

Cowboys
& COOKS
STEAKHOUSE & BAR

Grills

All main dishes served with a choice of hand-cut fries or baked potato with sour cream

Starters

- 68 Roasted Marrow Bones - crispy crumb, Parmesan, toasted Ciabatta, lemon and parsley salad
- 89 Beef Carpaccio - Wild rocket, Parmesan shavings, herb dressing
- 65 Ferrari Toast - jamón, mature cheddar, truffle oil
- 72 Jalapeño Poppers - sour cream, mozzarella, cheddar, spring onion
- 78 / 128 Fried Baby Calamari Tubes - Aioli
- 68 Large Black Mushrooms - garlic, spinach, feta, gratinate
- 87 BBQ Chicken wings
- 95 Crumbed Chicken wings - Blue Cheese Dipping Sauce
- 95 Prawn Cocktail - Marie Rose, Avo, Lemon and chopped lettuce

Salads

- 79 Caesar Salad - add Bacon R12 - add Chicken R14
- 79 Green Salad - Wild Rocket, avo, toasted nuts, Parmesan, olive oil, Maldon salt
- 78 Greek Salad
- 92 Parma ham salad, bocconcini
- 72 Tomato, Red onion, garlic, basil, extra virgin olive oil

Seafood

- 192 Grilled linefish
- 135 Beer battered Hake and chips
- 135 Mussels - steamed, garlic and wine cream sauce
- 78 / 128 Grilled Calamari tubes - chilli and lime butter
- SQ Grilled Prawns - Peri-Peri, garlic

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Steaks (Chalmar Beef)

- 240 300g Rib-eye
- 148 250g Rump 350g Rump - R188
- 210 250g Fillet 350g Fillet - R255
- 148 250g Sirloin 350g Sirloin - R188

Meat on the Bone

- 190 300g Sirloin on the bone
- 290 500g T-bone
- 145 400g Pork ribs 800g Pork ribs - R195

House Specialities

- 199 Ostrich Loin with citrus reduction
- 210 Karoo Loin chops
- 230 Pepper encrusted pan-fried fillet and flambé
- 235 Chateaubriand served with béarnaise sauce

Lighter Meals

- 79 Chicken Livers Peri-Peri - mini Portugese rolls
- 92 Steak roll - balsamic caramelised onions, sliced tomato, mustard mayo, on a baguette with chips
- 140 Beef kebab - served with a Café de Paris butter, chips or baked potato
- 89 Burger - Beef or Chicken - with chips
- add cheese R10 - add sauce R15
- add Avo R12 - add Bacon R12

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Sides

	Sides
29	Deep fried onion rings
22	Oven baked potato - sour cream with chives
22	Hand-cut chips
28	Garlic mash
28	Roasted butternut
28	Creamed spinach
32	Chargrilled broccoli
28	Oven baked garlic ciabatta
35	Grilled BBQ mushrooms

Sauces and Butters

30	Herb and Chilli butter
30	Garlic butter
32	Café de Paris butter
30	Truffle Mushroom sauce
28	Green Pepper corn sauce
30	Blue cheese cream sauce
34	Béarnaise sauce

Desserts

69	Oven baked Cheese Cake, vanilla crumbs, vanilla ice cream
69	Cognac Chocolate Mousse, ice cream
62	Vanilla Creme Brulee
58	Vanilla Ice Cream Warm Chocolate Sauce
65	Eaton mess - Seasonal berries, marshmallow fluff
69	Citrus panna cotta



NR - Not Rated

Bubbles

Bottle	Glass		
310	99	Da Luca Prosecco Treviso, Italy NR	Fresh, zingy citric flavours with an attractive palate weight rounded by balanced fruit sweetness. Long & persistent with pineapple notes and a mouth-watering finish.
437	115	Martini Prosecco Treviso, Italy NR	Dry, rich and easy-drinking. Packed full of delicious fruit flavour. Well-balanced and instantly enjoyable.
437	115	Martini Asti Italy NR	Sweet, smooth, intense and elegant. Fresh pear and pineapple flavours combine on a harmonious finish.
437	115	Martini Rosé Demi Sec Italy NR	Soft and semi-sweet with fresh strawberry and a hint of orange zest. A fine balance of delicious fruit and refreshing acidity.
390		Pongracz Brut Stellenbosch ★★★★★☆	This elegant Cap Calassique has delicate yeasty tones and imparts a wonderful foamy mouthful of black fruit flavours.
405		Pongracz Brut Rose Stellenbosch ★★★★★☆	This Cap Classique Rosé delights the mind as much as the eye and evokes an air of romance with its delicate salmon pink hue.
580		Graham Beck Robertson ★★★★★☆	With its charming silver-pink blush and exuberant character, this is a Cap Classique for those who appreciate a fizz with flair.
2600		Veuve Cliquot Yellow Label France	Veuve Cliquot Yellow Label manages to reconcile two opposing factors - strength and silkiness.

Sauvignon Blanc

225	75	Durbanville Hills Durbanville ★★★★☆	Medium-bodied wine with a mix bowl of tropical fruit flavours, citrus and ends with a sweet fruity sensation.
230		Lourensford River Garden Classique Stellenbosch NR	Lovely tropical fruit flavours supported by a fresh crispness. A delightful and elegant everyday wine.
215		Saronsberg Tulbagh ★★★★☆	The wine has a translucent colour with a green edge, showing prominent tropical, gooseberry and fruit-salad flavours, followed by hints of grass a full-bodied mouthfeel and a flinty after taste.
370	125	Idun Elgin NR	A perfect balance between the freshness and richness of fruit. The texture is delightful and there's a touch of flintiness.
390	96	Constantia Royale Constantia ★★★★☆	Crisp with refreshing minerality, gently softened by tropical fruit flavours.
405	135	Silvermist (Organic) Constantia ★★★★☆	This class Constantia Sauvignon is elegant and well rounded with perfect fruit balance.
575		Nederburg Young Airhawk Paarl ★★★★☆	Layers of intense asparagus, green fig, lime and minerality very well integrated with wood.

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Chenin

Bottle	Glass		
192		Fleur Du Cap Western Cape ★★★★☆	The wood integration is sublime and shows creamy butterscotch flavours intertwined with melon, apricot, peaches and honey.
260	68	Ernst Gouws & CO Stellenbosch ★★★★☆	A citrusy sensation; well-balanced with green apple & kiwi flavours.
280		Remhoogte First Light Stellenbosch ★★★★☆	Old vines and wild ferment, this wine is well balanced with tropical fruit and a creamy acidity.
315	105	Doran Vineyards Paardeberg ★★★★☆	Elegant, with poppy palate of tropical fruits and butterscotch.

Chardonnay

170		Flagstone Poetry U/W Western Cape ★★★★☆	Zesty citrus aromas combine with dried peach and apricot. Lime and grapefruit flavours follow through on the palate, complemented by a balanced acidity and lingering after taste.
230	77	Spier Signature Stellenbosch ★★★★☆	Grape fruit, lime, yellow apple, banana, pear and hints of vanilla and butterscotch.
570		Journey's End Haystack Stellenbosch ★★★★☆	Oak and fruit are perfectly matched, with citrus peel, lime and melon flavours on the palate. The balance between creaminess and freshness makes it a food-friendly wine.
265		Zevenwacht Stellenbosch ★★★★☆	This Chardonnay has superb and distinctive flavours of citrus and pear with a subtle oak aroma of roasted almonds. A combination of lime-citrus and white pear flavours.
395	98	Lourensford Dome Stellenbosch ★★★★☆	Ripe pineapple, melon and orange blossom flavors dominate on the nose, supported by hints of lemon cream, grapefruit and dried apricots.
325		Domaine Coutelier Stellenbosch ★★★★☆	Citrus and peach complimented by buttery tones, marzipan and tarragon with a touch of Summer spice combine to produce this full bodied yet well balanced wine.

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White Blends / Other Cultivars

Bottle	Glass		
245		Doran Arya Swartland ★ ★ ★ ☆ ☆	On the nose, pear, white peach and a hint of orange. The palate meanwhile possesses a good weight and texture - but not short of freshness either.
254	85	Western Cape Rascalion Vinyl ★ ★ ★ ☆ ☆ Collection 33 1/3 RPM	This wine is a brilliant white gold colour with aromas of water melon and peaches with a floral hint. Summer fruit aromas follow through on the palate with a hint of spiciness. Medium bodied with a fresh acidity and lingering after taste.
350	115	Stellenbosch ★ ★ ★ ☆ ☆	Layered hints of freshness and floral aromas extend into well-rounded malva savory peach, fresh pear and pineapple flavours.

Chardonnay / Pinot Noir

230	77	Spier Signature Stellenbosch ★ ★ ★ ☆ ☆	Aromas of strawberries and yellow apple, with a crisp fruit finish.
Rose			
155		Allesverloren Tinta Swartland ★ ★ ★ ☆ ☆	Fresh raspberries and cherries on the palate with a hint of vanilla. Exhibiting a perfect sugar/acid balance, it has a delicious lingering after taste.
170	62	Saronsberg Shiraz Rose Tulbagh ★ ★ ★ ☆ ☆	The wine has a rose petal colour with plum, red berry and cherry flavours. The mouthfeel is well balanced with a fresh finish.
310		Hermanuspietersfontein Bloos Walker Bay ★ ★ ★ ☆ ☆	Bordeaux-style rosé showing abundance of fresh fruit, finesse and layered complexity.
310	104	Holden Manz Franschhoek NR	A stunning Provencal style Rosé full of summer fruits. Strawberries and cream on the nose, a whiff of apricots. This crisp dry Rosé with balanced acidity is ideal for any time of the day great with Summer salads and seafood.

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Pinot Noir

Bottle	Glass		
390		Lourensford Dome Stellenbosch ★ ★ ★ ☆ ☆	Red berry aromas lead to flavours of raspberry and strawberry, a touch of spice lingers on the textured finish.
310	105	Mud House New Zealand NR	Bold fruit flavours fill the palate and combine perfectly with the spicy oak. Fine acidity gives the wine a lovely structure.
460	155	Ernst Gouws & Co Stellenbosch ★ ★ ★ ☆ ☆	A perfect Summer red.
544		Creation Walker Bay ★ ★ ★ ☆ ☆	Cranberry with earthy cherry notes highlight this classic Pinot Noir.

Pinotage

225		Villiera Stellenbosch ★ ★ ★ ☆ ☆	A new style Pinotage with subtle oak spice, plums, vanilla and a slight smokiness on the nose. On the palate it is soft but well structured with good length.
250		Vriesenhof Stellenbosch ★ ★ ★ ☆ ☆	Bright fruit, blueberries and raspberries on the nose and a delicate flavour of cherries on the palate.
255	85	Flagstone Truth Tree Western Cape ★ ★ ★ ☆ ☆	Dark berries with dark chocolate & subtle spicy undertones. Blackberry & cherry flavours with hints of dark chocolate & spiced oak.
285		Diemersdal Cape Town ★ ★ ★ ☆ ☆	Complex, yet dark fruit driven with exotic spice aromas. Full flavoured and smoothly textured palate.
410		Durbanville Hills Collectors Reserve Durbaville ★ ★ ★ ☆ ☆	Grippy tannins, sweet red plums and prunes with cherries lingering on the after taste.

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Bottle Glass

Merlot

260		Durbanville Hills Durbanville ★★★★☆	A medium-bodied wine with hints of juicy and sweet red fruit, rounded off with silky tannins and a full mouth feel.
265	68	Spier Signature Stellenbosch ★★★★☆	Ripe red and black berries, plums and an undertow of eucalyptus and mint.
330		Hermanuspietersfontein Posmeester Walker Bay ★★★★☆	An elegant and accessible Merlot. Easy everyday drinking wine, with fresh fruit and rich mouthfeel.
259		Lourensford River Garden Classique Stellenbosch NR	The wine has a brilliant, deep, dark colour. The nose portrays ripe flavours of mulberry, plum and blackcurrent with hints of tobacco leaf.
425		Idun Elgin NR	Well-rounded with a light, fresh citrus mouthfeel and a polished finish that showcase the high-altitude origins.
298		Marklew Stellenbosch ★★★★☆	Full ripe berries on the nose, mid pallet flavour that range from cherries to cinnamon buns. A dark Chocolate finish.
435		Remhoogte Aspect Stellenbosch ★★★★☆	This wine shows ripe currents, cherries and plums backed by white pepper and cedar.

Shiraz

264		Doran Vineyards Paardeberg ★★★★☆	Deep concentrate of plums and blackberries with undertones of spice. This is followed by the fresh fragrance of blue violets.
264	88	Ernst Gouws & Co Stellenbosch ★★★★☆	A classic Shiraz, packed with spice and warmth.
281		Zevenwacht Stellenbosch ★★★★☆	Warm and vibrant white and black pepper undertones allure you to the mouth-filling flavours of black fruits, sweet violet and jasmine spice finishing with hints of white pepper. Its velvety feel leaves you mesmerized.
420		Durbanville Hills Collectors Reserve Durbanville ★★★★☆	Fresh raspberries and cherries on the palate with a hint of vanilla. Exhibiting a perfect sugar/acid balance, it has a delicious lingering after taste.
455		Idun Syrah Elgin NR	The cherry fruit intensity continues onto the palate, which is subtle, juicy, relaxed and well-balanced with polished tannins.
644	82	Waterford Kevin Arnold Helderberg ★★★★☆	Vibrant red fruit, earthy and cold stone lead the aromatics of this Stellenbosch Shiraz. Accompanied by a soft plum fruit and leather spice undertone.

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Cabernet Sauvignon

Bottle Glass

160		Flagstone Poetry Western Cape ★★☆☆☆	Dark red fruit, mocha & mint aromas on the nose followed by a hint of dark chocolate on the palate.
252	83	Nederburg Winemasters Western Cape ★★★★☆	A rich and full-bodied wine with ripe berry fruit, cherry and delicate oak spice flavours, velvety tannins and a lingering after taste.
380		Zevenwacht Stellenbosch ★★★★☆	This wine is big, bold and full-bodied with intense aromas of black bramble berries, black currant with a hint of blueberries and tobacco cigar box undertones.
380		Edgebaston Stellenbosch ★★★★☆	Classic Cabernet, Cassis, dark pure fruit with ripe generous tannins that have married beautifully with its wood component.
397		Peter Falke Stellenbosch ★★★★☆	Full-bodied with hints of liquorice followed by violet undertones & a lovely lingering finish.

Red Blends

182		Nederburg Baronne Western Cape ★★★★☆	An elegant blend of Cabernet Sauvignon and Shiraz. Full-bodied with ripe, succulent berry, cherry, plum and prune flavours, and a hint of dark chocolate. Soft tannins and gentle oaking.
215	72	Journey's End The Pastors Blend Stellenbosch ★★★★☆	Bordeaux blend with rich dark red fruit, sweet tobacco, and Christmas cake characters.
330		Zevenwacht Tin Mine Stellenbosch ★★★★☆	Purple red in colour, with the nose that exudes aromas of violets, dried spices and concentrated black prunes with a slow release of red cranberry and dark chocolate.
254		Idiom Rosso Di Stellenbosch (Sangiovese/Barbera) Stellenbosch ★★★★☆	A lively, red wine with notes of red cherries and perfumed prosciutto.
254	85	Alto Rouge Stellenbosch ★★★★☆	Elegant but powerful, medium to full-bodied, soft ripe tannins
287		Rascalion Vinyl Collection 45 RPM Stellenbosch ★★☆☆☆	Blackberry, sweet dark fruit on the palate with hints of cloves and aniseed.

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Red Blends Continued

Bottle	Glass		
595		Spier Creative Block 5 Stellenbosch ★★★★☆	Beautiful blackberry and currant supported by cedar, dark chocolate and some subtle fennel flows into a vibrant palate with great balance and dense tannins.
490		Rustenberg John X Merriman Simonsberg-Stellenbosch ★★★★☆	This Bordeaux style blends plum and cigar-box aromatics prelude a multi-layered palate with an elegant tannin structure.
682		Hermanuspietersfontein Swartskaap Cab Franc Sondagskloof ★★★★☆	European in style offering nuances of black olive, generous fruit & fynbos spice.

Magnums (1,5 litre)

530		Holden Manz Rose Franschhoek NR	An elegant bouquet of red and tropical fruit with hints of rose petal and lychee. Crisp, dry finish with strawberries and raspberry to entice the senses.
440		Zevenwacht Tin Mine Red Blend Stellenbosch ★★★★☆	Purple red in colour, with the nose that exudes aromas of violets, dried spices and concentrated black prunes with a slow release of red cranberry and dark chocolate.
528		Nederburg Winemasters Cabernet Sauvignon Western Cape ★★★★☆	A rich and full-bodied wine with ripe berry fruit, cherry and delicate oak spice flavours, velvety tannins and a lingering after taste.
573		Ernst Gouws & Co Shiraz Stellenbosch ★★★★☆	A classic Shiraz, packed with spice and warmth.
659		Kanonkop Kadette Cape Blend Stellenbosch ★★★★☆	One of SA's favourite red blends of Pinotage, Cabernet Sauvignon, Merlot and Cabernet Franc.
659		Alto Rouge Red Blend Stellenbosch ★★★★☆	Elegant but powerful, medium to full-bodied, soft ripe tannins.

Premium Magnums (1,5 litre)

Bottle	Glass		
1100		Domaine Coutelier Reserve Merlot Stellenbosch ★★★★☆	A combination of red fruit, cherry, blackcurrant and spice, laced with hints of violets, chocolate and mint.
1100		Domaine Coutelier Reserve Cabernet Sauvignon Stellenbosch ★★★★☆	This rich and tangy wine, both elegant and balanced, combines full dark fruit with more complex elements, cigar box and mocha tones
1390		Vergelegen Reserve Cabernet Sauvignon Stellenbosch ★★★★☆	The wine is complex, showing blackcurrants, spice, ripe plums and attractive wood aromas and flavours. It is full with firm, ripe tannins leading to a lingering after taste
1500		Vriesenhof Kallista Red Blend Stellenbosch ★★★★☆	Rich fruit and soft tannins, aromas of red fruit with a hint of apricot and a smoky finish
1900		Holden Manz Merlot Reserve Franschhoek ★★★★☆	Hand selected bunches underwent individual berry selection which resulted in a smooth, elegant, sexy and luscious Merlot. Dark fruits, blueberries, cherries and tobacco