HOT &COLDSTARTERS



Avocado Ritz

Avo Topped With Shrimps In Our Secret Cocktail Sauce

Beef Carpaccio

Thinly Sliced Beef Fillet Topped With Parmesan Cheese And Rocket

Buffalo Wings

Served With BBQ Or Peri-Peri Basting

Calamari-Falklands

Cheesy Garlic Roll

Garlic Roll

Chicken Livers

Served In Our Secret Peri-Peri Sauce

Crumbed Mushrooms

Chourico

Chilli Mussels

Mussels Served In A Chilli Napolitano Sauce

Squid Heads

Smoked Salmon

Canadian Smoked Salmon Served On A Bed Of Lettuce

Soup Of The Day



Halloumi

Cypriot Cheese Served Grilled Or Fried

Mussels

Served In A Creamy White Wine Sauce

Oysters

Luderitz System

Ox-Livers

A Promise Family Favourite

Snails Roquefort or Garlic Butter & Snail Four Seasons Topped With A Creamy Cheesy Sauce



Game Carpaccio
Choice Of Springbok, Warthog & Kudu



Greek Salad, Roquefort Salad, Chicken Salad, Smoked Salmon, Carpaccio & Salmon Salad





MEAT DISHES

Fillet, Rump and Sirloin (Available in variety of portions)

Beef Espetada

500g Skewered With Peppers & Onions Basted With Coarse Salt & Olive Oil

Fillet On The Bone

500g On The Bone For That Extra Flavour

Rib Eye On The Bone

400g On The Bone For That Extra Flavour

T-Bone 500g or 1Kg

Lamb Chops

Pork Chops

Beef Ribs 1/2 or 1Kg

Pork Ribs 1/2 or 1Kg

PROMISE GRILL SPECIALTIES Feta & Cranberry Rump Topped With Feta & Cranberry **Bordelaise Ostrich** Ostrich 300g Served With A Red Wine Bordelaise Sauce Blue Jalapeño Fillet Fillet 200g Served Creamy Cheese Jalapeño Sauce & Covered With Roquefort Cheese Caramel Glazed Duck Half Duck Roasted & Glazed With Honey Ostrich Espetada Ostrich 500g Skewered With Jalapeños Pork Schnitzel, Beef Schnitzel, Chicken Schnitzel Oxtail A Promise Classic Stewed In A Rich Port Sauce Lamb Shank Eisbein Cranberry Pork Chops 400g Crumbed And Served With A Cranberry Sauce

Chicken Curry, Lamb Curry, Beef Curry or Crab Curry

Pork Cordon Bleu

Pork Folded With Ham And Mozzarella Topped With Mushroom Sauce

Beef Cordon Bleu

Beef Folded With Ham And Mozzarella Topped With Mushroom Sauce

Chicken Cordon Bleu

Chicken Fillet Folded With Ham And Mozzarella And Topped With Mushroom Sauce

SEAFOOD

Kingklip Baby Kingklip Kingklip Thermidor

Kingklip Topped With Shrimps With A Creamy Mushrooms Sauce

Sole

Promise Succulent Sole Plain Grilled And Served With A Tartar Sauce

Sole Mornay

Sole With Shrimps & Topped With A Cheese Sauce

Hake & Chips

Rainbow Trout

Fresh Water Trout Served Grilled With Lemon Butter

Calamari Falklands

Calamari Steak

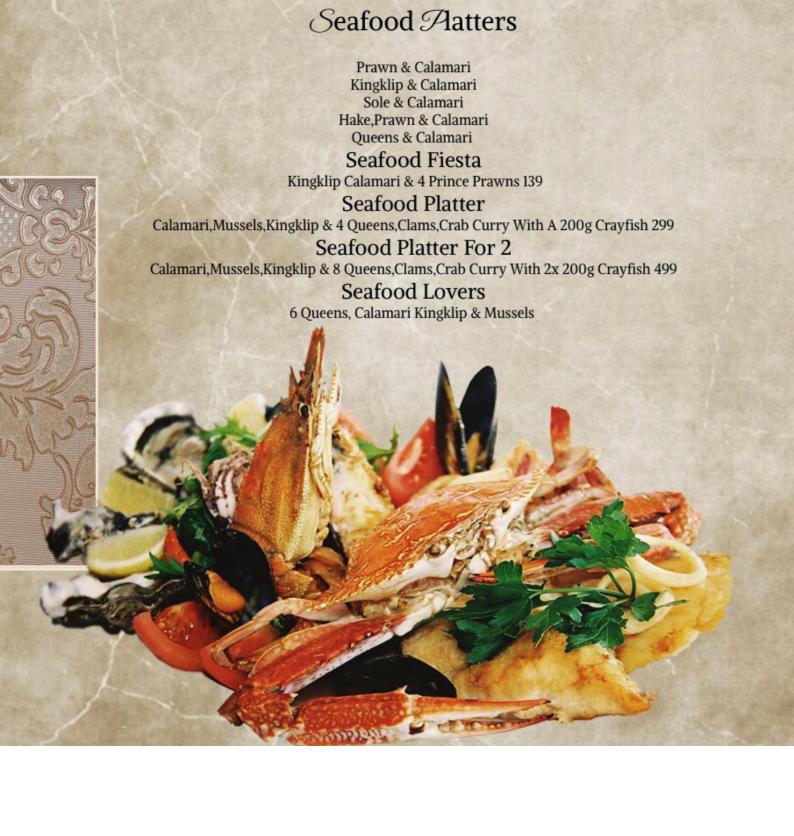
1/2 Kg Prawns and 1kg Prawns

Queen, King, Tiger Prawn Medium & Giants, Langoustines and Crayfish





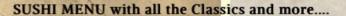




Sushi







SASHIMI Salmon,Tuna

NIGIRI

Salmon, Tuna, Prawn

FASHION SANDWICHES

Salmon, Tuna, Salmon & Cheese, Prawn, Vegetable

MAKI

Salmon, Tuna, Smoked Salmon, Prawn, Crab, Vegetable

CALIFORNIA ROLL

Salmon, Tuna, Smoked Salmon, Prawn, Crab, Vegetable

HANDROLL

Salmon, Tuna, Prawn



Try the all time favourites:

Salmon Roses, Rainbow Rolls, Shrimp and Prawn Tempuras, Crispy Fashion Sandwiches and California Rolls.

And Much More to Choose

from in Store

SUSHI PLATTERS

10 Sushi Platters to Choose from









BEVERAGES IS AVAILABLE @ PROMISE GRILL

Full wine list with import and local favourites from red blends, whites and champagne.

COCKTAILS

Plenty of Classic Cocktails available like Cosmopolitan, Martini, Long Island and Strawberry Daiquiri.

Plenty of exotics to choose from like our Cosmo Crush, Nojito, Cucumber & Basil Twist, Berry Citrus Twist and more...

In Store we got our unique Cocktails not to be missed.

Bushmills Iced Tea (extracts of lemon shaken with bushmills natural tea and added fresh mint & lemon).

Toblerone (Premium vodka, fresh cream, macadamia nut & white chocolate extracts)







DRAUGHT ON TAP

Wide Variety available like Castle Light, Heineken, Peroni, Stella, Hansa, Black Label, Castle and More...