

A decorative vertical image on the left side of the page. It features a white ceramic bowl filled with dark olives, a small bowl of olive oil with green olives floating in it, and another bowl of mixed olives. Scattered around these are several green olives on their stems, a single red chili pepper, and a few small black olives.

# Liquid Gold

Olives and olive trees were held in such high esteem by the ancient Greeks and Romans that they decided they could only have been created by the Gods.

In Greek mythology, the story of the fabled rivalry between Poseidon and Athena came to a head when the Gods decided to build a great city. They promised it to whomever of them could provide mankind with the finest and most useful gift. With a swing of his trident Poseidon made a superb horse spring from the rock. Athena gave a mighty stab with her spear and a gigantic olive tree appeared, covered with blossoms and fruit. It was no contest. Athens was named after her, she became its protectress and the olive tree the national tree of Greece.

Through the centuries the olive branch became a symbol of victory, wisdom and peace. Olive oil came to symbolise life and friendship, recognised as the Mediterranean's Liquid Gold. One of civilised man's first great accomplishments, we think of it as the key ingredient in a lifestyle that embraces warmth, family and good times.

This ethos has been the biggest influence and inspiration in developing the Olive & Oil brand. Established a decade ago by Nickos and Jacqui Itopoulos in the village of Umhlanga, the 'Olive Family' has grown to include Craig Storkey. The families are passionately involved in the daily operations of the restaurants and continually strive to ensure that this love for friendship and family, Mediterranean warmth and genuine hospitality remains the driving force behind each Olive & Oil!

*A member of the Quintessential Food and Beverage Group family.*





## Cold Starters

### Smoked Ostrich Carpaccio 49.95

Served on rocket with figs and shaved pecorino

### Beef Carpaccio 84.95

Thinly carved slices of raw beef fillet served with fresh rocket, sun-dried tomatoes and basil pesto, topped with pecorino shavings and extra virgin olive oil

### Mediterranean Dips 59.95

Hummus, tzatziki and spicy feta, served with warm focaccia

### Charcuterie 99.95

Salami, parma ham, coppa ham, and brezaola, served on fresh greens with olives and peppers

### Antipasti 159.95

Parma ham, salami, coppa ham and brezaola, served with cumin gouda, pecorino and camembert, hummus, tzaziki, olives, roasted peppers and warm focaccia

### Mezze Mediterranean Style 165.95

Calamari, squid heads, spicy fillet and chourizo, served with marinated olives, peppers, garlic aioli, hummus and a spicy feta dip, with warm garlic focaccia

## Hot Starters

### Homemade Soup of the Day 39.95

Ask your waitron what the chef has prepared today

### Spicy Homemade Fishcakes 45.95

Homemade, served on fresh greens, with a tangy lime mayo

### Psiméni Feta 49.95

Feta cheese oven-baked in homemade napoletana sauce, topped with roasted peppers and fresh coriander and served with crispy ciabatta

### Peri-Peri Chicken Livers 54.95

Sauteéd with a touch of garlic and our famous peri-peri sauce, a dash of cream and fresh crusty bread

### Calamari 59.95

Tender New Zealand calamari rings, grilled, deep-fried or cajun, served with a sauce of your choice

### Baked Dalewood Camembert Ciabatta 57.95

With garlic, rosemary and white wine, served with cranberry sauce and chopped nuts

### Fresh Saldanha Bay Mussels 63.95

Steamed and served in a creamy white wine and herb sauce with crispy ciabatta

### Escargot 56.95

Bubbling in garlic butter, Italian flatleaf parsley and crispy ciabatta

### Creamy Herb & Garlic Prawns 89.95

Baked with mozzarella and served with crispy ciabatta



"The trouble with eating Mediterranean food is that five or six days later you're hungry again"

# Fabulous Focaccia

Garlic & Herb (V) 45.95

Cheese & Garlic (V) 54.95

Tomato, Feta, Basil & Garlic (V) 54.95

Parma Ham 99.95

Garlic and herb focaccia topped with fresh rocket, parma ham, salsa verde and shavings of pecorino

Smoked Salmon 124.95

Garlic and herb focaccia topped with fresh rocket, cream cheese, smoked salmon and chives



# Sensational Salads

Greek (V) 59.95

Mixed greens, topped with chunky cucumber and tomatoes, red onion, green pepper, feta and olives

Cypriot Salad 65.95

Mixed greens topped with roasted peppers, sundried tomatoes, cucumber, red onions, olives, haloumi, avo and a creamy herb dressing

Cumin Chicken Salad 78.95

Mixed greens topped with rosa tomatoes, herbed chicken strips, tzatziki, avo, feta and balsamic reduction

Gorgonzola, Pear & Candied Walnuts 78.95

Mixed greens with a light gorgonzola dressing, topped with pear, creamy gorgonzola and candied walnuts

Seared Cajun Fillet 78.95

Served on roast butternut, sweet potato, red onion, sundried tomatoes, lentiles, rocket and feta

Smoked Chicken & Avo Salad 78.95

Mixed greens topped with rosa tomatoes, cucumber, onion, smoked chicken, Peppadews and avo



"The Colours of a fresh garden salad are so extraordinary, no painter's pallet can duplicate nature's artistry"

# Pasta

**Polpette alla Napoletana 79.95**  
Meatballs in a traditional tomato Napoli sauce, served on linguini

**Chicken and Chive Gnocchi 79.95**  
Served with a side salad

**Beef Melanzane 89.95**  
Layers of brinjals, bolognaise and parmesan, topped with a bubbling three-cheese sauce

**Chicken Pesto R96.95**  
Juicy chicken strips tossed with garlic, roast peppers, creamy basil pesto and parmesan

**Smoked Chicken Mushroom and Spinach 98.95**  
Smoked chicken, mushroom and spinach, tossed in a creamy Napoli sauce

**Moroccan Chicken 105.95**  
Juicy chicken strips, tossed with onions, peppers and mushrooms in a creamy chilli sauce

**Sicilian 109.95**  
Calamari, chourizo and chilli, tossed in a napoli sauce

**Roma 109.95**  
Chicken, bacon and roast butternut, tossed in a creamy gorgonzola sauce, topped with rocket and pumpkin seeds

*A rich pasta with a bite!*



*Pasta*

# Scrumptious Pizza

**Margherita (V) 89.95**  
A thin crispy pizza base generously topped with mozzarella and origanum

**Vegetarian (V) 89.95**  
Tomato, peppers, mushrooms, garlic, olives and crispy onion rings

**Venezian 109.95**  
A thin crispy pizza base generously topped with bacon, chourizo, feta and fresh tomato

**Barca 109.95**  
A thin crispy pizza base topped with halloumi, chourizo, peppers, onion and chives

**Mexicana 109.95**  
A thin crispy pizza base topped with bolognaise, onions, chilli and peppers

**Marrakesh 114.95**  
A thin crispy pizza base generously topped with mozzarella, creamy harrissa chicken, dill yoghurt, crispy onions and fresh coriander

**Al Capone 114.95**  
A thin crispy pizza base topped with mozzarella, chicken, mushrooms, onions, feta and avo (seasonal)

**Mediterranean 124.95**  
A thin crispy pizza base topped with chourizo, parma ham, bacon, onions, mushrooms and garlic



“Life is a combination of Magic and Pasta”



## Very Veggie

**Aubergine, Lentil & Halloumi Stack (V) 79.95**  
Aubergines layered with a herb lentil and tomato salsa, finished in the oven with halloumi

**Gnocchi (V)**  
Served with a side salad

- Gorgonzola, roasted butternut & walnuts 79.95
- Neapolitana sauce with chopped basil 79.95

**Panzerotti Porcini (V) 89.95**  
Served in a creamy mushroom, truffle, spring onion, parmesan and Italian parsley sauce

**Primevera Pasta (V) 89.95**  
Spinach, carrots, mushrooms, olives and chilli, tossed with a creamy napoletana sauce

**Roast Butternut, Feta and Sundried Tomato Canneloni (V) 89.95**  
Bubbling with a three-cheese sauce

**Mediterranean Veg Meze (V) 98.95**  
Sesame coated aubergines and field mushrooms, topped with roasted peppers, halloumi and crispy onion, zucchini fries, roasted sweet potato, cinnamon butternut and lentils, served with a spicy tomato salsa and garlic aioli

## Gourmet Chicken

**Rosemary Ranch Chicken Kebabs 119.95**  
Grilled and served on smashed baby potatoes, roast butternut, wilted spinach and finished with a burnt rosemary butter

**Tuscan Chicken 129.95**  
Chicken breasts filled with mozzarella, grilled and served with plump butter beans, crispy chorizo, roast balsamic onions, rocket, salsa verde and burnt sage butter

**Creamy Gorgonzola and Bacon Chicken 129.95**  
Chicken breasts filled with chive butter and topped with bacon and creamy gorgonzola sauce, served on spring onion mash and topped with crispy onion rings

**Athena's Chicken 149.95**  
Chicken breasts sautéed in a creamy white wine, mushroom and prawn sauce served on parmesan mash and finished with pecorino cheese & spring onions



Grill

## Gourmet Grills

### Mushroom and Truffle Fillet 159.95

Served on smashed baby potatoes, roast butternut and wilted spinach, with a mushroom and truffle sauce

### Best of Both Worlds 179.95

Tasty rump topped with succulent prawns, sautéed in a gamberi con panna sauce

### Port and Balsamic Ostrich Fillet 189.95

Ostrich fillet seared and tossed in a port and balsamic reduction served on garlic mash with roast butternut and wilted spinach

### Lamb Loin Chops 189.95

Grilled in a sweet marinade to your liking, stacked on roasted sweet potato, butternut, lentils and feta

### Rack of Lamb 259.95

Marinated in Mediterranean herbs, roasted off with a port sauce, and served with a side of your choice

## The Grill

Grilled to perfection in our secret basting, and choose a complimentary side option

Fillet (200g) 139.95

Fillet (250g) 174.95

Sirloin (300g) 154.95

Rump (200g) 129.95

Rump (300g) 164.95

### Side Options

Shoe-string chips, mash, savoury rice, salad, baby potatoes, or seasonal veg

Sauces 28.95

Sherry mushroom, brandy peppercorn, three-cheese, gorgonzola, peri-peri, creamy herb and garlic, gamberi

### Gourmet Toppings

Dijon, Avo and Feta 32.95

Gorgonzola, Bacon and Avo 32.95

Meglio di Entrambi 54.95

Poseidon's 99.95



"Food is our common ground, a universal experience"

# Fresh Seafood Splendour

## Classic Calamari 145.95

Grilled, deep-fried or cajun with your choice of one of our delicious sauces

## Grilled Linefish 179.95

Fresh filleted linefish grilled and served on parmesan mash, with seasonal veg

## Kingklip Odyssey 189.95

Grilled kingklip topped with a creamy garlic and herb sauce sauce, bubbling mozzarella, served on smashed baby potatoes, roast butternut and wilted spinach

## Sole 169.95

Delicately grilled, with your choice of a delicious sauce, shoe string chips and veg

## Whole Fresh Linefish (when available) S.Q.

Grilled the Mediterranean way with olive oil, lemon juice and organum, served with your choice of sauce

## Gamberi con Panna 189.95

Succulent plump de-shelled prawns cooked in fresh cream, white wine, tomato and a hint of chilli, tossed with linguine or served with savoury rice

## Queen Prawns

Grilled and served on savoury rice with your choice of sauce

- 6 Queen Prawns 219.95
- 8 Queen Prawns 269.95

# Shellfish & Combos

## Prawn & Calamari Combo 189.95

Plump Prawns, grilled to perfection, served with your choice of either grilled or deep-fried calamari

## Fisherman's Platter 199.95

A delicious combination of sole, calamari, prawns and mussels, served with your choice of sauce

## Grilled Langoustines (when available) SQ

Served on savoury rice with your choice of sauce

## Crayfish S.Q.

The King of the Sea! Grilled or creamy thermidor style

## Platters for two



## Whole Linefish Platter 549.95

Whole fresh fish of the day, langoustines, prawns, calamari and squid heads, served on savoury rice with a sauce of your choice

## Monaco Platter 659.95

Crayfish thermidor tails, queen prawns, mussels, calamari, squid heads and kingklip, served on savoury rice with lemon, garlic and peri-peri sauce

Seafood

"Fish, to taste right must swim three times - in water, in butter and in wine"

# Delectable Desserts

## Vanilla Ice-Cream

- Topped with mouth-watering hot Bar-One sauce 46.95
- Topped with warm, plump cherries 49.95

## Crème Bruleé 49.95

Ask your waitron for the flavour of the day!

## Kahlua Pancake 54.95

Warm pancake filled with vanilla bean ice-cream and Kahlua, drizzled with Bar-One sauce and nuts

## Traditional Baked Cheesecake 58.95

Served with fruit coulis and cream

## Chocolate Brownie 45.95

Topped with Bar-One sauce and served with ice-cream

## Panacotta 49.95

Topped with fruit coulis and fresh berries

## Caramelised Camembert (serves two) 69.95

Dalewood fromage camembert topped with caramelised nuts, served with savoury biscuits and muscadel



# Kiddies Mini Menu

(12 years and under)

Olive Mac & Cheese	49.95
Chicken Nuggets & Chips	49.95
Margherita Pizza	49.95
Bolognese Penne	49.95
Calamari & Chips	49.95

Once you have finished  
all your food...

Yummy dessert

Vanilla ice-cream served in a sugar cone

"Dessert... too much of a good thing... is wonderful"