

the med bistro menu

Bayview Centre - Main street -Plettenberg Bay - 0445333102

starters & tapas

South Cape coast wild oysters natural on ice OR grilled with fresh herb butter	sq	Home baked bread & Moroccan butter	29
tempura prawns (4) with a soya & wasabi dipping sauce	89	Saldanha 1/2 shell black mussels	69
forest farm portabella mushroom (M) feta & crumbed herb stuffing	57	baby calamari tubes saut with hints of chilli & garlic, on tomato base	69
duck spring roll with sweet onion, orange and chilli marmalade	55	hearty & rustic Cape fishermen's soup shellfish & tomato based	59
snails in garlic butter, dusted w pecorino	57	spicy chicken livers in cream sauce	57
		chef's soup of the day (Veget)	49

salads

green salad (V) medium	50	<i>Also as light main course :</i>	
organic greens, baby tomatoes & crisp seasonal ingredients & herbs,		prawn & avo * & Marie rose sauce	98
greek salad (V) medium	65	salmon salad w crême fraisch	85
traditional Islands' salad with tomatoes, local feta, olives, fresh basil on crispy greens		grilled pear & gorgonzola on greens	79
side salad	29		

hand made linguine

cape seafood in cream : calamari, smoked salmon, prawns & mussels in creamy white wine sauce	139	herbal pesto (V) basil pesto, baby marrows & pecorino tossed with olive oil	98
tomato & olives (V) chunky tomato, olives and sweet basil	98	ham & mushrooms in cream	95

sweet seductions

meringue and fresh fruit, lashes of cream and fruit coulis	55	affogato Italian vanilla gelato “drowned” in espresso + a shot of amaretto	50 24
crème brûlée citrus-flavoured baked custard with crisp caramelised lid	52	chocolate decadence a trio of chocolate brownie, mousse and icecream	52
crêpes suzette pancakes with an intense citrus liqueur sauce - cream or ice cream	59	vanilla ice cream bitter-sweet chocolate sauce or/ summer berry sauce	39
baked cheesecake on berry coulis	55		

coffees

Americano	20-	café latte	25-
cappuccino	25-	decaf latte	27-
decaf Americano	22-	hot chocolate	25-
decaf cappuccino	27-	speciality/ herbal teas	16-
espresso	18-	tea Ceylon or rooibos	14-
double espresso	24-	red cappuccino	20-
decaf espresso	20-	red espresso	12-

speciality coffees & dom pedro

coffee -any liqueur or whisky coffee - coffee liqueur, brandy,
amarula cream - from 40-00

dom pedro—vanilla ice cream blended with your favourite liqueur:
coffee liqueur, amarula, whisky , frangelico, drambuie etc from 40-00

port & post-dinner drinks

de Krans Ruby (glass) 30-00 de Krans Tawny (glass) 42-00
dessert wines – schnapps – digestives - liqueurs – grappa - shooters

The Med Bistro seafood specialities

sole / kingklip/ local line-caught fish/ yellowfin tuna/ SQ

Fish dependent on availability - please check with your waiter as to the freshest catch today

baby calamari tubes, sautéed with a 124
dusting of African spices (& garlic), fresh
herbs & olive oil

calamari tubes flash-fried with chorizo 125
& tomato, chickpeas & spices added

Wild Argentinian prawns, sautéed with garlic
& a touch of chili, lemon, garlic and herbs
portions : 8 - 190 10 - 227 12 - 265

extra-large Argentinian prawns, cooked as
above : 6 - 255
8 - 320

spicy Malay seafood curry with seafood 175
& prawns, served with fruit sambal,
poppadom & savoury rice

Tsitsikamma seafood platter for 1 195
prawns, fish, calamari, mussels and baby
octopus, sautéed with chilli, garlic & cumin,
served on savoury rice

Formosa bay seafood extravaganza (x 2) 475
10 large prawns, calamari, mussels, baby octo-
pus and line fish on savoury rice/chips
& 3 sauces

add-on: crayfish tail grilled with lemon butter

sauces: lemon or garlic butter, peri peri or sauce tartare, le Med sauce (R35), aioli

poultry & red meat

crumbed chicken parmigiana, 125
topped with tomato, mozzarella,
& pecorino

basil chicken curry & veg in spicy 127
coconut sauce, served with fragrant rice

pork spareribs, the ultimate steakhouse
grub 145

homemade **beef burger** (180 gm) 95
& chips with bacon & cheese

duck a l'orange, oven-roasted and 175
served with a zesty orange sauce

duck leg confit 125

klein-Karoo lamb shank, slow- 195
roasted in red wine & herbs -
served on crushed potato

Karan sirloin, prime cut of beef
300gm 170
(see sauces below) 200gm 130

SA Game meat: check with your waiter

main courses served with a choice of side dish: rice / chips/ mash potato/ salad / vegetables

side dishes		extra sauce	
savoury Rice	20	cheese sauce	25
crushed potato	20	peri peri or sweet chilli	22
chips	20	creamy Mushroom	25
roast butternut	25	green Madagascan peppercorn	25
spinach in cream	25	barbeque	22