



# Café La Plage

## Restaurant & Bar

### SALADE

#### Poulet César (Chicken Caesar) R120

Crispy green leaves with anchovy dressing, boiled eggs, parmesan and garlic herb croutons.

#### Salade De Saumon R120

Mixed Fresh Salmon with sauce veirge, cucumber, avo, fresh squeezed lemon juice and olive oil topped with Goat cheese on a bed of green.

#### Salade De Betteraves R90

Butternut, beetroot, olives, cucumber, rossa tomato, chickpeas, feta, dressed with olive oil and balsamic vinegar.

#### French Chicken Livers Salad R90

Pan cooked with butter, tomato, caramelised onion, seasoned with Grama Spice and served on a Nicoise vegetables.

#### Salade Française (French Salad) R75

A mix of greens leaves and vegetables with french salad dressing and croutons.

### ENTREES

#### Fresh Oysters

R180

6 rock oysters topped with caviar on a bed of ice.

#### Rouleaux De Canard

R75

3 Duck confit spring rolls.

#### Moules Marinieres

R90

Creamy mussels cooked with garlic, onion and white wine and served with garlic herb brochette.

#### Beef and Hommous Dip

R65

Cooked with oraginum, thyme, feta, roasted garlic and jalapino served with tortillas.

#### Crevettes Risotto

R120

Poached prince prawns served on avo risotto and lime aioli.

#### Roasted Courgette Carpaccio

R75 V

Crispy flash fried baby morrows topped with parmesan gremolata.

#### Calamars Farcis Risotto

R120

Stuffed calamari with feta and pepper served on avo risotto.

#### Des Olives Farcies

R65 V

Stuffed with cheese and deep fried olives.

#### Crevettes Frites

R90

Gremolata Crumbed and deep fried prawns.

#### Corn and feta Dip

R65 V

Avocado, olives, sauce vierge and a served with tortillas.

#### Ailes De Poulet

R79

Barbeque or peri peri grilled chicken wings.

#### Formage Beigent

R65 V

Deep fried mixed cheese balls.

#### Stuffed Meat Balls

R75

Freshly ground lamb mince, onion, garlic and rosemary, stuffed with cheese and mushroom.

#### Mushroom Truffel Ravioli

R120 V

Exotic mushrooms served in a shiitake consume, ricotta & truffel shaving.

## BURGERS AND SANDWICHES

### Vegetarian Sandwich R90

Basil pesto, rocket, tomato, cucumber, halloumi zucchini, aubergine and roasted pepper.

### Beef and Ale R120

Pan cooked beef fillet with chilli and barbeque base topped with cheese and caramelised onion.

### Chicken Cheese Burger R110

Chicken breast stuffed with cheese and herbs flame grilled, lime aioli, tomato, lettuce cucumber and served with chips.

### Beef Burger R110

250g patty topped with cheese and caramelized onion and served with chips or salad.

### Lamb Burger R120

250g rosemary, garlic patty is served on a burger set with tzaziki and chips.

## PIZZA

### Pizza au Poulet (Chicken pizza) R120

Smoked BBQ chicken with fresh seasonal greens, caramelized red onions and topped with mozzarella.

### Ragout de boeuf (Beef Ragout) R120

Succulent beef strips cooked in a creamy béchamel sauce, Spring onion, garlic, tomato base topped with cheddar and mozzarella.

### Lamb Pizza R140

Honey glazed Lamb shreds spiced with oraginum with roasted red peppers with goats cheese rocket & mozzarella.

### Pizza Vegetariennè R110

Cherry tomatoes exotic mushrooms red onions broccoli with a 3 cheese sauce garnished with fresh wild rocket.

## PASTA

### French Garlic Chicken pasta with wilted Spinach R120

Pan fried chicken strips with onion, garlic, chilli, basil pesto and cream topped with parmesan.

### Pasta e Ceci R110

A mixture of seasonal vegetables pan fried with garlic, onion, herbs, basil, feta cheese, olives and chickpeas.

### Spinach and Feta Ravioli R140

Cooked in creamy mushroom sauce.

### Butternut Squash Risotto R140

Cooked with cream cheese, sundried tomato and feta topped with pine nuts.



## OUR SIGNATURE DISH OF THE DAY

We take pride in our creations as it is our motivation for the day,  
ask your waitron for our signature dishes of the day.

### FROM THE GRILL

#### Fillet Mignon 150g-R150 | 250g-R210

Grilled to your liking and flambéed in brandy butter served with grilled Mediterranean Vegetables and garlic herb mash.

#### 300g Beef Rump R190

Flame grilled with our home made basting and herbs served with garlic herb mashed potato and mediterranean vegetables.

#### La Plage Style Steak R190

300g Beef sirloin marinated in olive oil, Worcestershire sauce, Garlic, black pepper and served with sweet potato chips and green beans.

#### 500g Tomahawk & Hallumi Steak R240

Aged for 41 days spiced with mixed herbs seared and Char-grilled to perfection and served with wilted green beans.

#### Sous-vide Lamb Neck R240

Spiced with garlic, herbs gratin, lemon zest, and served with chateaux potatoes and sauce vierge.

#### Le Gigot de Agneau R220

Roasted leg of lamb spiced with Garlic, Rosemary, Pepper, Salt and topped with Lamb Jus and served with Crispy Potatoes.

#### Lamb Loin Chops R240


Marinated with garlic and rosemary served with Garlic Herbs and basil Mash, Wilted greens.

#### Crisp Chicken Confit R190

Two chicken legs marinated with pepper, thyme, salt confit and crispy to perfection and served with mixed green feta salad.

#### Duck Confit R220

With seared breast and confit Leg, sweet potato puree, balsamic roasted plum and wilted greens, Blueberry jus and apple carrot walnut and orange dressing.





## SEAFOOD

All our speciality dishes are prepared with fresh ingredients, using French cooking techniques.

### Line Fish Of The Day R190

Flat top Grilled line fish fillet with lemon butter and garlic herbs, served with walted spinach, nicoise vegetables and lemon beurre noisette.

### Grilled Calamari R160

In lemon garlic butter and caramalized onion, salad of greens, lemongrass vinaigrette and chips or rice.

### La Plage hake and chips R140

The Old fashion beach cafe battered hake and served with chips or salad.

### Seared Salmon R220

Dipped in sesame seeds crust, seared and served with nicoise vegetables.

### Grilled King Prawns R240

In lemon garlic butter, rocket sauce vierge garnish, served on a bed of rice or potato chips.

### Langoustines R260

6 Langoustines grilled with garlic, pepper, lemon and butter served with savory rice or potato chips.

### Crayfish Gratinée R420

400g of crayfish pan cooked in butter, shallots, garlic, black pepper, white wine and topped with Gruyère cheese and served with a side order of your choice.

## DESSERT MENU

Chocolate Fondant	R90	Home Made Ice Creams Or Sorbet	R70
Brownies and ice-cream	R80	Cake Of The Day	R80
Crème brûlée	R80	Deep fried Ice-Cream	R95



@LaPlageSA @david\_manal



Cafe La Plage



@cafelaplegesa



## COFFEE MENU

### HOT COFFEE'S

Espresso  
Americano  
Macchiato Caldo  
Cappuccino  
Caffelatte  
Irish Coffee

### COLD COFFEE'S

R22	Espresso Freddo	R39
R26	Cappuccino Freddo	R43
R24	Marocchino Freddo	R46
R27	Affogato	R36
R29	Don Pedro	R69
R65	Liquor Pedro	R69