



Welcome to

Ben's on the Beach

Ben's was established in 2004. With a menu styled on the great grillhouses of Northern America, we offer a varied selection of international and local dishes. Above all, we constantly strive to offer genuine value, whilst not compromising on quality and quantity!

We are also one of the very few establishments in the country that continue to dry-age meat – the superior, time-honoured way to handle beef!

KINDLY NOTE

Our aim is to provide you with a pleasant dining experience. Kindly inform us immediately should anything not be to your satisfaction. We will do our best to rectify it.

A service charge is not included. A tip is at your discretion.

Our corkage fee is R40 per 750ml bottle of wine.

We accept Cash, Mastercard, Visa, Diners Club, American Express. No Cheques.

Due to computing restraints we cannot split bills.

At Ben's we neither share dishes, nor serve half portions.

Bon Appétit !

Appetizers

Gazpacho <i>Traditional Spanish seasoned chilled tomato soup.</i>	R59
‘Mozambican style chicken livers’ <i>Sautéed in a garlic, bacon and peri peri cream -served with toast.</i>	R62
Bitterballen – Ben’s style <i>Iconic Dutch dish. Finely chopped pork and beef, slow-cooked, then blended with a bechamel cream. Coated in breadcrumbs and deep fried. Served with a Dijon mustard.</i>	R65
Escargot En Croute <i>Snails with garlic butter, cream cheese and bacon. Rolled in phyllo pastry and deep fried. Served on a garlic and monkeygland sauce.</i>	R65
‘Skilpadjies’ <i>A traditional South African dish made with lamb’s liver, caul, spices and herbs.</i>	R65
Smoked Snoek Pâté <i>Fresh smoked snoek, blended with sundried tomatoes, feta cheese and a hint of chilli. Served with melba toast.</i>	R65
Bobotie Samoosas <i>Famous Cape Malay dish, served with a duo of sauces and a mint salsa.</i>	R70
Salmon ‘Skagen’ <i>Based on the Scandinavian prawn skagen. Salmon marinated in horseradish cream, Crème Fraîche, dill, spring onion and capers. Served on toast with pickled cucumber.</i> <u>(prepared in limited quantities daily)</u>	SQ
Tempura Prawns <i>Shelled prawns in tempura batter, served with an Oriental dipping sauce and wasabi mayonnaise.</i>	R89

Salads

Beetroot and Goat cheese Salad

R85

Served with walnuts and a cranberry dressing.

Caesar Salad

R89

Lettuce, parmesan cheese shavings, bacon pieces, croûtons, and our homemade dressing with anchovies.

(please note that dressing includes garlic & anchovies)

Garden Salad

single R65
table R82

Tomato, cucumber, green pepper and salad leaves, with a coriander and lemon vinaigrette.

Add any of the following to your Salad

Croutons

add R5

Beetroot, Chillies, Cucumber, Dried Cranberries,
Flaked Almonds, Green Peppers, Pickled
Cucumber, Pickled Onions, Tomatoes, Walnuts

add R7

Anchovies, Bacon, Capers, Cheddar, Boiled Egg,
Mushrooms, Olives, Peppadew

add R9

Beef strips, Blue cheese, Chicken strips,
Goats cheese, Vinaigrette

add R12

Caesar Dressing, Cranberry Dressing,
Ranch Dressing, Feta

add R14

Vegetarian

Melanzane Parmigiana

R105

Baked aubergine topped with homemade napolitana sauce and overbaked with mozzarella served with a side green salad.

Vegetarian Cannelloni

R115

Homemade pasta filled with spinach and cannellini beans topped with a tomato and brandy sauce, overbaked with mozzarella.

Vegetable Curry

R135

Cauliflower, carrots, butternut, peas, onions, aubergine and cannellini beans cooked in a mild mango and peppadew curry, with poppadums.

Pots & Pans

(products are prepared in limited quantities)

*Served with, **either** French fries or Savoury rice or Mash or Sautéed potatoes or a side green salad.*

Ben's Chicken Schnitzel

R115

250g – Crumbed with parmesan and tarragon seasoned bread crumbs and lightly pan-fried - topped with a tarragon butter.

Turkish Style Chicken

R124

250g – chicken fillet strips marinated in coriander, cumin and mild chilli, tossed in a tomato and mustard seed cream.

Grilled Hake

R136

*250g – hake seasoned and flat-top griddled
Add St Geran sauce*

R25

Seared Norwegian Salmon

SQ

Norwegian Salmon seared and topped with a burnt butter and lemon sauce.

Tongue

R142

*250g - Slow cooked, then sautéed in rosemary butter.
Served on a red wine jus and a mustard relish.*

Ben's Beef Schnitzel

R145

250g – Crumbed with parmesan and tarragon seasoned bread crumbs and lightly pan-fried - topped with a tarragon butter.

Tuscan Style Pork Belly

R168

*300g -Slow cooked, then topped with a fennel seed, garlic and herb crust, and finished in the pan.
Served on creamy cannellini beans.
(PLEASE NOTE.. This dish has a fat content. We suggest you order differently if you would prefer a lean cut.)*

Mauritian Seafood Casserole

R185

Wine-steamed linefish, mussels, calamari and prawns with ginger, chilli and coconut cream and poppadums.

On the Fire

We have our own 'mini' butchery where we process and cure our produce. Our beef is dry-aged for at least 24 days in our custom-built meat fridge at around 1-2°C. We are one of the few grillhouses that continue to dry-age beef on the bone, the time-honoured and superior way to handle meat.

Ben's Burgers

Homemade on our premises. We use ground sirloin, fillet, rump and spices. All burgers are served with French fries, or a side garden salad. Your choice of beef or crumbed chicken

Classic Burger

R75

200g - the pure 'All American' burger.

Extra's and Toppings

Beetroot, Chillies, Cucumber, Green Peppers,
Mushrooms, Pickled Cucumber, Pickled Onion,
Tomato

add R7

Anchovies, Bacon, Capers, Cheddar, Fried Egg,
Flaked Almond, Olives, Peppadews, Walnuts

add R9

Blue Cheese, Goats Cheese

add R12

Extra Beef Pattie,
extra crumbed Chicken Breast fillet

add R33

Sauces

Cream and stock based.

*Mushroom, peppercorn, garlic, monkey-gland
and old man.*

R28

New York topping.

R38

Kentucky sauce, St Geran sauce, Sambal oelek

R38

Flavoured Butter

*Cafe de Paris, Marchant du Vin, Garlic and Herb,
Chilli butter, Blue Cheese butter, Chimichurri butter*

R38

Grills

(products are prepared in limited quantities)

*Served with, **either** French fries or a side green salad.*

Sirloin (London trim)	250g	R148
	350g	R175
Rump	350g	R175
Fillet	250g	R195
'On the Bone'		SQ
<i>Ask your waitress about the cut of the day</i>		

Sauces

Cream and stock based.

*Mushroom, peppercorn, garlic, monkey-gland
and old man.*

New York topping.

Kentucky sauce, St Geran sauce, Sambal oelek

R28

R38

R38

Flavoured Butter

Cafe de Paris, Marchant du Vin, Garlic and Herb,

Chilli butter, Blue Cheese butter, Chimichurri butter

R38

Special Grills

(products are prepared in limited quantities)

*Served with, **either** French fries or Savoury rice or Mash or Sautéed potatoes or a side green salad.*

Zanzibar Piri Piri Chicken

R138

Originated in East Africa. Whole chicken (partially deboned), marinated in a piri piri rub and char-grilled. Served with a cucumber yoghurt dip. (please note we cannot change the 'strength' of this dish)

Creamy Lemon and Herb Chicken

R138

Whole chicken (partially deboned), marinated in lemon and herb rub, and char-grilled.

Pork Steak 'Robert'

R138

300g – Pork Sirloin, topped with a classic onion espagnole sauce. Served with a sweetcorn and pancetta crumble.

Entrecôte Au Fromage Bleu

R185

250g Sirloin on port wine jus, topped with melted Blue cheese, garlic sauce and onion marmalade.

Kentucky 'Steak'

R195

*Seared on the grill, then finished with butter, diced mushrooms, bacon sprinkles, Bourbon and cream.
Your choice of 350g Sirloin or 350g Rump.*

Hollandse Biefstuk

R198

250g – fillet panfried in butter with onions and flambéed with brandy.

Fillet Au Poivre

R198

250g – fillet rolled in Dijon mustard, coated with a duo of peppercorns, pan-fried and flambéed, then topped with a brandy cream reduction.

Fillet 'Diavolo'

R215

250g – fillet crowned with a generous helping of peri peri chicken livers.

Afterthoughts

All of our desserts are homemade on our premises.

Crumbed Mozzarella	R65
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Mozzarella crumbed and deep-fried, served with lemon curd and berry coulis.

‘A Taste of Honey’	R65
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Homemade Italian style honey ice cream served on an almond tuille, sprinkled with crushed honeycomb and toasted almonds.

New York Cheesecake	R65
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Classic ‘New York style’ baked cheesecake with lemon curd.

‘Ben’s Style’ Espresso Tiramisu	R65
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Our take on the the Classic Italian ‘pick me up’

Crème Brûlée	R69
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A classic French dessert.

‘Chocolat’	R70
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Belgian chocolate truffle with a Hazelnut Paté centre.

Gâteau Opera	R75
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A famous French dessert. Thin layers of Joconde (almond flavoured sponge) soaked in coffee syrup, layered with chocolate ganache and coffee buttercream.

Coffees

Coffee (incl Decaf)	R20
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Tea – Ceylon/Rooibos	R18
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- Earl Grey	R20
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Milo	R25
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Cappuccino	R28
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Espresso	
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Single	R20
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Double	R25
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Irish Coffee / Kahlua Coffee	R45
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Whisky / Kahlua Dom Pedro	R45
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