

Welcome to the Grill at One Twenty

Our team has carefully selected the dishes on the menu and we pride ourselves on the local suppliers we work with, amongst which especially Chalmar Beef and Fisherman's Deli.

Preparing quality food takes time therefore please allow at least 20 minutes preparation time for main courses. Depending on the size and kind of the steak you ordered you can expect up to 30 minutes of grilling time.

We advise you not to order you beef cooked past medium as it will lose much of its flavour.

You will notice that all vegetarian dishes are marked with (V) for your convenience. Please inform us about any food allergies you might have before you start ordering so we can assist you in choosing the right dishes.

For groups of 15 people and more we will only serve set menus.

Please be advised that a discretionary 10% service charge will be added for tables of 8 or more. And we regret no split bills.

Enjoy your meal!

Noël Weltens – Owner





Starters

Soup of the Week – every week a new one	R 55
Butternut Soup – (V) or with bacon & feta	R 55/ R 65
Balsamic Glazed Mushrooms (V) – pine nuts, Grana Padano	R 65
Chicken Livers – mild or hot	R 55
Chicken Wings – Buffalo style, celery sticks, blue cheese dip	R 85
Spring Rolls – chicken & veg or just veggies (V)	R 60
Chili Garlic Prawns – olive oil, fresh red chillies, garlic, parsley	R 95
Calamari Heads & Rings - deep fried, spicy garlic mayonnaise	R 65
Seared Tuna – ponzu sauce, avo ginger salsa, prawn cracker	R 95
Beef Ravioli – tomato sauce, fresh basil	R 85
Beef Carpaccio – olive oil, rocket, Grana Padano shavings	R 75

Salads

Greek Salad (V) - mixed lettuce, classic toppings	R 60
Beetroot & Feta Salad (V) – pine nuts, lemon honey dressing	R 60
Pesto Caprese Salad (V) – lettuce, tomato, bocconcino mozzarella	R 90
Seared Tuna Niçoise – green beans, tomato, egg, olives, basil	R 90
Chef's Salad (V) – lettuce, roasted veggies, olives, Grana Padano	R 75
add grilled free range chicken for an extra	R 25

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We regret no split bills.



Mains - All are served with a side of your choice

Weekly Veggie Special (V) R 75

Seasonal Veggie Roast (V) – with brown rice or Parmesan Mash R 75

Catch of the Week – line fish R 140

Grilled Salmon – spinach mash, mustard sauce R 285

Butter Fish – lemon butter sauce R 160

Chicken Caprese –free range breast fillet, tomato, mozzarella, pesto R 125

Portuguese Baby Chicken – peri peri style R 120

Pork Fillet Medallions - creamy mushrooms R 115

Ostrich Fillet – grilled, house rub R 195

Osso Buco - braised beef shin, bone marrow, veggies & tomatoes R 175

Oxtail Potjie– red wine, veggies, dumpling R 190

Pasta - Fettucine or Penne; all served with a Greek or Caprese side salad

Pasta Primavera (V) - vegetables, cream, tomato and Parmesan R 85
add free range chicken for an extra R 25

Pasta Bolognese – classic, beef mince ragu, veggies R 90

Pasta Prawns – cream, garlic, Parmesan, parsley R 95

Pasta Pesto (V) – basil, olive oil, pine nuts, Parmesan R 60
add free range chicken for an extra R 25

Side Dishes

Starch

Fresh, Hand Cut Fries / Roast Potatoes / Mashed Potatoes R 20

Pap & Sauce / Onion rings / Basmati Rice/ Brown Rice

Vegetables

Butternut/ Cream Spinach / Roasted Seasonal Veg / Stir Fry Veg R 20

Balsamic Mushrooms/ Side Salad/ Side Caprese R 30

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Chalmar Beef & Lamb

All of our beef comes from pasture reared & grain fed cows of the Chalmar farm & abattoir in Bapsfontein. Our steaks are either wet or dry aged. For wet-aging the cuts of beef are vacuum-sealed in plastic. The aging takes place in the 4-10 days between slaughter and sale while the meat is in storage. For dry-aging, whole sides of beef or primal cuts are hung in open air in the fridge and left to age for several weeks. Not only are the enzymes working on the muscle tissues during this time, but the meat is also slowly dehydrating. This concentrates the meat and changes the texture and flavour.

Lamb Rack – Olive oil, roasted garlic, rosemary, thyme, parsley **R 275**

Lamb Shank – red wine, veggies, mashed potatoes **R 285**

Rump –wet aged; 250gr or 500gr cut **R 170 / R 295**

Sirloin –wet aged; 250gr or 500gr cut **R 180 / R 310**

Fillet –wet aged; 250gr or 500gr cut **R 265 / R 490**

T-Bone - dry aged on the bone; 350gr or 500gr cut **R 170 / R 230**

Wing Rib - dry aged on the bone; 350gr or 500gr cut **R 180 / R 245**

Chalmar Beef Mains to share – we cook & cut, you enjoy together

Venetian Steak – 1kg Wing Rib **R 470**
Italian salsa & 2 sides of your choice

Florentine Steak – 1kg T-Bone **R 480**
2 sauces & 2 sides of your choice

Chateaubriand – 500gr of sliced fillet **R 550**
Béarnaise & Red Wine sauce, 2 side dishes of your choice

Sauces

Sauces

Lemon & Butter / Red Wine / Peri Peri / Cheese/ Mustard sauce **R 20**

Blue Cheese / Creamy Mushroom / Italian Salsa **R 30**

Béarnaise / Green Peppercorn Cream **R 40**

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Desserts

Sorbet Ice – different flavours	R 40
Dame Blanche – premium vanilla ice cream, hot chocolate sauce	R 40
Amarula Chocolate Mousse - with whipped cream	R 50
Panna Cotta “Speculaas” – cream, speculaas spice, fruit	R 60
Crème Brulée – vanilla, strawberries	R 60
Cheese Cake – every week a different flavour	R 60
Strawberry Brownie Parfait – chocolate, strawberries, cream	R 60
Frangelico Affogato – home-made Frangelico ice cream, espresso	R 50
Milkshakes	
Vanilla, Chocolate, Coffee, Strawberry, Hazelnut, Banana	R 40
Don Pedro - ice cream, liqueur	from R 44
Specialty Coffee – Irish, Italian, French, Caribbean, Mexican	from R 44

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