

BREAKFAST

WE SERVE WHITE, BROWN, RYE, HEALTH,
CIABATTA & GLUTEN FREE BREAD

JUNGLE OATS – R48

Topped with honey, almonds, berries & banana

SMOKED SALMON – R98

Rye bread, scrambled egg, chunky cottage cheese topped with smoked salmon

MUSHROOM FRITATTA – R80

Oven baked egg mix with mushroom, feta cheese & cherry tomato (allow 20mins)

SPINACH FRITTATA – R85

Oven baked egg mix with spinach, feta cheese, olives & roasted pepper (allow 20mins)

BACON FRITTATA – R85

Oven baked egg mix with chopped bacon, cheddar & feta cheese (allow 20mins)

YOGHURT PARFAIT – R65

Layers of double thick yoghurt, mixed berries, granola & honey

GREEK SCRAMBLE – R65

Scrambled egg cooked with tomato & feta served in a phyllo basket

JUNIOR BREAKFAST – R49

3 rashers of bacon, 2 fried eggs, grilled tomato served with toast, butter & jam

VEGETARIAN BREAKFAST – R80

A grilled brown mushroom with grilled haloumi, grilled tomato, spinach & scrambled egg served with toast, butter & jam

POACHED EGG & SMOKED SALMON – R125

80g Smoked salmon, served with spinach, poached egg, rocket, avocado & hashbrown

CYRIOT BREAKFAST – R90

3 rashers bacon, grilled haloumi, two fried eggs, grilled tomato & sliced chorizo served with toast, butter & jam

FRENCH TOAST – R65

Egg dipped bread, topped with grilled bacon & banana,
drizzled with maple syrup

EGG BAKE – R80

Prosciutto sauteed with spinach & chilli. Topped with napolitana sauce & two eggs

MV CAFÉ FULL HOUSE – R98

3 rashers of bacon, 2 eggs, hash brown, grilled tomato, grilled mushrooms, pork or beef sausage, baked beans served with toast, butter & jam

MINCE ON TOAST – R70

Toasted topped with bolognese mince & two fried eggs

CHICKEN BREAKFAST – R95

Grilled chicken strips, spinach, grilled tomato, grilled mushroom feta cheese & scrambled egg served with toast, butter & jam

OMELETTE 4 EGGS – R49 / 2 EGGS – R35

Choice of filling at 10 per item:
ham, feta, mozzarella, cheddar, bacon, chorizo, tomato, mushroom, onion, served with toast, butter & jam

BREAKFAST SMOOTHIES – R55

Choice of the following: made with yoghurt & banana
Honey and granola | Mixed berries | mango | Coconut milk and honey

BURGERS

MV BURGER (200g) – R90

Homemade 100% beef burger, lettuce, tomato & mayonnaise served on a soft bun

MUSHROOM BURGER (200g) – R95

Homemade 100% beef burger, lettuce, tomato & mushroom sauce served on a soft bun

CHEESE BURGER (200g) – R95

Homemade 100% beef burger, lettuce, tomato & a cheese slice served on a soft bun

BACON & EGG BURGER (200g) – R105

Homemade 100% beef burger, lettuce, tomato, topped with grilled bacon & a fried egg served on a soft bun

BACON & CHEESE BURGER (200g) – R105

Homemade 100% beef burger, lettuce, tomato, topped with grilled bacon & a cheese slice served on a soft bun

MEXICAN BEEF BURGER (200g) – R105

Homemade 100% beef burger, lettuce, tomato, topped with guacamole, salsa & cheese, served on

SERVED WITH CHIPS

BEEF PREGO (150g) – R95

Beef fillet in a prego sauce served on a soft bun
Add an egg to your prego for an extra R8

MV CHICKEN BURGER (200g) – R68

Chicken breast, lettuce, tomato & mayonnaise served on a soft bun

MEXICAN CHICKEN BURGER (200g) – R92

Chicken breast, lettuce, tomato, topped guacamole, salsa & cheese served on a soft bun

MIA'S CHICKEN BURGER (200g) – R115

Grilled chicken breast topped with bacon, parma ham, mozzarella & feta served on a soft bun

CHEESY FILLET STEAK STRIPS – R125

150g Fillet strips, grilled with onions & tomato, topped with cheddar cheese

CHICKEN PREGO (200g) – R82

Grilled chicken breast in a prego sauce served on a soft bun. Add an egg to your prego for an extra R8

WRAPS

MV WRAP – R85

Chicken mayo, gherkins & mozzarella

ROAST VEGETABLES, HALOUMI, ROCKET &
PESTO MAYO – R90

CAJUN CHICKEN WITH AVO, FETA, ROCKET &
PESTO MAYO – R92

FILLET WITH PEPPERDEWS, FETA, ROCKET &
HUMMUS – R120

BACON, CHEDDAR, GRILLED MUSHROOM,
AVO & PESTO MAYO – R120

MEXICAN OPEN WRAP – R120

Topped with mince, onion, coriander, cheddar,
served with guacamole & salsa

SNACKS

BUTTERNUT, FETA & SPINACH PIE – R69

Served in a delicious phyllo pastry

CALAMARI – R80

Grilled, fried or cajun style

HALLOUMI CHEESE – R75

Grilled or fried

CHICKEN LIVERS – R69

Grilled chicken livers, served in a spicy tomato based sauce or in a chilli cream sauce served with crusty bread

VEGETABLE SOUP – R59

Hearty vegetable soup served with crusty bread

HUMMUS DIP – R75

with roasted vegetables and served with warm crusty bread

BAKED GREEK CHEESE – R69

Served in a delicious phyllo pastry

PARMA HAM & MELON – R105

ARABIC LAMB & AUBERGINE PLATTER – R115

Aubergine topped with lamb mince, chilli, yoghurt, hummus & almonds

BAKE BRINJAL – R89

Layers of brinjal, tomato & mozzarella oven baked

FRIED CAMEMBERT CHEESE – R89

Served with bacon & cranberry sauce

AVOCADO RITZ – R125

Cooked deshelled queen prawns, served with avocado & a tangy mayonnaise sauce

SALADS

UNA – R95

Basic salad base topped with tuna, egg & green beans

GREEK – R85

Basic salad base topped with feta and olives

THE MV – R105

Rocket leaves topped with grilled chicken strips, bacon & grilled halloumi

GRILLED BEEF THAI NOODLE – R120

150g Fillet strips cooked in a Thai sauce

POPCORN HAKE – R98

Panko crumbed hake pieces on a bed of cauliflower & broccoli with chopped peppers, onions, almonds & cranberries

CAJUN CHICKEN – R92

Basic salad base topped with cajun chicken, avocado & feta

BASIC SALAD BASE CONSISTS OF LETTUCE, CUCUMBER & TOMATO

CHICKEN LIVERS & BLUE CHEESE – R92

Basic salad base topped with chicken livers, blue cheese, chorizo sausage & walnuts

MEDITERRANEAN – R98

Roasted vegetable salad topped with halloumi, artichoke, chickpeas & hummus

GRILLED CHICKEN – R92

Basic salad base topped with grilled chicken, artichoke & provolone cheese

SALMON – R120

Basic salad base topped cottage cheese, avocado & smoked salmon

POPPY FILLET – R120

Basic salad base topped grilled fillet strips, avocado, fennel, walnuts & Ricotta cheese

SANDWICHES

GOURMET TOASTED CHORIZO SANDWICH –
R70

with basil, tomato & mozzarella

GOURMET TOASTED SALAMI SANDWICH –
R62

with artichoke, mozzarella & mayonnaise

DAGWOOD – R125

Three layered toast 200g Burger topped with
cheese, bacon & egg

TOASTED BACON & EGG – R60

TOASTED CHEESE (MOZZARELLA OR
CHEDDAR) – R45

TOASTED HAM, CHEESE & TOMATO – R62

TOASTED BACON, EGG & CHEESE – R68

TOASTED CHEESE & TOMATO – R50

TOASTED CHICKEN MAYONNAISE – R60

YOUR CHOICE OF WHITE, BROWN, RYE,
HEALTH, CIABATTA & GLUTEN FREE BREAD

GRILLED CHICKEN OPEN SANDWICH – R98
with mozzarella, avocado & pesto mayonnaise

CHICKEN SCHNITZEL & PARMA HAM OPEN
SANDWICH – R125

with mozzarella cheese, napolitana & rocket

MEDITERRANEAN OPEN SANDWICH – R105

roast vegetable, halloumi, hummus, pesto &
rocket

SMOKED SALMON OPEN SANDWICH – R125

with cottage cheese & avocado

CHORIZO & MUSHROOM OPEN SANDWICH –
R95

with melted mozzarella & napolitana sauce

HONEY MUSTARD CHICKEN OPEN
SANDWICH – R105

with halloumi, avocado, mozzarella topped with
honey mustard sauce

BACON CLUB SANDWICH – R105

PASTA

YOUR CHOICE OF GNOCCHI, LINGUINE,
PENNE OR SPAGHETTI

GORGONZOLA – R105

with mushrooms, cream & walnuts

TOMATO PRAWN – R170

8 deshelled queen prawns with feta, tomato and flavoured with ouzo

ROASTED TOMATO – R105

with aubergine, ricotta & basil

BEEF LASAGNE – R120

layers of pasta sheets and beef mince topped with cheese & oven baked

NAPOLITANA – R72

Traditional tomato based pasta sauce

BOLOGNAISE – R105

Tomato based beef mince

SMOKED SALMON – R115

with a creamy napolitana sauce

PESTO CHICKEN – R105

CHICKEN STRIPS – R92

in a creamy mushroom sauce

PRAWN & ZUCCHINI – R170

in a white cream sauce

FILLET STRIPS – R140

with pan fried cherry tomatoes & balsamic cream

ELENI PASTA – R95

bacon, mushroom, green peppercorn, feta & cream

ARABIATA – R75

Traditional napolitana & chilli

ALFREDO – R95

ham and mushroom in a cream sauce

GRILLED CHICKEN LIVER – R95

with mushrooms and a creamy napolitana sauce

BEEF GNOCCHI STROGANOFF – R140

150g fillet strips, mushroom & green pepper

MEAT

SERVED WITH YOUR CHOICE OF CHIPS, RICE
OR VEGETABLES

300g RUMP STEAK – R155

300g SIRLOIN STEAK – R155

300g FILLET STEAK – R180

STUFFED SIRLOIN – R180

300g Sirloin with feta, mushrooms, pepperdew & mozzarella

PIZZAILOA SIRLOIN – R180

300g Sirloin topped with capers, olives with napolitana & mozzarella

BLUE TOWER FILLET – R220

300g Fillet topped with bacon, avocado & blue cheese sauce

PARISIAN SIRLOIN – R180

topped with herb butter, Parmesan cheese & rocket

BEEF SCHNITZEL – R140

topped with herb butter, mushroom & mozzarella

GRILLED PORK CHOPS – R125

in a honey mustard sauce

LAMB CHOPS – R180

3 x 120g lamb chops grilled in a lemon butter & herb sauce

MASALA LAMB CURRY – R165

served with rice and sambals

CHICKEN

SERVED WITH YOUR CHOICE OF CHIPS, RICE
OR VEGETABLES

GRILLED CHICKEN BREAST – R95

Grilled in a lemon butter & herb sauce

CRUMBED CHICKEN BREAST – R95

Served with cheese sauce

SUN-DRIED TOMATO CHICKEN – R140

grilled chicken breast filled with tomato, halloumi,
fresh basil topped with napolitana sauce on a bed
of pasta

CHICKEN PHYLLO PIE – R120

with aubergines, almonds & raisons in a phyllo
pastry

STUFFED CHICKEN BREASTS – R170

with ham, cheese and herb butter topped with
mushroom sauce

THAI CHICKEN CURRY – R125

Thai coconut chicken curry served with rice

CHICKEN & MUSHROOM POT PIE – R105

LEMON INFUSED CHICKEN SCHNITZEL – R130

topped with hummus & olives

FISH

GRILLED HAKE – R105

GRILLED KINGKLIP – R170

10 GRILLED QUEEN PRAWNS – R220

CALAMARI – R150

Grilled, fried or cajun

SIDES – R35

CHIPS

MASH

SIDE SALAD

SWEET POTATO & CARROT MASH

GREEN BEANS WITH ROAST ALMONDS

CREAMED SPINACH

STEAMED BROCCOLI & CAULIFLOWER

SERVED WITH YOUR CHOICE OF CHIPS, RICE
OR VEGETABLES

ORIENTAL GRILLED KINGKLIP – R180

Topped with grilled banana in a creamy oriental
sauce

GRILLED KINGKLIP & PRAWN – R220

Topped with 4 de-shelled Queen prawns in a
lemon butter, fennel & caper sauce

SAUCES – R25

MUSHROOM

CHEESE

PEPPER

MONKEY GLAND

KIDS

STEAK & CHIPS – R115

150G Fillet served with chips

CRUMBED CHICKEN STRIPS & CHIPS – R70

Served with chips

BOLOGNAISE PENN – R85

NAPOLITANA PENNE – R60

CRUMBED HAKE BALLS & CHIPS – R85

Served with chips

ICE-CREAM & HOT CHOCOLATE SAUCE – R40

DESSERT

BISCUIT ICE_CREAM SANDWICH – R49

with chocolate sauce

OVEN BAKED NUTELLA CHOCOLATE PHYLLO
PARCELS – R59

Served with vanilla ice-cream

FRESH FRUIT SALAD – R59

Served with vanilla ice-cream

APPLE BAKLAVA – R59

Layered baklava with roasted apple, served with
ice-cream

MIXED BERRY TRIFLE – R55

Sponge cake with layers of custard & berries

PEPPERMINT CRISP – R49

CHOCOLATE BROWNE – R55

GREEK HALVA ICE-CREAM – R49

Served in a puff pastry basket

RUM & RAISIN ICE-CREAM – R49

