

SEELAN'S SIGNATURE

DISHES



Seafood Salad

Indian Spices,
Coriander, Tempura
Marrows, Prawn,
Calamari
& Clams

130

Mixed Green Italian Salad (2).....	90
Tagliata - Kingkip or Sirloin.....	175
Line Fish with an Artichoke & Olive Oil Sauce.....	170
Crayfish Thermidor.....	650

Seafood Platter - Crayfish, Line Fish, Mussels, Calamari, Prawns, Langoustines.....	500 for one 900 for two
Scallops - Perlemoen Sauce Gratin.....	50
Prawn Curry - Served with Rice & Condiments.....	155
Lamb Curry - Served with Rice & Condiments.....	165w/a
Veal Carnival - Egg & Parmesan Battered Escallops of Veal.....	150
Seafood Pasta for Four - Crayfish, Calamari, Prawns, Mussels.....	700
Zwelet's Duck Rice - Shredded Duck, Mozambique Spices.....	125



Seafood Platter for Large Groups

PLEASE ASK YOUR WAITRON 50

STARTERS

Fresh West Coast Oysters
Natural or Asian Pickle Sauce
-50-

East Coast Shrimp
Cannellini Bean with a Truffle Vinaigrette
-90-

Deep Fried Calamari
-85 / 120-

Grilled Baby Calamari
-85 / 120-



Fresh Mussels,
Chili, Ginger, Coriander,
Coconut Cream & Sake

Or: Garlic, Wine, Bisque
& Parsley

90 / 120

Carpaccio De Boeuf
Marinated Sirloin with Mustard Vinaigrette
-85-

Carpaccio De Thon
Salmon or Tuna
With Fresh Basil, Asian & Citrus Dressing
-95-

Seafood Bouillabaisse
Prawns, Calamari, Mussels, Line fish
-105-

SALADS

Pizza latte

3 X Mini Pizzas with
Buffalo Mozzarella,
Basil & Tomato
Salad

70

Chicken & Mango Salad

Salad With Fresh
Herb Leaves,
Vegetables &
Thai Dressing

98

Chopped Seelan Salad

Finely Chopped
Tomatoes, Lettuce,
Vegetables, Eggs
& Parmesan

75 / 95 for two

Russian Salad

Prawn
&
Caviar

95

Roasted Aubergine

Pine Nuts,
Currants, Feta
& Basil

95

Pasta

CHOICE OF:

Capellini
Linguini
Penne

On Request - We make any Pasta to specification

Arrabiata / Basil & Tomato.....	80
Bolognese.....	90
Wild mushroom & Truffle.....	120
Mezzanote - Chili, Garlic, Roast Tomato & Flat Leaf Parsley.....	90
Italian Sausage, Roasted Fennel & Parmesan.....	115
Vongole - Fresh Clams, Chili & White Wine.....	120
"Al Farouk" - Prawns, Crayfish, Line Fish with Mild Curry Spice.....	260
Handmade Chicken Ravioli - Butter, Mushrooms & Crispy Herbs.....	95



GRILLS

ROTISSERIES

FISH

Salmon / Tuna with Chili, Ginger & Rocket
or Honey, Ginger & Soya

170

Roasted Sole, Lemon & Herb Butter

50

Grilled Whole Crayfish with Garlic & Herb

485

Butterflied East Coast Tiger Prawns (8)

280

L.M. Langoustines

50

Grilled Linefish

150



POULTRY

Chicken Breast Grilled or Milanese.

120

Spatchcock Baby Chicken Mozambique
Chili & Lemon

165

Half Rotisserie Chicken "a GoGo"
Green Chili & Herb Sauce

140

Half Rotisserie Duck,
Orange or Chinese BBQ

180

SAUCES

Pepper, Garlic & Chili, Old Man, Mushroom,
Peri Peri, Bernaise



25



MEAT

ALL BLACK ANGUS BEEF PRODUCTS ARE FREE RANGE
AIR DRIED FOR 14 DAYS FOR OPTIMUM SUCCULENCE & FLAVOUR

Kudu / Ostrich.

Mushrooms, Currants, Roast Tomatoes,
Garlic, Rocket & Parmesan

50

Rotisserie lamb.

Whole Shoulder / Leg Serves 3/4 Persons
Charged Per Weight

150

(Individual portion)

Thin Cut Lamb Cutlets

Wild Origanum or Malay Spices & Chilli

165

Veal Chop - Grilled or Milanese. (W/A)

185

Veal Paliard
Marinated Grilled Veal with Mushrooms

145

Fillet (250gm).....180

Sirloin (300gm).....160

Prime Rib(500gm).....195



Prime Black Angus Beef Burger.
90 (200 gm)

SIDES

French Fries
Side Mixed Salad
Seasonal Vegetables
Sauté Cabbage
Sauté Potato

30 / 40

DESSERTS

Dessert Trolley: Choose From a Variety of Cakes & Sweets.....	50
Speciality Desserts & Cheese:	
Ice Cream & Hot Chocolate Sauce.....	40
Granadilla Lollies.....	20 each
Fruit & Berries (2).....	50
Frozen Yogurt & Blueberry Shake.....	40
Frulata - Fruit Shakes - Seasonal.....	40
Cheese Board (1).....	80



SEELAN'S SIGNATURE

DISHES

Seelan – a taste of St Tropez in the Cape

Overlooking the bustle of the V&A Waterfront harbour, with a full view of the iconic Table Mountain, is the Cape's newest gourmet destination, Seelan Restaurant & Bar – the visionary venture of renowned culinary master, Seelan Sundoo.

Guests in this stylish yet sociable bistro watch Seelan and his team work their delicious magic in the unique, glass-en-closed kitchen, serving up Indo-Mediterranean cuisine with the exoticism of southern India and the rustic elegance of the Mediterranean, with nuances of the Middle East and the down-home freshness of the Mother City.

Seelan's soft grey-and-white colours extend through elegant arches into the warmly lit interior, with charming wicker chairs, wooden accents and vases filled with beach sand, pebbles and seashells that hint at its ocean-front locale.

"I envisioned Seelan as a destination also frequented by locals, where people can lose track of time as they enjoy each other's company over a good meal. We have taken great care to ensure that every single element enhances this warm, inviting atmosphere," says Seelan.



SEAFOOD SALAD

Indian Spices, Coriander, Tempura Marrows,
Prawn, Calamari & Clams
130

Mixed Green Italian Salad.....	90
Tagliata - Kingklip or Sirloin	175
Line Fish with an Artichoke & Olive Oil Sauce.....	170
Crayfish Thermidor.....	650
Seafood Platter - Crayfish, Line Fish, Mussels, Calamari, Prawns, Langoustines	500 for one 900 for two
Scallops - Perlemoen Sauce Gratin.....	175
Prawn Curry - Served with Rice & Condiments.....	160
Lamb Curry - Served with Rice & Condiments.....	165 w/a
Veal Carnival - Egg & Parmesan Battered Escallops of Veal.....	140
Seafood Pasta for Four - Line Fish, Calamari, Prawns, Mussel.....	700
Zwelet's Duck Rice - Shredded Duck, Mozambique Spices.....	125
Seafood Bouillabaisse.....	105



STARTERS

Fresh West Coast Oysters
Natural or Asian Pickle Sauce
SQ

East Coast Shrimp
Cannellini Bean with a Truffle Vinaigrette
90

Deep Fried Calamari
85 / 120

Grilled Baby Calamari
85 / 120

Fresh Mussels,
Chili, Ginger, Coriander,
Coconut Cream & Sake
Or: Garlic, Wine, Bisque
& Parsley
90 / 120



SALADS

Pizza latte
3 X Mini Pizzas with Buffalo Mozzarella,
Basil & Tomato Salad
70

Chicken & Mango Salad
Salad With Fresh Herb Leaves,
Vegetables & Thai Dressing
98

Chopped Seelan Salad
Finely Chopped Tomatoes, Lettuce,
Vegetables, Eggs & Parmesan
75 / 95 for two

Asparagus Salad
Warm White Asparagus With
Mixed Greens & Parmesan
80

Roasted Aubergine
Pine Nuts, Currents,
Feta & Basil
95

PASTA

On Request - We make any Pasta to specification

Capellini | Linguini | Penne

Arrabiata / Basil & Tomato.....	80
Bolognese.....	90
Wild mushroom & Truffle.....	120
Mezzanote - Chili, Garlic, Roast Tomato & Flat Leaf Parsley	90
Italian Sausage, Roasted Fennel & Parsman.....	115
Vongole - Fresh Clams, Chili & White Wine.....	120
"Al Farouk" - Prawns, Crayfish, Line Fish with Mild Curry Spice.....	260
Handmade Chicken Ravioli - Butter, Mushrooms & Crispy Herbs..	95

