



BALATA (buh-lah-tuh, bal-uh-tuh) - The non-elastic, rubberlike, water-resistant gum that softens in hot water and is obtained from the latex of a tropical American tree, *Manilkara bidentata*: used chiefly in the manufacture of machinery belts, golf ball covers, and as a substitute for gutta percha.

A LITTLE HISTORY

Mike Austin sets world record with Balata ball

For years Austin was well known by professional golfers for his length off the tee. But it was one drive in 1974 that secured his name in history. While playing in the U.S. National Seniors Tournament, at the Winterwood Golf Course (now the Desert Rose) Austin was put in a foursome with PGA Champion Chandler Harper. After hitting several 400-yard drives, Chandler said, "Mike, let's see you really let one go." Austin drove the ball on 450-yard par 4. It carried to the edge of the green, bounced over and rolled past the pin and off the back edge. In a 2003 interview, Chandler said he found a ball on the next tee box and called to Austin, "This is impossible, but there is a ball over here." They identified the ball as Austin's and stepped off the distance back to the center of the green. The drive was 515 yards. As of 2009, the record still stands for the longest drive in a golf tournament.

Several factors make this record feat especially amazing, although there was a tail wind estimated at 27-35 mph. The drive was done on level ground, using a persimmon wood driver with 10 degrees of loft and a 43.5 extra-stiff steel shaft, the ball was a soft balata and Mike Austin was 64 years old. The improved technology of today should achieve far greater distances in the same conditions

BALATA A LA CARTE MENU

STARTERS

Beef Carpaccio *R90*

Thinly sliced raw beef fillet with parmesan shavings, marinated mushrooms and truffle croutons

Prosciutto Salad *R85*

Prosciutto ham, dried figs, Panko bocconcini, baby spinach and toasted almond flakes

Orange and Fennel Cured Beetroot (V) *R70*

Thinly sliced with goats caprini and apple sorbet

Caprese Salad (V) *R75*

Layers of mozzarella, tomato, basil and balsamic reduction



Peri-peri Chicken Livers *R70*

Chicken livers in a spicy cream tomato sauce served with crusty bread

Mezze Platter (V) *R90*

Humus, tzatziki, babaganoush, marinated olives, Tirokafteri dip and grilled halloumi served with pita bread and garlic focaccia

Gravadlax *R115*

Cured salmon with dill and citrus. Thinly sliced and served with lemon macarons

Calamari and Chilled Roasted Ratatouille *R105*

Marinated tubes and tentacles with roasted vegetables and spicy salsa

Lemon and Prawn Risotto *R125*

Zesty lemon prawn meat risotto finished with parmesan cheese and a grilled prawn

West Coast Mussels *R95*

In white wine garlic and parsley cream sauce served with crusty bread



SOUPS

Pea and Ham Soup *R60*
Split pea and ham hock soup

French Onion Soup *R55*
Classic brown French onion soup with a guyere crouton

MAIN COURSES

BALATA GRILLED SPECIALITIES

All served with French fries, grilled mushroom and confit tomato

Beef Fillet *R195*

Mature Rib Eye Steak *R180*

T - Bone Steak *R220*

Lamb Loin Chops *R240*

Chicken Kebab *R125*

Pork Neck Steak *R125*

Side Orders and Sauces *R30*

Red wine jus

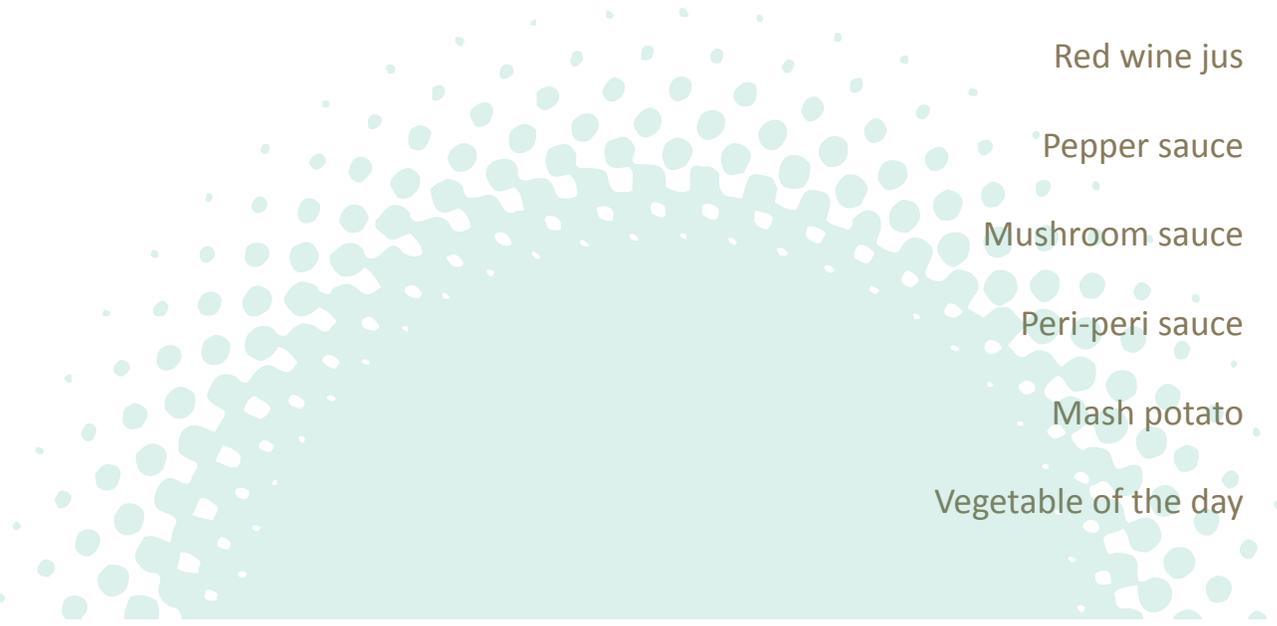
Pepper sauce

Mushroom sauce

Peri-peri sauce

Mash potato

Vegetable of the day





MEAT DISHES

Mediterranean Lamb Shank *R220*

Slow cooked in red wine, lemon, rosemary and garlic served with creamy mashed potato

Slow Roasted Pork Belly *R175*

Fondante potato, Anise carrot puree, Broccoli and Calvados Jus

Braised Oxtail In Red Wine *R210*

With butter beans and garlic mashed potato

POULTRY DISHES

Sweet Chilli Glazed Free Range Duck *R210*

Braised and partially de-boned on stir fried vegetables and egg noodles

Flame Grilled Baby Chicken *R155*

Marinated with a choice of spicy or lemon and herb served with coconut rice

FISH AND SEAFOOD

Salmon Lentils *R245*

Seared salmon served on a bed of lentils, brunoise vegetables and saffron cream

Kingklip & Prawns *R260*

Grilled and served with sautéed cherry tomatoes, Kalamata olives, artichokes, spicy rice and lemon dressing

Pan Fried Line Fish Marnière *R280*

Buttered parsley baby potatoes with mussel velouté

Sautéed Prawns *R350*

Eight queen prawns sautéed with lemon, garlic, ginger, chilli oil served with vermicelli noodles and Asian slaw





PASTA AND VEGETARIAN DISHES

Linguine Pesto (V) *R95*

Tossed with zucchini, pine nuts, cherry tomatoes and pesto

Sicilian Style Penne *R155*

Calamari in a lemon cream with pancetta lardons

Mediterranean Bean Ragout (V) *R95*

Variety of beans, chick peas in a vegetable and tomato based sauce served with basmati rice

DESSERT

Amarula Malva Pudding and Toffee Syrup *R60*

With crème Anglaise

Banana Bread Tiramisu *R60*

With Dulce de leche and coffee liqueur syrup

Warm Chocolate Mud Cake *R60*

With espresso peppermint ice cream

Assiette of Homemade Ice Creams *R60*

Butterscotch Crème Brulee *R60*

Mulled Wine Dark Chocolate Brownie *R60*

With orange marmalade

South African Cheese Board *R120*

Served with preserves and crackers

