

A green banner with a white border and a ribbon-like shape on the right side. On the left, there is a small illustration of two bowls, one containing a dark liquid and the other a lighter liquid, with steam rising from them. The word "Starters" is written in a bold, black, serif font in the center of the banner.

Starters

Thai fish cakes **R45**
served with sweet chili dipping sauce and coriander

Calamari
Portuguese style OR traditional- served with tartar sauce and lemon juice

Rings **R44**

Tubes & heads **R48**

Fried squid heads **R46**

Local mussels **R53**
with creamy garlic or a spicy, creamy tomato sauce served with a Portuguese roll

Garlic snails **R52**
oven baked in garlic butter and served with a Portuguese roll

Spring Roll
with a dipping sauce

Chicken **R20**

Vegetable **R18**

Halloumi **R26**

Seafood Chowder **R49**
served with a slice of ciabatta toast & 1 prawn

Smoked salmon foccacia **R59**
with garlic, cream cheese and rocket

Garlic and feta foccacia **R25**

Grauit sailfish foccacia **R69**
with cream fraiche and rocket



Burgers

Served with homemade sourdough buns, pickles, Nina's relish and chips OR salad.

Standard **R55**

Beef burger

Chicken burger (Portuguese or BBQ)

Ostrich Burger

Waygu/Angus beef burger (A hormone free beef patty marbled with healthy fat) **R95**

Cheddar melt burger **R85**

(Bacon, cheese and mushroom sauce OR bacon and blue cheese sauce)

Free chicken mince and dried fruit patty

Grilled chicken breast

Ostrich patty

Beef patty

Wagu/Angus beef burger **R115**

Avo, bacon, feta and rocket **R85**

Free chicken mince and dried fruit patty

Grilled chicken breast

Ostrich patty

Beef patty

Wagu/Angus beef burger **R125**

Bacon, Brie and cranberry sauce **R85**

Free chicken mince and dried fruit patty

Grilled chicken breast

Ostrich patty

Beef patty

Wagu/Angus beef burger **R125**

Calamari burger **R65**

(Calamari rings, tartar sauce, gherkins & organic lettuce)

Pulled lamb burger **R85**

(Slow roasted lamb, with cream cheese, tzatziki, pesto, humus, rocket, & caramelized onions)

Pulled Pork burger **R75**

(Pulled pork, cream cheese, tzatziki, pesto, humus, rocket & caramelized onion)



Grill

Steaks

Flame-grilled in BBQ sauce or chimichurri sauce, served with coleslaw and chips OR salad
Please state if NO basting is required.

300g Rib Eye	R157
300g Rump	R139
300g Fillet	R177
200g Fillet	R125
500g T-Bone	R175

Sauces **R25**

Pepper, mushroom or cheese

Dutch Sauce **R30**

(Fresh cream, cracked pepper & mushrooms)

Ribs

Pork ribs basted in Nina's homemade BBQ sauce and served with chips or coleslaw.

400g	R99
600g	R148

Chicken

Chicken Schnitzel or Grilled (BBQ or Portuguesel served with cheese sauce, chips and coleslaw
OR organic salad greens.

Single	R55
Double	R87

Oven Baked Stuffed Chicken **R99**

Chicken fillet stuffed with figs and blue cheese and wrapped in streaky bacon served with roast vegetables and potato bake

1/2 Chicken **R88**

Flame grilled in authentic Portuguese OR BBQ sauce served with chips, coleslaw and organic green greens

Extras Available

Sweet Potato Chips

S R25
M R45
L R60

Chips | Savoury Rice | Onion Rings

S R22
M R33
L R48

Roast Vegetables OR Stir Fried Vegetables

S R25
M R40



Served with chips OR organic greens

Surfers

Chicken mayo, bacon, onion & tomato

R46

Continental

Continental ham & mozzarella cheese

R45

Cheese & Tomato

R38



Seafood

Mussels

Local mussels baked in a creamy, spicy tomato sauce OR a creamy garlic sauce served with savory rice, lemon and a Portuguese roll

R99

Calamari

Portuguese or traditional style calamari rings, grilled or fried and served with coleslaw, salad, rice OR chips

R94

Portuguese or traditional style tubes and heads grilled or fried and served with coleslaw, salad, rice OR chips

R99

Fish

Hake

Grilled or fried, served with coleslaw, salad chips or rice

R89

Locally caught, sustainable linefish

Grilled and served with coleslaw, salad, rice OR chips

R110

Locally caught, sustainable linefish and calamari

Served with coleslaw, salad, rice OR chips

R146

Prawns

10 x Prawns Grilled in our creamy, spicy tomato sauce or lemon butter. Served with chips OR savory rice, organic greens and coleslaw

R158

Add On's

125g calamari rings

R36

125g calamari tubes and heads

R44

200g ribs

R46



Served with your choice of plain or egg fried jasmine rice, egg noodles OR gluten-free rice noodles.
Our stir fry sauce contains fish sauce & oyster sauce

Thai Red (Hot) Curry

Simmered in coconut milk with bok choy, crisp veg & sprouts

Beef | Chicken | Pork **R65**

Thai Green (Med) Curry

Simmered in coconut milk with bok choy, crisp veg & sprouts

Chicken **R59**

Prawn **R90**

Chicken & Prawn **R85**

Thai Yellow (Mild) Curry

Simmered in coconut milk with bok choy, crisp veg & sprouts

Chicken **R59**

Prawn **R90**

Chowmein

Stir fry noodles, crisp vegetables & sprouts

Beef | Chicken | Pork **R61**

Stir Fry

Stirfried with bok choy, crisp veg & sprouts

Beef | Chicken | Pork **R61**

Sweet & Sour

Authentic thai style with mushrooms, bok choy, crisp vegetables, carrots & sprouts

Beef | Chicken | Pork **R61**

Pad Thai

Egg fried rice noodles in a tamarind sauce, bok choy, crisp veg, sprouts & peanuts

Beef | Chicken | Pork **R64**

Prawn or prawn & calamari **R73**

Add On's

Carb Free, Paleo, Banting & Gluten Free

Adapt your meal to your diet! See our dessert options too

Cauliflower rice	R23
Small cauliflower pizza base	R23
Banting Roll	R8
Gluten free wrap	R8
Gluten free pizza base	SR15
	LR33
Small cassava base	R23
Low carb coconut flour wrap	R18



Indian Curries

All our authentic curries are made with spices from Durban, served with a poppadom, 2 sambals and basmati rice OR a handmade roti.

Lamb Curry	R95
Butter Chicken	R79
Beef Curry	R75
Chicken Curry	R65
Pork & Butternut Curry	R75

Extra Roti **R15**

Extra Naan Bread **R14**

Indian Bunny Chows | Durban Style

Served with carrot sambal, fresh chilli & dahnia chutney, in half a loaf of white bread OR homemade roti

Lamb or Butter Chicken	R89
Beef	R69
Kelvin's Chip Chow Chips, cheese & curry sauce (not vegetarian)	R35

Curry Buffet

Every Monday night! Pay by weight for your curries only

A display of fifteen curries

A large selection of sambals. Rice included



Wraps & Roti's

Served with coleslaw and chips OR organic greens

Carb free coconut flour wrap	R18
Pulled Pork R79 or Pulled Lamb Open Roti Slow roasted pulled lamb or pork with tzatziki, pesto, humus, rocket, lemon, garlic & butter beans	R90
Sticky Chicken or Chicken Snitzel Barbeque chicken, cheese, sweet chilli, onion, cucumber & cream cheese	R69
Chicken, Bacon & Brie With caramelised onion & relish mayo	R75
Haloumi & Chicken Haloumi, chicken, pesto, brinjal & caramelised onion	R75
Sticky Steak Barbeque rump, onion, sweet chilli, cheese, cucumber & cream cheese	R75
Chimichanga Thai pork, butternut, avo & cream in a tortilla & flash fried	R65
Butter Chicken Roti	R65
Dahl and Butter Bean Roti	R59



Hand rolled, unbleached stone ground flour. Gluten free & banting options at extra cost | Cassava Bases Small add R23

Meat Combo's

Triple Bypass

Beef, salami, ham, chicken & cabanossi sausage

Small | R85 Large | R149 ½ Tray | R225

Spice Chick

Barbeque, chicken, bacon, feta & sweet peppers

Small | R73 Large | R119 ½ Tray | R185

Funky Chicken

Chicken, bacon, mushroom & Nina's relish

Small | R75 Large | R108 ½ Tray | R189

HMS

Ham, mushroom & salami

Small | R65 Large | R109 ½ Tray | R165

Gina's

Chicken, bacon, brie, figs & cranberry

Small | R79 Large | R135 ½ Tray | R205

Beef & Chicken

Marinated beef, chicken mushroom, onion, garlic & chutney

Small | R75 Large | R129 ½ Tray | R199

New Orleans

Bacon, chicken, mushroom, peppers, jalapenos, onions, cream cheese & sweet chilli sauce

Small | R88 Large | R146 ½ Tray | R222

Bacon

Fargo

Bacon, avo, feta, spinach & garlic

Small | R77 Large | R128 ½ Tray | R196

Sadie's

Bacon, pineapple, feta & garlic

Small | R64 Large | R99 ½ Tray | R158

Palazola

Bacon, pineapple, mushroom & garlic

Small | R69 Large | R115 ½ Tray | R176

Ham

Ham & Cheese

Small | R45 Large | R68 ½ Tray | R105

Hawaiian

Ham & pineapple

Small | R46 Large | R70 ½ Tray | R108

Avo Mania

Ham, avo, spinach, feta & garlic

Small | R68 Large | R108 ½ Tray | R168

Regina

Ham & mushrooms

Small | R55 Large | R85 ½ Tray | R130

Chicken

Moroccan Chicken

Authentic moroccan spiced chicken, honey, almonds, Nina's relish & fresh coriander

Small | R69 Large | R119 ½ Tray | R180

Honeybird

Chicken, honey, almonds, sun-dried tomato & garlic

Small | R69 Large | R119 ½ Tray | R180

Chicken Barbeque

Chicken marinated in our barbeque sauce

Small | R49 Large | R73 ½ Tray | R112

Peri-Peri Chicken

With chopped up chillies

Small | R49 Large | R76 ½ Tray | R118

Chicken Mayo

Chicken mayo, bacon & peppadews

Small | R69 Large | R114 ½ Tray | R175

Salami

Mediterranean

Salami, Feta, Olives, Sun Dried Tomatoes, Onion & Oregano

Small | R72 Large | R122 ½ Tray | R185

Beef

Beef & Mushroom

Marinated beef, mushroom, onion, garlic & chutney

Small | R72 Large | R116 ½ Tray | R178

Hot Chilli

Marinated beef, fresh chilli, green pepper & onion

Small | **R59** Large | **R92** ½ Tray | **R142**

Bolognese

Beef bolognese, tomato, onion, garlic & Nina's homemade chilli sauce

Small | **R72** Large | **R109** ½ Tray | **R174**

Lamb | Pork

Pulled Lamb

Free range lamb OR pork & cranberry, tzatziki, pesto, humus, rocket & caramelised onions

Small | **R78** Large | **R129** ½ Tray | **R202**

Seafood

Marinara

Tuna, anchovy, mussels, calamari & garlic

Small | **R85** Large | **R149** ½ Tray | **R229**

Napoletana

Anchovy, capers, olives, shrimps & garlic

Small | **R58** Large | **R89** ½ Tray | **R142**

Mussels Delight

Mussels, calamari & garlic

Small | **R72** Large | **R121** ½ Tray | **R185**

Seafood Special

Tuna, anchovy, mussels, calamari, shrimp & garlic

Small | **R89** Large | **R156** ½ Tray | **R239**

Ariels Pizza

Prawns, basil, pesto, feta & tomato

Small | **R62** Large | **R92** ½ Tray | **R149**



Pasta & Nachos

Creamy Chicken, Pesto & feta **R59**
 Add bacon **R14**

Smoked Salmon, Cream & Dill Pasta **R83**

Napoletana, brinjal, chilli and garlic with wagyu meat balls **R85**

Spaghetti Bolognese **R55**
 No sugar, slow cooked (4 hours)

Pesto, Prawns, Calamari, Feta, Cream & Garlic **R76**
 With no cream **R65**

Canneloni (Beef and spinach) **R69**
 Hand rolled pasta pancakes using stone ground, unbleached flour and free range eggs.
 Served with a garlic roll and parmesan cheese

Lasagne (Beef Lasagne)
 Hand rolled pasta using stone ground, unbleached flour and free range eggs. Served with a garlic roll and parmesan cheese

Small **R49**

Large **R69**

Nachos

Authentic stone organic ground corn chips served with cheese, beans, guacamole, cream cheese, jalapeno chillies & salsa

Ground Beef or Chicken Strips **R78**

Pulled Pork **R89**



Salad

Made fresh per order on organic greens.

Thai steak salad	R97
Pumpkin, bacon, almonds, blue cheese and caramelized onions	R68
Pumpkin, chicken ,caramelized onion, feta and avo	R70
BBQ chicken, feta and avo	R68
Chicken, bacon, brie and caramelized onion	R68
Portuguese chicken, chorizo and avo	R79
Portuguese or traditional style calamari ring salad with feta and butterbeans	R74
Portuguese or traditional style tubes and heads calamari salad with feta and butterbeans	R85
Smoked salmon and avocado	R89