

# WELCOME TO CAFÉ LA MARE

## *WHERE INNOVATION MEETS COMFORT*

At Café La Mare, we believe in embracing the spirit of Ubuntu; we thrive off of the energy that our patrons bring, and in turn, we wish to present you - our patrons with an unforgettable dining experience.

Café La Mare officially opened to the public in January 2023, after owner Ricky Friedman (who is proudly associated with Bellamare) was given the opportunity to start the in house Restaurant.

In an effort to create something representative of the diversity in Gqeberha, we put our heads together and thought about how we could bring the warmth, and comfort of home- style cooking as well as the extraordinary technical skills of our chefs to the table. Thus, Café La Mare was born!

Our restaurant aims to serve as a hub of socialization, a place for avid foodies to please their palates, and for people to relax in a safe, supportive environment.

Owner, Ricky Friedman, is a keen entrepreneur who comes from humble beginnings, working his way up from diesel mechanic to multi-business owner, business consultant and trusted mentor. As a first-time restaurant owner, came into this new environment with the vision to create a space where culinary artistry intertwines with mentorship and positive learning. Working tirelessly in our beautiful kitchen, you'll find a talented team of young, passionate chefs who are not only masters of their craft but also eager learners. One of our goals is to foster an environment that encourages their growth as leaders and entrepreneurs, providing them with the opportunity to experiment, create and elevate classic dishes to new levels. Our chefs are encouraged to interact with patrons and will happily make and adjust meals to cater for those who have specific dietary requirements. One thing that our chefs are known for is being able to produce incredible dishes on the spot.

Our menu consists of comfort food classics with a contemporary twist, simple dishes that will satisfy all ages, and meals that incorporate the mind-bending wonders of molecular gastronomy. We prioritize quality dishes, made from fresh ingredients, and cooked from scratch. If we do take a few more minutes per meal, we ensure that our meals are worth the wait!

The staff are always happy to lend an ear, share a laugh, and cater to your needs. Our manager, Gregory, hails from Durban. As a long-time friend of the Friedman family, we trust Greg to uphold the standards of our restaurant. Alongside Greg, you will find an array of fun-loving, unique waiters, barmen and chefs.

We are a Halal-Friendly restaurant and ask that this choice be respected by our patrons. The meat we buy is top quality, and we know you'll love it.

We invite you to embark on this gastronomic adventure with us, where tradition meets innovation, and passion is the secret ingredient that elevates every bite.

*We hope that you feel at home with us at Café La Mare.*

# BREAKFAST

SERVED BETWEEN 9AM - 12PM

## MORNING MEALS

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### THE BELLAMARE BREAKFAST

2 Eggs, spicy sausage and grilled tomato with toast and a homemade preserve

*Includes a standard cappuccino*

90.00

### FULL ENGLISH BREAKFAST

2 Eggs, spicy sausage, Macon, grilled tomato, sauteed mushrooms, hash brown, baked beans, toast and a homemade preserve

120.00

### THE FULLHOUSE FRIEDMAN

2 Eggs, spicy sausage, Macon, avo, grilled tomato, sauteed mushrooms, creamy spinach, smoked salmon, toast & a homemade preserve

150.00

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## OMLETTES

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### 3 EGG OMELETTE

With cheddar, mozzarella and a slice of toast

80.00

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## FRUIT BOWLS

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### FRESH & FRUITY

Granola & muesli mix served with fresh seasonal fruits & double cream yoghurt

85.00

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### BREAKFAST ADD ON'S

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Onion	15
Avocado	35
Spicy Sausage	35
Smoked Salmon	39
Sauteed Mushrooms	30
Tomato Concasse	15
Wilted Cream Spinach	35
Baked Beans	35
Toast	10
Macon	35

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## EGGS BENEDICT

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### BELLAMARE BENEDICT

Done the chef's way with 2 poached eggs with salmon, topped with hollandaise sauce

*Served on your choice of bread*

90.00

### CLASSIC BENEDICT

2 Poached eggs with Macon, avo, tomato and hash brown on English muffins

135.00

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### EXTRA'S

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Egg	15
Avocado	35
Spicy Sausage	35
Smoked Salmon	39
Sauteed Mushrooms	30

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## FRENCH TOAST

*BREAD OPTION: CIABATTA, WHITE, BROWN, RYE, WHOLEWHEAT - SERVED WITH WEDGES*

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### THE SOLOMON

Cinnamon sugar and vanilla ice cream

60.00

### NICE & TOASTY

Spiced caramelized banana, cinnamon, ice cream and fresh berries

80.00

### TAKE-IT-CHEESY

Garlic butter mushrooms with melted cheese and french toast

95.00

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*"All bills include a service charge of 10%. Additional gratuities are at your discretion."  
"All good food takes time, please be patient."*

# BRUNCH

## TOASTIES

*BREAD OPTION: CIABATTA, WHITE, BROWN, RYE,  
WHOLEWHEAT - SERVED WITH WEDGES*

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### CHEESE - MACON - TOMATO

Cheese with Macon and tomato  
90.00

### CHICKEN & MAYO

Tangy chicken mayo  
78.00

### TUNA MAYO

Shredded tuna, mixed peppers, red onion,  
cucumber, sweetcorn and mayo  
85.00

### THREE CHEESE MIX

Cheddar, Mozzarella and brie  
80.00

### CHEEZY TEAZER

Flame melted Cheddar cheese mixed with  
mayonnaise, spring onions & paprika  
63.00

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## JAFFELS

*ALL JAFFELS ARE SERVED WITH A CHOICE OF POTATO  
WEDGES OR GREEN SALAD*

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### CHEESE & TOMATO

60.00

### SCRAMBLED EGG & SALMON

85.00

### TUNA MAYO

80.00

### CHICKEN MAYO

65.00

### SCRAMBLED EGG & MACON

75.00

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## BAKED POTATO SPUDS

*ALL TOPPED WITH GRATED CHEESE*

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### CHEESY MUSHROOM SPUD

Baked potato stuffed with mushrooms and  
topped with grilled cheese  
70.00

### ROAST VEGGIE SPUD

Baked potato stuffed with roasted vegetable  
medley and grilled cheese  
70.00

### GRILLED CHICKEN SPUD

Grilled chicken stuffed potato bake topped  
with grilled cheese and our sweet-mayo sauce  
80.00

### MEATY BOLOGNAISE

Baked potato stuffed with mince and topped  
with grilled cheese  
90.00

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# SOMETHING LIGHT

## APPETIZERS

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### MUSSEL & PRAWN CHOWDER

Creamy mussel and prawn chowder with sweetcorn served with a garlic bruschetta

100.00

### SICILIAN ARANCINI BALLS

Mozzarella stuffed risotto balls served with wilted spinach and peppadew relish

95.00

### CLASSIC FRIED WINGS

Choose between Teriyaki, BBQ, Peri-Peri, Lemon Pepper or Plain

4 Wings 80.00  
6 Wings 100.00

### BEEF SLIDERS (3)

Beef patty, lettuce, tomato, gherkins, American slider rolls

125.00

### CHICKEN SLIDERS (3)

Flame grilled chicken breast, lettuce, tomato, gherkins, American slider rolls

105.00

### GNOCCHI TRIO

3 Potato dumpling served with 3 sauce basil pesto, mushroom & mustard, creamy chilli tomato

65.00

### BONE MARROW

Grilled bone marrow, onion preserve freshly grated parmesan, garlic Bruschetta

87.00

### MOCK CRAYFISH

Hake, avocado, lemon puree, lettuce served with ciabatta

85.00

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## SALADS

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### GRILLED CHICKEN SALAD

Grilled chicken with lettuce, onions, cherry Tomatoes, cucumber

95.00

### GREEK SALAD

Fresh lettuce, tomatoes, onions, feta and olives served with a Greek Dressing

80.00

### CHICKEN & PINEAPPLE

Grilled chicken and pineapple with lettuce, red onion, Parmesan, garlic croutons, balsamic and pineapple juice reduction

130.00

### SPINACH & MUSHROOM SALAD

Wilted garlic baby spinach tossed with a sweet & sour Vinaigrette, red onion, honey mushrooms, soft boiled egg, macon, croutons

100.00

### BABY MARROW ROULADE SALAD

Green beans wrapped with baby marrow, chickpeas, bell peppers, spring onion, garlic, deep-fried seaweed on a bed of romaine lettuce leaves

110.00

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# BURGERS

SERVED WITH A SIDE SALAD OR WEDGES

## CLASSIC BURGERS

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### BEEF BURGER

200g flame grilled homemade beef patty served with lettuce, sliced tomato, pickles, homemade sweet mayo, American burger roll, onion rings

SINGLE 105.00  
DOUBLE 130.00

### CHEEKY CHICKEN

Flame grilled chicken breast served with lettuce, sliced tomato, pickles, homemade sweet mayo, American burger roll, onion rings

SINGLE 100.00  
DOUBLE 120.00

### CALAMARI STRIPS

Grilled or fried calamari strips served with lettuce, sliced tomato, pickles, homemade sweet mayo, American burger roll

SINGLE 110.00  
DOUBLE 140.00

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## GOURMET BURGERS

ALL AVAILABLE IN CHICKEN

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### BELLAMARE ORIGINAL

Buttermilk crispy chicken breast, American burger roll, coleslaw, gherkins, and sriracha mayo

SINGLE 120.00  
DOUBLE 150.00

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### THE CHEESE DIABLO BURGER

200g beef patties topped with melted cheddar, lettuce, tomato, American burger roll finished of with a cheesy mac

SINGLE 140.00  
DOUBLE 180.00

### LA VISTA

200g grilled beef patties topped with cheddar, sweet mayo, charred onion relish, course iceberg lettuce, tomato, fried egg, finished of with jalapenos and smashed avo, American burger roll

SINGLE 152.00  
DOUBLE 190.00

### AMERICAN SMASH BURGER

Three smash patties with melted cheddar and mozzarella served with our home made mayo sauce and cucumber dill , American burger roll

SINGLE 145.00  
DOUBLE 187.00

### THE CARNIVORE

200g grilled beef patties topped with cheddar, sweet mayo, crispy onions, course iceberg lettuce, tomato, macon, cream cheese and sriracha sauce, grilled sausage & gherkins, American burger roll

SINGLE 165.00  
DOUBLE 195.00

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# DINNER

## FROM THE GRILL

*SERVED WITH A CHOICE OF 2 SIDES*

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### BEEF SIRLOIN

200G 170.00

300G 200.00

### BEEF FILLET

200G 195.00

300G 245.00

### T-BONE

300G 210.00

### GRILLED CHICKEN BREAST

115.00

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## CURRIES

*EXTRA BANANA / COCONUT SHAVINGS / SAMBALS R15*

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### MEDITERRANEAN VEGETABLE CURRY

Lentils, green beans, butternut, carrot, potato, and baby marrow vegetable curry served with a roti and a tzatziki chutney

90.00

### BUTTER CHICKEN CURRY

Spicy butter chicken curry, basmati rice, tzatziki sauce served with a poppadom

120.00

### DURBAN BEEF CURRY

Slow cooked beef in curry with potatoes served with a roti and a tzatziki sauce

135.00

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## EXTRA SIDES

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### SAUCES

Classic Cheese | Mushroom | Punchy Pepper | Peri-Peri | Garlic Butter

30.00

### SIDES

Creamy Mash | Roasted Vegetables | Savoury or White Rice | Potato Wedges | Side Salad

35.00

## HEARTY MEALS

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### RAINBOW FILLET STACK

Layers of grilled fillet steak, butternut, and eggplant with your choice of sauce

190.00

### O-FISH-ALLY THE BEST

Grilled or Fried hake served tartar sauce and a choice of wedges or a side salad

130.00

### THE QUEEN'S PRAWNS

6 Pan Fried Prawns served with roasted veg, a choice of basmati rice or wedges and a Peri Peri sauce or butter garlic sauce

255.00

### CALA-MARI DREAMING

Deep fried calamari rings served with wedges or salad and tartar sauce

140.00

### CHICKEN SCHNITZEL

Crumbed chicken schnitzel served with a choice of sauce and wedges or a side salad

115.00

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# DINNER SPECIALTIES

## **OXTAIL (WHEN AVAILABLE)**

Slow cooked oxtail served with creamy mash and seasonal vegetables

188.00

## **CHICKEN LA PESTO**

Basil pesto linguine topped with oven roasted chicken breasts stuffed with baby spinach, mozzarella, butternut puree

130.00

## **OPEN FILLET STEAK SANDWICH**

Toasted ciabatta bread topped with crispy iceberg lettuce, tomato, grilled Cajun fillet steak, balsamic caramelized onions finished of with onion rings

145.00

## **SURF N TURF**

200g beef fillet with 3 garlic butter grilled queen prawns, mash and green beans

230.00

## **HAKE SUR CROQUETTE**

Grilled hake on croquettes served with a salad and a creamy lemon butter sauce

130.00

## **BEEF EL ZIPPO**

Rump steak strips served on a bed of alio e olio spaghetti with balsamic reduction

150.00

## **LAMB SHANK (WHEN AVAILABLE)**

Slow braised 350g Lamb shank, creamy mash, celery, carrot & onion served with seasonal vegetables and lamb mint sauce

275.00

## **KINGKLIP**

Grilled kingklip served with charred pepper and carrot puree, rainbow carrots, lemon gel, peas, sauce vierge and sesame seed coated arancini balls

175.00

## **LAMB CHOPS**

Flame grilled chops served with a sour cream jacket potato and our home-made tzatziki sauce

225.00

## **TERIYAKI SALMON**

Pan seared teriyaki salmon, mushroom and prawn risotto, pickled red cabbage, pea puree

295.00

## **BRAISED SHORT RIB**

Slow braised beef short rib, garlic butter carrots, served on creamy parmesan grits (polenta)

270.00

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# PIZZA

## ARTISINAL PIZZA

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### PLAIN FOCACCIA

Plain focaccia with rosemary, olive oil & garlic

60.00

### CHEESY FOCACCIA

Cheesy focaccia with garlic & herbs

75.00

### MARGARITA PIZZA

Napolitana, basil & mozzarella

M - 64.00 | L - 80.00

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## CHEFS CHOICE

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### TOM LUIGI

Peppadews, jalapeno, olives, feta, figs

M - 110.00 | L - 155.00

### FUNGHI E CARNE

Mushrooms, artichokes, asparagus, macon

M - 97.00 | L - 115.00

### DE FETA E SPINACI

Spinach, feta and olives

M - 90.00 | L - 110.00

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### EXTRA TOPPINGS

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Jalapeno | Mixed Peppers | Peppadew  
Capers | Onions | Olives | Banana

16.00

Beef mince | Shredded Chicken | Beef |  
Biltong (WA) strips | Macon | Mushrooms |  
Cream cheese | Avo | Brie

24.00

Prawns | Mussels | Calamari | Anchovies

37.00

## PIZZA SPECIALTIES

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Calzone or Holey R7

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### PICANTE

Creamed beef mince with chili, peppers, and onions

M - 96.00 | L - 145.00

### MEXICAN

Beef mince with Chili, peppers and onions

M - 98.00 | L - 150.00

### SWEET CHILI CHICKEN

Chicken with sweet-chili sauce

M - 97.00 | L - 145.00

### PEPPERONI PIZZA

Cheese with pepperoni

M - 110.00 | L - 140.00

### SEAFOOD FEST

Prawns, calamari, mussels, squid heads  
drizzled with garlic sauce

M - 137.00 | L - 190.00

### PUTTANESCA

Anchovies, green pepper, olives &  
Capers

M - 96.00 | L - 145.00

### FOUR SEASONS

Mozzarella, blue cheese, brie and  
parmesan

M - 105.00 | L - 145.00

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# PASTA

ALL SAUCES SERVED WITH YOUR CHOICE OF HOMEMADE  
GNOCCHI, LINGUINE OR SPAGHETTI.  
PENNE AVAILABLE ON REQUEST.  
ADDITIONAL CHARGE FOR GLUTEN FREE PASTA (R10)

## **ALIO E OLIO**

Olive oil, garlic parmesan, herbs  
& Chili

90.00

## **NAPOLITANA**

Tomato-based sauce, parmesan

95.00

## **BOLOGNAISE**

Beef mince slow-cooked in  
pomodoro sauce

110.00

## **PESTO ALLA GENOVESE**

Basil, nuts, parmesan, garlic  
& Cream

100.00

## **PICANTE**

Bolognese, cream & chili

125.00

## **CHIC A LA CREME**

Creamy chicken and mushroom  
Sauce

120.00

## **SEAFOOD DELIGHT**

Prawn, mussels, calamari, squid  
heads

190.00

## **GORGONZOLA**

Creamy blue cheese sauce

125.00

## **BEEF LASAGNA**

Layers of pasta sheets, bolognese,  
bechamel and herbs

MEDIUM 100.00

LARGE 120.00

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# SPECIALTY DESSERTS

ASK WAITERS FOR AVAILABILITY

## **BAKED CHEESECAKE**

Creamy baked cheese with Graham cracker base, berry coulis and fresh berries

70.00

## **ICE CREAM**

Vanilla pod ice cream served with chocolate or caramel sauce

50.00

## **WAFFLE & ICE CREAM**

Waffles served with fresh berries, coulis and ice cream

50.00

## **MILKTART JAFFELS**

Cinnamon Milktart encased in Phyllo pastry served crumble and berries

50.00

## **CHOCOLATE BROWNIE**

Vanilla ice-cream served with our home made chocolate brownie and fresh berries finished off with chocolate sauce

65.00

## **TIRAMISU**

Lady finger dipped in espresso coffee, cocoa powder, mascarpone and cream cheese

75.00

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