

Migali..

Breakfast

Muffins

Served with butter and preserves **R 34**
 Enquire about our freshly baked muffins

Cakes

Choose from our cake display **SQ**

Croissants

Plain or toasted croissant served with butter and preserves **R 32**

Fillings

Croissant with Mozzarella cheese **R 38**

Croissant with Ham and mozzarella cheese **R 55**

Croissant with Scrambled egg, tomato and bacon **R 66**

Croissant Toasted with smoked salmon trout, smooth cottage cheese and gherkins **R 99**

Health Breakfast

Muesli, fresh seasonal fruit salad, low fat yoghurt and honey **R 78**

Papino

Sliced papino with a low fat yoghurt, flaked almonds, toasted pumpkin seeds and honey **R 66**

Fruit Salad

Fresh, Seasonal fruit salad **R 48**

Caprese French Toast

Mozzarella cheese and fresh basil French toast served with a tomato relish **R 58**

Crunchy French Toast

French toast, rolled in crushed cornflakes and oats, served with fresh strawberries, banana and toasted almonds – Drizzled with honey **R 68**

Homemade Pancakes **R 62**

Pancakes topped with smooth cream cheese and a blueberry compote – Drizzled with syrup and served with cinnamon

Oats

Jungle oats with cinnamon, honey and flaked almonds **R 52**

Migali French Toast

French toast served with grilled banana and crispy bacon. Drizzled with syrup and cinnamon. **R 62**

egg breakfast - Free range eggs

Served with your choice of toasted bread – White, brown, rye or health, butter & preserves

Piccolo

One egg and grilled tomato with 2 rashers of bacon or two beef sausages **R 39**

Manolo

Two eggs with grilled cherry tomatoes and bacon **R 54**

Lola

One poached egg, grilled or fried halloumi and mushrooms, served with a tomato, avocado and red onion salsa **R 79**

Migali Shakshuka

A slow cooked Neapolitan sauce with cannellini beans topped with two poached eggs and a choice of crispy bacon or Pastrami bits **R 79**

Izabel

Spinach and herbed mushrooms topped with goats cheese. Two poached eggs and grilled cherry tomato **R 70**

Alberto

Two eggs, bacon, beef sausage, grilled tomato and grilled mushrooms **R 84**

Option

Add halloumi **R 104**

Pepe

Mashed avocado and chickpeas with tahini. Drizzled with a little lemon juice - spread on two toasted rye bread with a lemon wedge on the side **R 65**

Frederico

Pan fried chicken livers and caramelised onions laced with a napoletana sauce and 2 eggs served on an open Panini **R 60**

Franco

Savoury mince with two eggs, caramelised onions, topped with feta and served on an open Panini **R 79**

scrambled egg breakfast

Served with your choice of toasted bread – White, brown, rye or health

Stefano

Eggs scrambled with feta, grilled mushrooms, chives and avocado on the side **R 79**

Cruz

Scrambled eggs, bacon, spinach, melted mozzarella topped with avocado slices Served on a bagel **R 74**

Andreas

Eggs scrambled with parmesan shavings, avocado and a tomato relish on the side **R 72**

Rocco

Scrambled eggs with smoked salmon trout, fresh tomato slices, smooth cottage cheese, gherkins and red onion **R 105**

Breakfast Wrap

Scrambled egg, sauteed mushrooms, bacon, grated mozzarella cheese, tomato relish on a wholegrain or white wrap **R 76**

Migali Eggs Benedict

A toasted bagel with two poached eggs, smoked salmon trout and a creamy hollandaise sauce **R 98**

Option

Replace smoked salmon trout with bacon **R 72**

Valetta

Served on a bagel - Rocket, roasted cherry tomatoes, grilled mushrooms with a poached egg and balsamic glaze **R 69**

Option

Add bacon - 2 slices **R 80**

omelette

Served with your choice of toasted bread – White, brown, rye or health

Egg white omelette on request

Brava

An open omelette with chopped red onion, mushrooms and feta. Topped with avocado and rocket **R 84**

Alessandro

Spinach, green and black olives and feta cheese **R 79**

Luca

Grated mozzarella, grilled bacon, cherry tomatoes and fresh basil leaves **R 86**

Maximo

Basil pesto, cherry tomatoes, grated halloumi cheese, topped with slices of avocado **R 89**

Rodrigo

Grilled mushrooms, onions with roasted peppers and grated mozzarella, laced with a tomato relish **R 84**

Lenore

Smoked salmon trout with cream cheese and chives **R 99**

Starters

Served on Bruschetta

Caprese

Pesto, mozzarella cheese and tomato R 69

Cabrera

Grilled mushrooms in a creamy sauce topped with rocket R 69

Beef Carpaccio

Thinly sliced beef fillet served with parmesan shavings, rocket and drizzled with olive oil R 85

Comino

Crumbed chicken strips with chips and dipping sauce R 69

Santorini

Grilled or fried halloumi with spinach, grated baby marrow and fresh mint salad. Served with a grilled lemon wedge R 69

Gozo

Pan fried chicken livers in Napoletana with a touch cream, chilli and brandy. Served with Panini toast R 68

Sandwiches

Naxos

Chicken schnitzel, lettuce, tomato slices with a honey mustard mayonnaise dressing on a Panini. Served with chips R 90

Capri

Grilled or fried halloumi with roasted peppers, grilled cherry tomatoes and mushrooms, avocado, fresh rocket and hummus served on a Panini R 90

Braganca

Chicken breast with lemon mayonnaise sauce, rocket and avocado on a Panini R 88

Samos

Hot beef on rye with sauerkraut, emmentaler cheese, gherkins, piccalilli, sweet mustard, mayonnaise and a side of coleslaw R 109

Elba

Toasted seeded health bread, basil pesto, roasted brinjals, warmed mushrooms, rocket and oven roasted cherry tomatoes. Covered with feta, toasted sunflower seeds and drizzled with a balsamic glaze R 90

Migali Club Sandwich R 99

Lemon mayonnaise grilled chicken breast, bacon, emmentaler cheese, lettuce, tomato in a three layered toasted sandwich. Served with chips

Pico

Strips of grilled steak, grilled onions, fresh tomato, rocket and mustard on a toasted panini - Served with chips

Rump Option R 110

Fillet Option R 160

Bagels

White or wholewheat served with a side of coleslaw

Grilled chicken breast, whole pepperdews with rocket and avocado. Served with a lemon mayonnaise dressing **R 78**

Rare roast beef with creamed horseradish, emmanthaler cheese, lettuce & tomato **R 84**

Chopped herring, lettuce, tomato and gherkins **R 77**

Smoked salmon trout, rocket, avocado, cream cheese, caperberries and red onion. Served with a lemon wedge **R 105**

Tuna mayonnaise, lettuce, sliced tomatoes, pickled cucumbers and avocado **R 84**

tramezzini

All tramezzinis are made with mozzarella cheese on toasted foccacia bread. With a choice of the following fillings:

Beef strips with grilled onion and tomato in a prego sauce **R 99**

Chicken mayonnaise, with grilled mushrooms **R 88**

Tuna mayonnaise with chopped pepperdews and gherkins **R 94**

Spinach, feta and olives **R 85**

Burgers

200g Pure lean beef burgers – served with chips unless otherwise specified

Grande

Beef burger, lettuce and tomato topped with a tomato relish **R 88**

Option

Add cheddar cheese **R 98**

Mushroom Burger

Beef burger, emmanthaler cheese with a creamy mushroom sauce **R 104**

Chicken Burger

Grilled chicken breast with a lemon mayo sauce, emmanthaler cheese with slices of avocado and fresh rocket **R 96**

Halloumi Burger R 94

Grilled halloumi, grilled tomato and brinjals with caramelised onions and fresh rocket with a creamy harissa sauce. Served with a side of coleslaw

Dagwood

Beef burger with bacon, fried egg, cheddar cheese, fried onions, lettuce and tomato **R 110**

Wraps

Choice of wholegrain or white wrap

Served with chips and a choice of the following fillings

Beef Wrap

Beef strips sautéed with mushrooms and smoked paprika, avocado, rocket and a lemon yoghurt dressing

R 94

Chicken Harissa Wrap

Grilled harissa chicken, feta with avocado, lettuce and tomato

R 90

Chicken Schnitzel Wrap

Crumbed chicken strips with lettuce, tomato and a generous spread of sweet chilli, soy sauce and avocado

R 89

Halloumi Wrap

Grilled or fried halloumi, avocado, cherry tomatoes, red onion, lettuce, rocket and a tzatsiki relish

R 94

Smoked Salmon Trout Wrap

Smoked salmon trout, cherry tomatoes, avocado, gherkins, lettuce and a generous spread of cream cheese

R 105-

Fish Wrap

Grilled hake, lettuce, tomato, jalapenos and a generous spread of tartare sauce

R 88

Salads

Dressing served separately

Milos

Grilled harissa chicken, chickpeas and pomegranate seeds, avocado, lettuce, cherry tomatoes, rocket and cucumber with a creamy harissa dressing
- half portion

R 98

R 74

Corfu

Smoked salmon trout, avocado, red onion, cottage cheese, lettuce, rocket, sliced tomatoes and capers - With a vinaigrette dressing
- No half portion

R 115

Mediterasian

Sweet chilli beef tossed in sesame seeds, lettuce, rocket, roasted cherry tomatoes, radishes and crumbed feta with a sweet lemon and soy sauce dressing
- half portion

R 104

R 78

Verde

Lettuce, cherry tomato, avocado, cucumber, sugar snap peas, feta and red onion - With a honey mustard dressing
- half portion

R 84

R 63

Option - Cajun grilled chicken strips

R 98

- half portion

R 74

Canarias

Tuna chunks, boiled egg, celery, red onion, lettuce, cannellini beans, artichokes and sliced tomato - With a vinaigrette dressing

R 109

Migali Quinoa Salad

Quinoa tossed with pomegranate seeds, red onion, peas, cranberries, cherry tomatoes and roasted almonds. Served on a bed of crispy lettuce and topped with avo. Vinaigrette dressing on the side
option - add Harissa chicken or Halloumi

R 110

R 135

Faro

Cajun chicken, lettuce, avocado, sundried tomatoes, rocket and walnuts served with a gorgonzola, buttermilk, parsley and chives dressing
- half portion

R 98

R 74

Porto Santo

Chicken livers, spinach, lettuce, oven roasted tomatoes, croutons, avocado, corn and parmesan shavings - With a sweet, soy dressing
- No half portion

R 95

Ithaca

Rocket, spinach, goats cheese, beetroot, red onion, avocado and sunflower seeds
- with a blue cheese dressing
- half portion

R 89

R 67

Santana

Grilled or fried halloumi, avocado, seedless red and green grapes, sliced red onion, chickpeas, lettuce, rocket - With a vinaigrette dressing
- half portion

R 99

R 74

Main Meals

Chicken Schnitzel

Served with chips, a coleslaw side salad and chillinaise sauce

R 105

Barra

Chicken breasts grilled in a balsamic and lime juice marinade with a touch of oregano. Served with roasted vegetables, beetroot and a side salad

R 110

Chicken Cubes

Cubes of chicken breast with peppers and onion pan fried and served with a tomato, avocado and red onion salsa and chips

R 110

Migali Roasted Chicken

Two chicken leg quarters roasted in the pizza oven. Served with a side salad and rustic chips

R 100

Medallions of Beef

Three fillet medallions served with rustic chips and a choice of pepper or mushroom sauce on the side

R 195

Fish Cakes

Homemade smoked salmon trout and hake fish cakes with parsley and onions. Served with a spinach, grated baby marrow and fresh mint salad and grilled wedge of lemon

R 98

Fish and Chips

Grilled hake served with chips, tartare sauce and a lemon wedge

R 105

Migali Pescador

Two baked hake portions in a tomato and onion sauce served with a side of rustic chips

R 99

Flores R 115

Grilled breasts pan fried with a lemon and white wine marinade. Served with rustic chips and roasted vegetables

Lamb Chops R 185

Grilled lamb chops in lemon and herbs. Served with chips and a side salad

Prego Roll

Pan fried with garlic, butter, white wine and a mild prego sauce. Served with chips.

Option

Rump R 94
Chicken R 88
Fillet R 155

Side Portions

Portion of chips R 30
Portion of rustic chips R 35
Portion of roasted vegetables R 39
Side of coleslaw R 26
Side salad R 39

Sauces

Creamed horseradish R 25
Mushroom R 25
Pepper R 25

Steak, Egg & Chips

A 250g marinated rump topped with a fried egg and rustic chips

R 99

pasta

Choice of penne, spaghetti or tagliatelle. Gnocchi or gluten free spaghetti is also available with any of the sauces below at an additional R 10 per portion

Napoletana

Slow cooked tomato and sweet basil R 75
- half portion R 56

Arrabiata

Napoletana sauce with a dash of chilli R 77
- half portion R 58

Bolognaise

Beef mince with a slow cooked tomato sauce R 90
- half portion R 68

Alfredo

Shaved ham, mushrooms, cream and parmesan R 92
- half portion R 69
option - replace ham with chicken R 99
- half portion R 74

Catalina

Full portion - R 99 | ½ portion - R 74

Chicken strips, black and green olives, wine and cherry tomatoes tossed in basil pesto, topped with parmesan shavings

Ilianna

Avocado, creamy feta, sweet basil, rocket and flaked almonds in a creamy tomato base R 96
- half portion R 72

Tonno

Tuna and peas in a Napoletana sauce with a dash of cream R 99
- half portion R 74

Minerva

Chicken strips and mushrooms in a rich tomato sauce with a dash of cream R 99
- half portion R 74

Puttanesca

Slow cooked tomato sauce with anchovies, green and black olives and capers R 95
- half portion R 71

Basil Pesto

A fresh basil pesto with a touch of cream R 86
- half portion R 65

Mia

Spinach and ricotta ravioli in a spinach napoletana sauce. Served with parmesan R 96
- half portion R 72

Bruno

Beef filled ravioli in a bolognaise sauce with finely chopped sundried tomatoes and a touch of cream R 108
- half portion R 81

Lorenzo

Gnocchi served in a cream based sauce of spinach and a four cheese sauce of mozzarella, fontina, gorgonzola and parmesan R 106
- half portion R 80

baked pasta

Allow 20min preparation time

Cheese and Bacon Pasta Bake R 89

Bacon, cream and parmesan. Topped with mozzarella cheese and served with penne

Chicken Pasta Bake R 96

Chicken strips with cream and mushrooms and parmesan topped with mozzarella cheese and served with penne

focaccia

Large Focaccia
Herb

R 36
R 38

Gorgonzola and ripe tomato slices
Smoked salmon, cottage cheese, sliced
red onion and rocket

R 64
R 108

pizza

Calzone available on request

Margherita

Mozzarella, tomato and herbs

R 64

Regina

Mozzarella, tomato, ham and mushrooms

R 86

Napoletana

Mozzarella, tomato, green and black
olives with anchovy fillets

R 88

Parma

Mozzarella, tomato, prosciutto, topped
with fresh rocket and parmesan shavings

R120

Mexican

Mozzarella, tomato, chilli, green pepper,
red onions, bolonaise sauce and jalapeno's

R 105

Marco

Mozzarella, tomato, bacon, balsamic cherry
tomato with avocado and rocket

R 99

Paolo

Mozzarella, tomato, sweet chilli chicken,
cherry tomato, mushroom, bacon and
avocado

R 109

Leonardo

Mozzarella, tomato and salami

R 115

Luiz

Mozzarella, tomato, roasted peppers, avocado
and rocket

R 95

Felipe R 105

Mozzarella, tomato, bacon, avocado, and gorgonzola - drizzled with honey

Desserts

Cakes: Choose from our cake display

Fresh fruit salad R 48
Fresh fruit salad and ice cream R 59
Pavlova - A crushed meringue with
whipped cream, strawberries & passion
fruit pulp R 79

Vanilla ice cream & chocolate sauce R 49
Homemade pancakes topped with
smooth cream cheese and blueberry
compote. Drizzled with syrup and served
with cinnamon R 62
Pasteis de Nata R 18

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- Service charge not included.
- All products subject to availability.

- There is a possibility that nuts or traces of nuts may be found in any of our products.
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Drinks Menu

cold beverages

Freezoccino	R 52	Iced coffee	R 35	Sodas (330ml)	R 22
Extra shot	R 23	Cold espresso with ice cream		Mixers (200ml)	R 17
Freezos		Homemade lemonade	R 30	Cordial	R 9
Coffee	R 39	Iced Tea	R 25	Lime, Passion Fruit, Kola	
Chocolate	R 39	FruLatto	R 39	Rock Shandy	R 37
Vanilla	R 39	Fresh fruit with fruit juice and vanilla ice cream		Appletiser	R 25
Peanut Butter	R 39	Fresh Fruit Juice	R 27	Grapetiser	R 25
Chai	R 39	Milkshakes	R 30	Red or White	
Extra shot	R 17	Chocolate, Vanilla, Strawberry and Lime		Lemon/Orange Soda	R 30
Super Smoothies		Migali shakes	R 47		
Green	R 39	Mineral Water 500ml	R 21		
Banana, spinach, apple and the juice of half lime		Still or Sparkling			
Orange	R 39	Aqua.V 300ml	R 17		
Ginger, carrot, mango, fresh orange juice and the juice of half lime		Still or Sparkling			
Peanut butter and banana	R 39	Aqua.V 750ml	R 34		
Fat free milk, peanut butter, banana, honey and oat bran		Still or Sparkling			

Smoothies

Dairy based	
Mango or Berry	R 38
Dairy free	
Mango or Berry	R 38

hot beverages

Espresso

Single	R 18
Double	R 25
Macchiato	R 20
Americano	R 21
Filter Coffee	
Cappuccino	R 24
Cream Cappuccino	R 28
Caffe Late	R 25
Moccacino	R 29
Hot Chocolate	R 28
White Hot Chocolate	R 30

Milo	R 29
Chai Tea	R 29
Tea	R 20
Ceylon and Rooibos	
Herbal Tea	R 21
Red Cappuccino (R)	R 27
Red Latte (R)	R 29

Migali Latte

Espresso infused with vanilla or macadamia, steamed milk and a dollop of froth. R 34

Extra's

Double shot coffee	R 7
Decaf coffee	R 3
Flavoured coffee	R 9
Vanilla and Macadamia	

Freshly Squeezed Orange Juice R 34

beers

Castle	R 23
Hansa	R 23
Carling Black Label	R 23
Castle Light	R 24
Amstel	R 24
Amstel Light	R 24
Windhoek Lager	R 24
Windhoek Light	R 24
Windhoek Draught	R 24
Millers Genuine Draught	R 24
Peroni	R 25
Heineken	R 25

ciders

Savanna Dry	R 26
Savanna Light	R 26
Hunters Dry	R 26

house wine

	Glass	Bottle
Fish Hoek		
Sauvignon Blanc	R 37	R 105
Chenin Blanc	R 37	R 105
Rose	R 37	R 105
Merlot	R 40	R 130
Pierre Jourdan Tranquille	R 45	
Fat Bastard Chardonnay	R 54	
Altydgedacht (Sauvignon Blanc)	R 55	
Vergelegen (Sauvignon Blanc)	R 69	
Haute Cabrière		
Chardonnay Pinot Noir	R 60	
Guardian Peak Merlot	R 52	
Vergelegen Cab/Merlot	R 65	

Wine

Sauvignon Blanc

Altydgedacht	R 180
L'Avenir	R 155
De Morgenzon DMZ	R 202

Chardonnay

Fat Bastard	R 195
Warick First Lady Unoaked	R 205

Chenin Blanc

L'Avenir	R 195
Spier	R 130

Blends – White

Pierre Jourdan Tranquille	R 135
Haute Cabrière Chardonnay/Pinot Noir	R 205

Merlot

Guardian Peak	R 180
Goede Hoop	R 185
Meinert	R 240

Shiraz

Glenelly	R 205
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Cabernet Sauvignon

Warick First Lady	R 200
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Red blends

Neil Ellis Cabernet/Merlot	R 255
Rupert and Roschild Classique	R 325

Sparkling Wine/Champagne – On Request

our story

Our love for food and our European heritage inspired the birth of **Migali** - a family restaurant headed by Mama Lee and her boys Michael and Gary.

Lee runs the kitchen with a fiery passion. Gary sources the best quality produce and Michael runs the restaurant enjoying the interaction with his many regulars.

We originally established our business in Oaklands in 1998 and over the years have grown and developed into **Migali** which aspires to provide a more personal and quality service that pertains to all our customers.

We hope you feel at home!

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Address: Oaklands Shopping Centre, Cnr Pretoria and Kruger Str. Oaklands

Tel: 011 728 3720

Email: food@migali.co.za