salads

*thai beef salad R148
150g sliced fillet steak, edamame beans, cashew nuts, radish, red onion, gem lettuce, cucumber, celery, coriander, mint, red chilli & thai marinade

(v)chopped house salad half R82 full R108
avo, cabbage, gem lettuce, cherry tomato, red onion, coriander, sunflower seeds, cashew nuts, black sesame seeds & vinaigrette
chicken half R104 full R138

tashas caesar half R78 full R102
baby spinach, gem lettuce, cherry tomatoes, cucumber, croutons, boiled egg or cold poached egg, crispy parma ham, parmesan shavings with a caesar anchovy dressing
chicken half R98 full R132 **anchovy** half R88 full R118

(v)quinoa beetroot half R74 full R98
pickled beetroot, quinoa, hazelnuts, feta, grilled onion, baby spinach, chives, sumac & pomegranate dressing
chicken half R96 full R128

(v)texas salad half R74 full R98
corn tossed with feta, cherry tomatoes, kalamata olives, basil leaves & rocket in a light lemon pesto dressing
chicken half R96 full R128

*smoking salmon
smoked salmon trout, cottage cheese, caper berries & asparagus, served with a basil, rocket, micro green, cherry tomato, red onion salad & melba toast
40g salmon R98 **80g salmon** R132

*nicoise R126
tuna, baby potatoes, green beans, gem lettuce, cherry tomatoes, red onion, olives, capers, parsley, chives, lemon juice, olive oil, cold poached or boiled egg & nicoise dressing
add anchovies +R16

(v)heirloom halloumi half R78 full R104
heirloom tomatoes, middle eastern spiced halloumi, fennel, micro herbs, cucumber, red onion, mint, parsley & pomegranate dressing

(v)butternut salad half R88 full R116
roasted butternut served on a bed of greens with roasted tomatoes, pine nuts, avo & a choice of feta or goat cheese, served with orange & mustard dressing

*rustic chicken liver salad R104
chicken livers, parmesan shavings, roasted tomatoes, gem lettuce red onion, micro greens, crumbled croutons & parsley, in a balsamic honey mustard dressing

***salads marked with an asterisk are not available in half portions**
we serve two chicken breasts with our full chicken option
half portions are 75% of full portion price

easy eating

allow 20 minutes preparation time / extra 10 minutes for meat well d
* you may swop starch on any mains at an additional cost

salmon tartare R222
160g raw chopped salmon, mixed with coriander, red onion & soy sauce, se with avo, fresh chilli, cherry tomato, lime & melba toast

smoked salmon fish cakes R134
smoked salmon trout, red onion, potato, dill & chive fish cakes, served with lemon baby potato salad & fennel, cherry tomato, radish & avo salad & ma

panko goujons R118
crumbed hake goujons, homemade tartare sauce, served with fries & peas

parmesan & couscous crusted chicken R144
two chicken breasts coated in couscous & parmesan, served on a fennel, broccoli & herb salad topped with a dollop of goat cheese
half-portion R108

lemon chicken R106
cubed chicken breasts in a lemon butter & oregano sauce served with rice
add sundried tomato, olives & capers R126

prego
tashas style prego served with fries
chicken R94 **sirloin** R102 **fillet** R122

beef burger
two 125g homemade mini beef burger patties, red onion, tomato, gem lett sesame seed buns, served with fries & tzatziki
plain R96 **cheese** R106

aubergine, beef & yoghurt crumble R94
roasted aubergine topped with spiced beef mince, chilli, garlic, mint, toma pomegranate molasses, served with tahini yoghurt, panko crumbs & pine

steak **sirloin** R160 **fillet** R180
250g steak served with fries
add side order onion rings +R18 **add dijon, black pepper, mushroom sauce**

steak tagliata
250g thinly sliced grilled steak tossed with rocket, balsamic vinegar, soy sa sundried tomatoes, roasted cherry tomatoes & pine nuts, served with fries
sirloin R192 **fillet** R212

lamb cutlets R228
400g lamb cutlets, oregano feta spread, kalamata olives, red onion & rock salad, served with fries

shepherd's pie R184
pulled roast lamb, carrots, peas, red onion & gravy topped with mashed pota & parmesan, served with mint jelly

(v)**soup** R68
enquire about our soup of the day

quesadillas

toasted mexican flat bread

the american R94
pulled pork, pickled jalapeno, coriander, cheddar & slaw, served with guacamole

the brazilian R98
strips of grilled chicken in a lemon, chilli & coriander marinade with cheddar, served with yoghurt

the south african R90
chicken, mayo, mozzarella & gherkins

(v)**the greenland** R84
avo, feta, pistachio nuts, mozzarella, baby spinach, rocket & basil mayo

extra fillings

goat cheese, halloumi 100g	R30
cottage cheese, olives, cheddar	R22
feta, mozzarella, parmesan	R26

sides: fries, rice, boiled baby potatoes R28
side order veg R58 / **side green salad** R34 / **side greek salad** R44

pasta

choice of pasta - penne & linguine

(v)**napoletana** R76
traditional tomato based sauce

(v)**arrabbiata** R78
tomato & chilli

bolognese R98
beef mince cooked in a traditional tomato sauce

alfredo R108
cream based sauce with ham & mushrooms

creamy pesto R134
chicken, button mushrooms, sundried tomato, pesto, cream, basil & white wine

savvas chicken pasta R126
chargrilled chicken strips, mushrooms, chives, garlic & cream

(v)**corsica** R96