prawns, calamari, mussels and shavings of Norwegian salmon mixed with greens. Accompanied by a fantastic seafood dressing.   | R78 |
| <b>BABY ROCKET AND PARMESAN</b><br>Found in Italian restaurants worldwide. A combination of rocket with the appealing sweet and sour taste of balsamic vinegar with a tantalising richness of parmesan shavings. | R52 |
| <b>WATERMELON AND FETA SALAD</b><br>A combination of shaved melon with a salty feta cheese and calamata olives drenched in vinaigrette on a bed of greens and roasted seeds.                                     | R55 |
| <b>CAPRESE</b><br>Layers of buffalo and mozzarella cheese, sliced tomatoes with a basil and pesto dressing.  | R58 |
| <b>CHICKEN SALAD</b><br>Succulent, spiced chicken breast accompanied by cherry tomatoes, pickled peppers, sun-dried tomatoes, avocado and greens. Sprinkled with a combination of seasonal seeds.                | R55 |
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# FROM THE GRILL

We are proud to announce that our meat is only super grade and hung on the carcass for up to 4 days. Rump, sirloin and fillet are “wet-aged” for periods varying from 4 days to 3 weeks. T-bones are dry aged. Steaks can be cut to your specifications and our meat is available for purchase, for home preparation. It will be our pleasure to weigh and package it for you!

We offer you the grilling choice of BBQ bastings or olive oil, (of which we recommend BBQ). All our main courses are accompanied by chips, rice, baked or crispy roast potato. Served with butter and sour cream, or a spring onion and chive sour cream filling.

## FILLET

Ladies 250g	R125
Medium 350g	R140
Large 450g	R160

## RUMP

Ladies 250g	R105
Medium 350g	R115
Large 450g	R140

## SIRLOIN

Ladies 250g	R105
Medium 350g	R115
Large 450g	R140

# ON THE BONE

T-BONE R120

FILLET ON THE BONE R140  
When available.

KAROO LAMB CHOPS R125

LAMB SHANK R125  
Slow oven-baked in spices and flash grilled.

OXTAIL R125  
Traditional South African oxtail. Served with mashed potato and vegetables.

SPARE RIBS R 95  
Char-grilled and basted in our secret recipe of herbs and spices.



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# SAUCE STEAKS

<b>AVOCADO AND BILTONG STEAK</b> Rump or sirloin smothered with a creamy sauce, topped with avocado and biltong.	R115
<b>MUSSEL STEAK</b> Your choice of succulent rump or sirloin with a topping of either mussels in creamy garlic sauce or our Greek peri-peri mussels.	R112
<b>PEPPER STEAK</b> A choice of rump or sirloin rolled in ground black pepper, cooked with a touch of cream, brandy and covered with its own cognac sauce.	R110
<b>HOLLANDSE BIEFSTUK</b> (not recommended more than medium) A fillet seasoned and pan-fried in pure butter and flambéed with cognac.	R120
<b>STEAK ESCARGOT</b> Medallions of garlic-herb butter over garlic snails with your choice of rump or sirloin.	R115
<b>BLUE CHEESE STEAK</b> Rump or sirloin covered with a creamy garlic roquefort dressing and scattered with blue cheese.	R110

## GAME (ON AVAILABILITY)

<b>OSTRICH</b> Flame grilled and served with peppers and a creamy red wine pepper sauce.	SQ
<b>KUDU STEAK</b> Basted and grilled to perfection. Served with a separate cranberry and pepper sauce.	SQ
<b>SPRINGBOK</b> Well matured, loin grilled to perfection.	SQ

Please enquire with your waitron about other available game dishes.

## VEAL

<b>VEAL LIMONE</b> Covered with creamy lemon sauce.	R 98
<b>VEAL ROMANO</b> Covered with a light mushroom and red wine sauce.	R 98
<b>VIENNA SCHNITZEL</b> Accompanied with fried banana slices, boiled eggs and anchovies.	R 98

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# BURGERS & STEAK ROLLS

All served on a toasted roll with lettuce, tomato and onion.  
Our beef burgers are made with only pure lean beef and spices.

<b>THEO'S CLASSIC BURGER</b> Flame grilled to perfection.	R 55
<b>STEAK ROLL</b> A prime cut sirloin flame grilled to perfection.	R 65
<b>CHICKEN BURGER</b> A prime cut chicken fillet grilled to perfection.	R 55

## SEAFOOD

<b>LINE FISH</b> Our linefish is delivered fresh daily and grilled plain, cajun-style or lemon butter.	R110
<b>CALAMARI</b> Succulent baby tubes grilled in lemon butter or cajun spice, or dusted with seasoned flour and deep-fried. Served with skordalia.	R105
<b>BABY KINGKLIP</b> Grilled in either lemon butter or cajun spice.	R120
<b>KINGKLIP (Fillet)</b> Grilled in either lemon butter or cajun spice.	R120
<b>KINGKLIP SUPREMO (Baby or Fillet)</b> Smoked in a creamy shrimp and mushroom sauce.	R120
<b>8 KING PRAWNS</b> Served with garlic, lemon butter and peri-peri.	R150
<b>3 TIGER GIANT PRAWNS</b> Served with garlic, lemon butter and peri-peri.	R220
<b>LOBSTER</b> Grilled: you can't go wrong with this! Thermidor: this takes a little longer but is worth the wait! Cold, served with seafood dressing and asparagus.	SQ
<b>SOLE (when available)</b> Grilled with lemon butter or cajun spice.	R125
<b>NORWEGIAN SALMON (when available)</b> Fresh and succulent fillet of salmon grilled to perfection (medium - medium rare).	R140
<b>SEAFOOD PLATTER FOR 1</b> Linefish, mussels, calamari, 3 king prawns and 400g lobster.	R220
<b>SEAFOOD PLATTER FOR 2</b> Linefish, mussels, calamari, 6 king prawns and 400g lobster.	R450

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# PASTA

(TAGLIATELLE / SPAGETTI)

## SPAGHETTI BOLOGNAISE

Need we say more?

R 78

## VEGETARIAN PASTA

Please ask your waitron for details.

R 78

# POULTRY

## BABY SPATCHCOCK CHICKEN

Marinated and juicy. Flame-grilled with peri-peri, BBQ or lemon herb.

R 95

## CHICKEN FLORENTINO

De-boned chicken breasts, lightly spiced and grilled to succulent perfection, smothered with Theo's mouth-watering, creamed spinach. Topped with parmesan cheese and lightly toasted.

R105

## FILLETED CHICKEN BREAST

Dusted with cajun spice, flame-grilled and topped with our cheese and mushroom sauce.

R 95

## CHICKEN SCHNITZEL

Chicken breast crumbed, deep-fried and smothered in a sauce of your choice.

R 95

# SAUCES & SIDES

## SAUCES

Madagascan green pepper, mushroom, garlic, cheese, mustard, peri-peri, roquefort or monkey gland.

R 22

## SIDES

Sautéed mushrooms, crumbed onion rings or veggie selection.

R 25

# DESSERT

We have a spectacular choice of desserts and cakes!

Please ask your waitron for details.

R 30

# CHEESE PLATTER

Selection of mixed cheeses, figs and biscuits.

R 50

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