

# BISTRO MENU



**ARNISTON  
SPA HOTEL**



# Sushi

*We use only the freshest ingredients for our sushi – served with ginger and wasabi*



<b>CALIFORNIA ROLLS / URAMAKI (4 PC)</b> 60	
Rice on the outside with avocado and your favourite filling inside	
NORWEGIAN SALMON / SMOKED SALMON TROUT PRAWN	
<b>V</b> VEGETARIAN (Chef's choice)	
DEEP-FRIED CRUNCHY ROLL TUNA PLAIN / SEARED (if available)	
<b>MAKIMONO / MAKI (8 PC)</b> 65	
Seaweed on the outside with less rice inside and the filling of your choice	
NORWEGIAN SALMON / SMOKED SALMON TROUT PRAWN TUNA PLAIN / SEARED (if available)	
<b>V</b> AVOCADO AND CREAM CHEESE	
<b>TRADITIONAL FASHION SANDWICHES (4 PC)</b> 80	
Rice both sides with avocado and the filling of your choice	
NORWEGIAN SALMON PRAWN WASABI PRAWN / WASABI SALMON	
<b>NIGIRI (4 PC)</b> 80	
NORWEGIAN SALMON / SMOKED SALMON TROUT PRAWN DEEP-FRIED / PAN-FRIED ARNISTON CALAMARI TUNA (if available)	
<b>ROSES (4 PC)</b> 85	
PRAWN ROCK-AND-ROLL WITH A SWEET CHILLI SAUCE, JAPANESE MAYO AND JAPANESE SEVEN-SPICE MIX SALMON TOPPED WITH JAPANESE MAYO AND CAVIAR SALMON TOPPED WITH OUR CHEF'S SECRET MIX SMOKED SALMON TOPPED WITH PRAWN, JAPANESE MAYO AND SWEET SOYA DRESSING	
<b>SASHIMI (6 PC)</b> 175	
Plain or seared and served on a bed of lettuce, topped with a sweet soya dressing	
SALMON TUNA (if available)	
<b>ARNISTON DESIGNER ROLLS (8 PC)</b> 140	
All rolls are inside-out with fillings on the inside and toppings on the outside	
<b>CHEF'S SPECIAL</b>	
Salmon and avocado on the inside with our Chef's secret mix on the outside	
<b>ARNISTON SEASIDE DESIGN</b>	
Prawn and avocado on the inside, topped with deep-fried prawns and our Arniston secret sauce	
<b>YOKOHAMA RAINBOW</b>	
Salmon and avocado on the inside, topped with thin slices of salmon and avocado on the outside	
<b>SENSEI'S KUNG FU ROLL</b>	
Prawn California roll topped with thin slices of avocado and a tofu pouch	
<b>SATORI</b>	
Smoked salmon trout, cream cheese and pineapple inside, topped with smoked salmon trout	
<b>FISHERMAN'S NIGIRI COMBO (8 PC)</b>	
6 salmon maki, 1 prawn nigiri and 1 salmon nigiri	
<b>ARNISTON SHIRAKI BOAT (36 PC)</b> 625	
8 PC CHEF'S SPECIAL ROLLS 8 PC YOKOHAMA RAINBOW ROLLS 8 PC SALMON MAKI 4 PC SMOKED SALMON ROSES TOPPED WITH PRAWNS 4 PC CRUNCHY CALIFORNIA ROLLS 2 PC SEARED SALMON 2 PC FRESH NORWEGIAN SALMON SERVED ON A BED OF LETTUCE	
<b>EXTRAS</b>	PER ITEM 25



# Starters & Salads

FRESH WILD OYSTERS	EACH 25
Served on crushed ice with fresh lemon wedges and homemade wholewheat bread	
SOUP OF THE DAY	50
A daily variation, please ask your waitron	
V ARNISTON GARLIC AND JALAPEÑO ROLL	15
Made with our Chef's secret garlic-butter recipe with chopped jalapeño topped with cheddar cheese	
MEXICAN STYLE PRAWN SALAD	88
With fresh avocado and red kidney beans	
ARNISTON PICKLED FISH	80
Fresh hake, marinated in a Malay curry-and-onion sauce, served with freshly baked raisin bread	
THAI CHICKEN SALAD	60
With spicy Thai peanut dressing	
V BULGUR AND LENTIL SALAD	55
With roasted butternut and baby spinach, served with a pomegranate dressing	
V MEDITERRANEAN GRAIN SALAD	58
Oven-roasted eggplant, rosa tomatoes, bulgur wheat and crumbled goat's cheese	
H FENNEL AND SMOKED SALMON SALAD	62
Drizzled with balsamic mustard dressing and topped with sourdough croutons	
G BABY CALAMARI WITH TENTACLES	HALF PORTION 80 / 105
Grilled or flash-fried, served with steamed basmati rice and garnished with salad	
V H FALAFEL MEZZE PLATE	80
Deep-fried falafel, pita bread and hummus, served with olives and Egyptian beetroot dip	

# Combos

H ARNISTON MARINER'S PLATTER	115
Smoked snoek pâté, pickled fish, calamari salad, smoked salmon rosettes, marinated mussels and a shucked oyster, served with fresh homemade bread	
H ARNISTON COMBO	155
Calamari, line fish and prawns served with savoury rice and lemon-butter sauce	
H HAKE AND CALAMARI COMBO	150
Fried hake served with calamari and savoury rice	

# Mains

H FISH OF THE DAY	140
Fresh line fish, lightly brushed with garlic, grilled and served with lemon-butter sauce and chips or rice	
H CALAMARI	90
Tender calamari strips, lightly dusted in flour and flash-fried, served with a tartar sauce and chips	
H ARNISTON HOTEL'S FAMOUS FISH CAKE	85
A nice big fish cake made with fresh local fish, drizzled with a lemon-butter sauce and served with chips	
H PINT OF PRAWNS	150
Flash-fried prawns, served with steamed basmati rice or chips and sweet chilli sauce	
V H KALE, RICOTTA AND LEEK LASAGNE	95
Sautéed kale and leek in a garlic cream and ricotta cheese sauce, layered between lasagne sheets	
SPAGHETTI AND PRAWNS	105
Prawns, mushrooms and bacon, sautéed in a white wine and garlic cream sauce, topped with wilted rocket	
MUSSEL, ZUCCHINI AND PRAWN FETTUCCHINE	105
Zucchini, mussels and prawns sautéed in a tomato and white wine sauce	
H CHICKEN AND PRAWN THAI STYLE CURRY	115
Chicken breast strips and prawn tails, simmered in coconut milk and Thai curry spices - an all-time favourite	

V vegetarian H halaal G gluten-free



# Gourmet Pizzas

MEDITERRANEAN PIZZA	90
Pancetta, Kalamata olives, mushrooms, goat's cheese and yellow peppers, topped with mozzarella	
PIZZA BIANCO	80
Marinated artichoke, baby spinach, pancetta and mozzarella cheese topped with fresh rosemary	
SMOKED SALMON PIZZA	85
Smoked salmon trout with sliced red onion, capers and rocket, drizzled with dill sour cream	
<b>H</b> THAI CHICKEN PIZZA	90
Grilled chicken breast, red pepper and red onion, topped with mozzarella and coriander, drizzled with satay sauce	
<b>H</b> SEAFOOD AND ROASTED BELL PEPPER PIZZA	120
Poached prawns, calamari, mussels and roasted red bell pepper topped with shredded basil and mozzarella	
<b>V H</b> OLD FAVOURITE MARGHERITA	85
Our classic tomato base, topped with mozzarella and sprinkled with fresh basil	
<b>H</b> CHICKEN, BRIE AND SPINACH PIZZA	85
Sautéed chicken, brie and baby spinach, drizzled with wholegrain honey mustard and toasted sesame seeds	
TRADITIONAL CLUB PIZZA	95
Gypsy ham, bacon and grilled chicken with our homemade sauce	
MEXICAN PIZZA	95
Ground beef, jalapeños, green pepper and onion drizzled with our homemade Mexican sauce	
EXTRAS	PER ITEM 25

# Butcher's Block

*Served with baked potato and coleslaw on the side*

<b>H G</b> AGED SIRLOIN STEAK	175
Char-grilled sirloin, sprinkled with pink peppercorns and topped with blue-cheese tarragon butter	
<b>H G</b> MARINATED T-BONE STEAK	165
500 g T-bone steak, grilled with crumbed Mediterranean topping	
<b>G</b> FLAME-GRILLED SMOKED PORK RIBS	140
Tender ribs, basted with our Chef's special BBQ sauce	
<b>H</b> TANDOORI CHICKEN AND LAMB SEEKH KEBAB	145
Grilled tandoori spiced chicken with mint and ground lamb kebab, served with cucumber raita, apple chutney and roti	

# Breads 'n Burgers

*Served with potato wedges*

<b>V H</b> FALAFEL PITA	55
Deep-fried falafel with hummus, chilli and fresh salad, served in pita bread	
<b>V H</b> BRIE, FIG AND AVOCADO SANDWICH	65
Local brie cheese with avocado and preserved figs on toasted focaccia	
<b>H</b> LEMON AND DILL CREAM CHEESE BAGEL	70
Served with beetroot-cured Norwegian salmon	
<b>H</b> THAI PEANUT CHICKEN WRAP	60
Served with a spicy peanut dip	
SPRINGBOK BURGER	108
Topped with blue cheese, crispy onion and a beetroot relish	
BEEF BURGER	85
Topped with sriracha mayonnaise and avocado purée	
<b>H</b> CHICKEN BURGER	85
Char-grilled chicken breast served with rocket and topped with mozzarella cheese and basil pesto	



# Desserts & Cakes

## CHOCOLATE NUT SPONGE CAKE 50

Topped with chocolate cream and toasted walnuts

## BLACK FOREST CAKE 50

Layered with cherries, chocolate and fresh cream, topped with chocolate shavings

## BEET AND CARROT CAKE 45

Topped with lemon cream cheese and served with macadamia whipped cream

## SOUTH AFRICAN CHEESE BOARD 105

Local South African cheeses, served with homemade preserves and assorted biscuits

## APPLE STRUDEL 45

Spiced apples rolled between phyllo pastry, baked and served with strawberry ice cream

## MANGO AND PASSION FRUIT CHEESECAKE 50

Individual passion fruit cheesecake served with mango sorbet and a mango and passion fruit compote

## SALTED CARAMEL, CHOCOLATE BROWNIE SUNDAE 45

Topped with vanilla wafers

## TRIO OF ICE CREAM 45

Please ask your waitron about today's special flavours

# Drinks

Coffee		22
Decaf Coffee		27
Iced Coffee		30
Cappuccino		25
Rooibos Cappuccino		25
Espresso	SINGLE 17	DOUBLE 22
Caffè Latte		30
Hot Chocolate		25
Hot Milo		25
Horlicks		30
Pot of Tea		22
Chococino		30
Babyccino		6
Speciality Coffees		35
Irish Coffee, Kahlúa Coffee or Don Pedro		
Fresh Fruit Juice		20
Cold Drinks	330 ML	20
Grapetiser / Appletiser		26
Iced Fruit Shake		30
Water	500 ML 25	1 LITRE 35

# Gourmet Milkshakes

Oreo or Smarties	50
Popcorn or Caramel	50
Peppermint and Hazelnut	50
Strawberry, Chocolate or Vanilla	35
<b>SPICE UP YOUR MILKSHAKE WITH A SHOT OF ALCOHOL</b>	
Light Rum, Cape Velvet, Drambuie, Amarula	20



# Cocktails



## Refreshing

<b>SEX ON THE BEACH</b> Premium vodka, fresh pineapple and orange juice shaken cold with a twist of peach syrup	50
<b>ARNISTON RUM RUNNER</b> Premium light rum shaken with fresh pineapple juice and mango syrup, topped with a dark rum float	50
<b>LONG ISLAND ICED TEA</b> Four white spirits and triple sec shaken cold with fresh lemon and topped with cola	75
<b>STRAWBERRY AND GINGER MULE</b> Premium vodka and strawberry syrup with fresh lemon and aromatic bitters, shaken hard and topped with ginger ale	50
<b>MINT AND MANGO COLLINS</b> Fresh mint and mango syrup stirred tall with crushed ice and premium vodka, splashed with soda	45
<b>WHITE RUSSIAN</b> Premium vodka, Kahlúa, cream and milk, served on crushed ice	45

## Frozen Fruit

<b>STRAWBERRY DAIQUIRI</b> A tantalizing mix of strawberries and light rum blended with a twist of lime, served frozen	50
<b>PASSION FRUIT DAIQUIRI</b> Fresh pineapple juice and passion fruit syrup blended with light rum and a twist of lime, served frozen	50
<b>MANGO DAIQUIRI</b> Premium light rum blended with mango syrup and pineapple juice with a twist of lime, served frozen	50
<b>PIÑA COLADA</b> Roasted coconut syrup and fresh pineapple blended with premium light rum and cream, served frozen – our own recipe	55

## Twisted Fruit

<b>MOJITO</b> Fresh mint and lemon smashed with crushed ice and your choice of fruit syrup, served with premium light rum CLASSIC, STRAWBERRY, MANGO, PASSION FRUIT, APRICOT	50
<b>MANGO CAIPIRINHA</b> Fresh lemon and premium rum served with crushed ice and mango syrup	50
<b>STRAWBERRY CAIPIRINHA</b> Fresh lemon and premium rum served with crushed ice and strawberry syrup	50
<b>ROSEMARY AND PASSION FRUIT FIZZ</b> Fresh rosemary and passion fruit syrup shaken with premium vodka and citrus, splashed with soda	50
<b>ROSE LEMONADE</b> Fresh lemon and rose syrup shaken hard with a splash of premium gin and topped with lemonade	45

## Mocktails

*No alcohol, but certainly delicious*

<b>STRAWBERRY SHERBET</b> A tantalizing blend of strawberry syrup mixed with a twist of lime, served frozen	35
<b>MOJITO-LESS</b> Fresh mint and lemon smashed with crushed ice and your choice of fruit syrup CLASSIC, STRAWBERRY, MANGO, PASSION FRUIT, APRICOT	35
<b>VIRGIN PIÑA COLADA</b> Roasted coconut syrup and fresh pineapple blended with cream and served frozen – our own recipe	35

# Beer



## Craft

Bitburger Pilsner	330 ml	35
CBC	340 ml	56
Camelthorn Helles	330 ml	35
Camelthorn Weiss	330 ml	35
Cluver & Jack Cider	340 ml	48
Erdinger Weiss	330 ml	50
Erdinger Dunkel	330 ml	50
Jack Black Premium	340 ml	40
Jack Black Butcher Block	440 ml	57
Paulaner Weiss	330 ml	50

## Bottled

Amstel	340 ml	28
Brutal Fruit	340 ml	27
Carling Black Label	340 ml	26
Castle	340 ml	24
Castle Lite	340 ml	27
Castle Milk Stout	340 ml	27
Hansa Pilsner	340 ml	23
Heineken	340 ml	31
Hunter's Gold / Dry	340 ml	30
Miller	340 ml	27
Peroni	340 ml	29
Savanna Light / Dry	340 ml	30
Windhoek Lager / Light	340 ml	28

## On Tap

Carling Black Label	300 ml	32	500 ml	40
Castle	300 ml	32	500 ml	40
Castle Lite	300 ml	32	500 ml	40
Heineken	300 ml	32	500 ml	45
Peroni	300 ml	32	500 ml	40
Windhoek	300 ml	32	500 ml	45

## Alcohol Free

Beck's	330 ml	35
Bitburger Drive	330 ml	30
Erdinger Alkoholfrei	330 ml	35