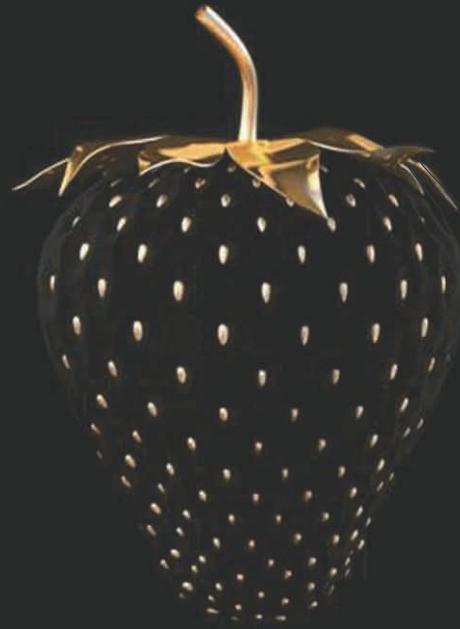


Throbbing Strawberry



— SUMMER 2017 —

SALADS

Greek 72

Creamy Danish feta, Kalamata olives, cubed tomatoes, cucumber and tossed in balsamic dressing

Bacon & Brie 85

Bacon, brie, fresh strawberries, cherry tomatoes and mixed lettuce served with a balsamic berry blaze

Roasted Mediterranean 91

Aubergine, zucchini, beetroot, roasted peppers, burst tomatoes, butternut, feta, fresh basil and cous cous

Halloumi 95

Grilled halloumi with crispy bacon and topped with avocado and balsamic glaze

Duck & Orange 124

Shredded duck with soya, honey, ginger and citrus jus served on Asian greens, fresh tomato, cucumber, Thai noodles & sesame seeds

Chicken 102

Honey and rosemary chicken breasts topped with flaked almonds, avocado and mixed greens

Tuna Niçoise 102

Tomato, Flaked Tuna, boiled egg, anchovies, baby potatoes, lettuce, radicchio, raddish, butter beans and olives

Tre Coloré 101

Thinly sliced white mozzarella, fresh tomato, avocado and topped with basil pesto

Salmon 124

Smoked salmon, avocado and crème fraîche on Asian greens with citrus vinaigrette

Thai Prawn & Crispy Calamari 136

Warm salad of prawns, calamari and sweet chilli served with Asian greens, coriander and spring onion. Tossed with glass noodles and roasted sesame seeds

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FOREPLAY

CHICKEN LIVER BUNNY CHOW 65

Flambéed in brandy, garlic, peppers and cherry tomato, fired up with chillies

RUMP & HALLOUMI KEBABS 68

Skewered with fresh rosemary and served with tzatzkiki

CARPACCIO 86

Cured fillet thinly sliced topped with Italian extra virgin olive oil, parmigiano, celery, wild rocket and balsamic glaze

DUCK SPRING ROLLS 72

Julienne of stir-fry vegetables served with a classic thai dipping sauce

AUBERGINE & MOZZARELLA STACK 69

Aubergine, mozzarella, zucchini, tomato and parmesan bake drizzled with basil pesto

SNAILS 72

Prepared in gorgonzola and cream, served with herb crostini

OYSTERS SQ

Fresh oysters, served with tabasco and smashed black pepper

SMOKED SALMON 108

Tower of smoked salmon, avocado, buffalo mozzarella, and fresh tomato, topped with lime and ginger vinaigrette

MUSSELS 79

Mussels in white wine, garlic and coriander softened with a dash of cream served with ripped ciabiatta

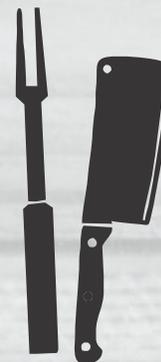
STUFFED CALAMARI 82

Falkland calamari tubes stuffed with prawns, spring onion and cashew nuts pan fried and sealed with sweet chilli, lime and ginger

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FROM THE BUTCHER

FINEST SOUTH AFRICAN A GRADE MEAT BROUGHT IN AND MATURED BY OUR BUTCHER INSURING TOP QUALITY



BEEF

YOUR CHOICE OF CUT GRILLED TO YOUR LIKING

	200G	300G
FILLET	120	150
RUMP	90	110
PRIME CUT	SQ	SQ

SAUCES R32

Pepper, Mushroom, Mustard, Cheese

SIDEDISHES

baked potato **R35** | hand cut chips **R32** | mash **R32**
onion rings **R27** | pasta **R32** | green side salad **R42**
vegetables **R42**

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GOURMET BURGERS

THROBBING BURGER 96

The famous homemade burger topped with Cape cheddar, crispy bacon, tomato salsa, gherkins and hand cut chips

CHICKEN BURGER 85

Chicken breast topped with creamy mozzarella and caramelized onion, served with hand cut chips

SALMON BURGER 120

Salmon, potato and red onion patty served with wasabi mayo, Philadelphia cream cheese and sweet potato wedges

CHICKEN

CHICKEN PARMAGIANO 120

Parmesan crumbed chicken breast served on spaghetti with Italian tomato and fresh basil, topped with smooth white mozzarella and parmesan cheese

PERI PERI CHICKEN HALF - 69 / FULL - 120

Half or full marinated in the best Portuguese peri peri this side of the Jukskei, served with hand cut chips

INTERCOURSE

PORK BELLY 148

Slow roasted pork belly with apple and cider glaze, served with mashed potato and seasonal veggies

CHICKEN BREAST 136

Wrapped in Prosciutto, stuffed with goats cheese and sundried tomatoes, rocket and crème fraîche

DUCK CONFIT 175

Eastern style duck stuffed with julienne of stir-fry vegetables presented on potato dauphinoise with exotic litchi, ginger, chilli and orange jus

FILLET BALSAMICO 175

Fillet served on mashed potato topped with wild rocket, parmesan shavings and balsamic blaze

ESPETADA DE PICANHA 135

Skewered Aged Rump served with homemade chips and chimichurri sauce

LAMB SHANK 192

Oven fired roasted lamb shank with red wine and rosemary served on fluffy mash and seasonal veggies

KAROO LAMB CUTLETS 165

French trim rack of three, grilled to your liking topped with rosemary herb butter and fresh lemon served with pommes frites

OXTAIL POT 156

Braised oxtail slow cooked in red wine, thyme, seasonal veggies served with parmesan mash

WRAPPED FILLET 195

250g Matured fillet topped with sautéed mushrooms, white wine, gruyere cheese, bacon and wrapped with phyllo pastry

VEAL MILANESE 155

Tender medallions of veal, encrusted with parmesan and herbs, finished in lemon butter served with rocket, rosa tomatoes and parmesan salad

RIBS 132

500g Prime pork ribs basted in finger licking barbecue sauce, served with hand cut chips

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SEAFOOD

MUSSEL POT

Fresh New Zealand mussels steamed in garlic, white wine, thyme, onion and a hint of cream. Served with pommes frites and mayo.

149

GRILLED CALAMARI

Falkland calamari tubes grilled in lemon butter with your choice of side dish

142

LINE FISH

Please ask your waiter for the fish of the day in lemon butter or plain grilled

SQ

SCOTTISH SALMON

Seared salmon on a bed of pesto mash served with a strawberry, lime, ginger and soft chilli vinaigrette

225

SIX

Six Queen prawns butterflied in lemon butter, garlic or peri peri sauce. Served with your choice of starch.

139

THAI PRAWN CURRY

East meets west with this summer curry of red Thai curry, succulent prawns, spring onion, ginger, chilli, garlic with mango salsa and coriander poppadum's

168

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PASTA

YOUR CHOICE OF PASTA: PENNE, FETTUCCINE, LINGUINI OR SPAGHETTI | GNOCCHI ADD R18

ARRABBIATA

Tomato, garlic, chilli and onion

86

MEAT BALLS

Homemade with onion, parsley, garlic pan fried with basil, rosa tomatoes in Neopolitan sauce

92

BOLOGNAISE

Traditional Italian style tossed in parmesan and your choice pasta

93

PASTA VERDE

Mangetout, asparagus, zucchini, broccoli and garden peas with cream and parmesan

101

ROASTED VEG

Roasted vegetables tossed in Neopolitan and topped with basil pesto

103

FORMAGGIO

Four cheeses gorgonzola, provolone, emmanthal and parmigiano

118

ALLA FUNGI

Smokey bacon with wild mushrooms, white wine, garlic and fresh thyme softened with cream

126

PESTO

Pine nuts, Grana Padano parmesan, basil, garlic and olive oil

112

ROSA

Bacon, rosa tomatoes tossed with spring onion, parmesan and topped with avo and basil pesto

113

CALAMARI

Panfried calamari tubes, spicy chorizo, spring onion, cherry tomatoes, olives and fresh basil

132

PENNE PRAWN VODKA

Prawns panfried with garlic, chilli, tomato and charged with vodka cream

145

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PIZZA

THIN CRISPY BASE PIZZA | GLUTEN FREE BASE AVAILABLE R20

MARGHERITA 74

Italian tomato, mozzarella and fresh basil

REGINA 86

Ham, mushroom, mozzarella and mixed herbs

HONOLULU 87

Ham, pineapple, spring onion and peppadew

TROPICANA 87

Bacon and Banana

SPINACI 89

Spinach, olives, feta cheese, mozzarella and onion

PEPPERONI 92

Mozzarella, tomato, basil and pepperoni

POLLO 92

Chicken, spring onion, peppadews and mozzarella

LA PRIMAVERA 93

Marinated roasted vegetables with crumbed feta

CAMPANOLA 98

Bacon, feta and avocado

GOATS DE ROAM 100

Goats cheese, sundried tomato, aubergine, red pepper and onion

PERI PERI CHICKEN 101

Spicy chicken, avo, jalapeños and feta cheese

E'PA 101

Choriço, peppers, olives, onions, fresh tomato, garlic and chilli

SALAMI MILANO 102

Italian salami, sliced figs and gorgonzola cheese

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PIZZA

THIN CRISPY BASE PIZZA | GLUTEN FREE BASE AVAILABLE R20

QUATTRO STAGIONI 104

Artichoke, parma, olives and mushrooms

AL GRINGO 104

Chilli mince, mozzarella, garlic, onion, green peppers with guacamole and spicy salsa

SICILIANA 112

Anchovies, olives, capers, feta and tomato

MISS PIGGY 112

Salami, ham, bacon, jalapeños, peppadews and avocado

PROSCIUTTO 114

Mozzarella, rocket, cherry tomatoes and prosciutto

COLINA 115

Exquisite combination of bacon, gorgonzola, avocado lifted with chilli and garlic

ROAST LAMB 122

Lamb, feta, aubergines, onion and fresh mint

SALMONE 124

Summer pizza with smoked salmon, fresh asparagus, spring onions and crème fraîche

BANGKOK ROCK 136

Prawns, calamari with sweet chilli, ginger and coriander

SPICY SEAFOOD 140

Selection of prawns, muscles, calamari and fresh chilli

FOCCACIA

BIANCO STYLE PIZZA BASE (NO TOMATO)

BIANCO 53

Focaccia with garlic and herbs

FORMAGGIO 61

Focaccia with mozzarella, garlic and herbs

CAPRESE 112

Basil pesto, mozzarella and fresh tomato marinated in olive oil

CARPACCIO 120

Seared fillet, fresh rocket, parmigiano shavings and balsamic blaze

PARMA 140

Focaccia base with Parma ham, rocket, parmesan shavings

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SUSHI

ALL SUSHI FRESHLY PREPARED TO ORDER

CALIFORNIA ROLLS

8 pieces

Salmon	76
Tuna	76
Prawn	76
Crab Stick	66
Vegetable	56

ROSES

2 pieces

Salmon	52
Tuna	52

SANDWICHES

8 pieces

Salmon	82
Tuna	82
Prawn	82
Crab stick	72
Vegetable	67

NIGIRI

2 pieces

Salmon	48
Tuna	48
Prawn	48
Avo	42

MAKI ROLLS

6 piece

Salmon	52
Tuna	52
Prawn	52
Crab	52
Vegetable	44

SASHIMI

4 pieces

Salmon	75
Tuna	75

BURRITO ROLLS

1 pieces

Salmon	65
Tuna	65
Prawn	65
Crab	65
Vegetable	49

POKÉ BOWLS

White rice, chopped nori, Ponza sauce, Teriyaki, 7 spice, spring onion, sesame seeds, crushed peanuts, garlic flakes, tempura crumbs and avo

Spicy Salmon	85
Spicy Tuna	85
Crispy Calamari	95

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SUSHI

ALL SUSHI FRESHLY PREPARED TO ORDER

THROBB SALMON CALIFORNIA ROLL

10 piece 132

Salmon, avo, brûléed salmon, sesame oil, soya sauce

BAMBOO ROLL

8 piece 118

Cucumber wrapped avo and salmon, loaded with crispy shallots

KRIS-PEE RICE

4 piece 89

Spicy salmon, tuna, crispy rice squares with avo, caviar, soya, sesame oil, vinaigrette

PHILADELPHIA ROLL

10 piece 120

Cream cheese, smoked salmon, avo, Teriyaki, spring onion, 7 spice, caviar & mayo

SPICY TUNA MAKI

6 piece 82

Tuna, siracha mayo & spring onion

KRIS-PEE NO RICE

4 piece 118

Tuna, salmon, prawns, avocado, nori, tempura fried with Sriracha dressing

SALMON CEVICHE STACK

1 piece 112

White rice, cubed salmon, red onion, lime, Teriyaki, topped with micro herbs & Japanese mayo

RAINBOW ROLL

8 piece 118

Salmon and avo inside, salmon and tuna rainbow outside, topped with Teriyaki mayo, 7 spice, spring onion & caviar

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*Year End Functions
Wine Tastings
Corporate events
Birthdays*

food@throbb.co.za

—  —
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Strawberry*
— EST. 2006 —

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urban organic


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DESSERTS

- NEW YORK CHEESE CAKE** 42
Baked cheese cake with fresh seasonal fruit coulis
- ESPRESSO AFFOGATO** 48
Double espresso on Italian vanilla bean ice cream
- CRÈME BRÛLÉE** 52
Vanilla cream and caramelised sugar
- CHOCOLATE FONDANT** 55
Soft centered chocolate dessert. To die for!
- PAVLOVA** 53
Meringue with mixed berry and marbled mascarpone cream
- MILLE FEUILLE** 62
Thousand leaves of phyllo pastry with honey, almonds, crème anglaise and fresh strawberries
- TORTE JAPONAISE** 65
Layers of almond meringue wafer pastry with coffee, chocolate & liqueur cream

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MENU PRINTED BY:



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