

HOT & COLD STARTERS



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 ½ or 1Kg

Pork Ribs ½ or 1Kg

*P***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



Seafood Platters

Prawn & Calamari
Kingklip & Calamari
Sole & Calamari
Hake, Prawn & Calamari
Queens & Calamari

Seafood Fiesta

Kingklip Calamari & 4 Prince Prawns 139

Seafood Platter

Calamari, Mussels, Kingklip & 4 Queens, Clams, Crab Curry With A 200g Crayfish 299

Seafood Platter For 2

Calamari, Mussels, Kingklip & 8 Queens, Clams, Crab Curry With 2x 200g Crayfish 499

Seafood Lovers

6 Queens, Calamari Kingklip & Mussels



Sushi



SUSHI MENU with all the Classics and more....

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...