



ALL DAY EATS



STARTER

Capital Greek **R70**

Marinated calamata olives, roasted cherry tomatoes & herbed feta

Chicken Caesar Salad **R75**

Grilled chicken breast with anchovy fillets, crispy bacon bits, boiled egg, romaine lettuce, herbed croutons & caesar dressing

Caprese (V) **R75**

Buffalo mozzarella with plum tomatoes, julienne of fresh basil & extra virgin olive oil

Spicy Chicken Wings **R80**

Char-grilled chicken wings served with peri-naisse sauce and fries

Chicken Strips **R80**

Grilled or deep-fried chicken strips with tomato chilli relish served with shoe string fries or small salad

Beef Carpaccio **R110**

Sichuan pepper crusted beef rolled in dijon mustard, served with shards of parmesan, rocket and berry salsa & basil infused shards of flat bread

Prawn & Crispy Parma Ham Salad **R130**

Lemon zest, couscous, tomato concasse, cucumber & fresh coriander with herbed croutons

Cured & Smoked Salmon **R130**

Rolled smoked salmon ribbons & cured salmon gravlax topped with fennel & orange zest, cucumber ribbons, wild rocket, orange segments, teriyaki glaze, toasted white & black sesame seeds, wholegrain mayo and micro herbs

Cheese Board **R210**

A selection of local artisan cheeses served with preserves, roasted paprika nuts, salted biscuits & biscotti

I've been on a diet for two weeks and all I've lost is two weeks.

Did you know...you can order online from your phone!
No need to wait for a waiter.
Simply scan the code.
Easy neh?



EASY EATING

BURGERS & WRAPS

Burgers served on a brioche bun with skinny fries.

Mexican Veg Wrap (V)

Guacamole, black beans, coriander, rocket, and halloumi wrapped in a homemade roti

R95

Chicken Roti Wrap

Crispy fried chicken strips, sweet chilli mayonnaise, lettuce, cucumber and tomato wrap in homemade roti

R110

Chicken Burger

Chermoula rubbed chicken breast, lettuce, tomato, onion, spicy tomato chutney

R130

Colossal Burger

Our tailored 180g beef patty with toppings of smoked BBQ basting, avocado, rocket, cheddar, biltong & crispy bacon

R160

Beyond Burger (V)

Plant based burger patty, BBQ sauce, lettuce, tomato, served with a wholegrain mustard dressing

R160

TOASTED SANDWICHES

Bread options: white, brown, rye & rooibos.

Cheese & Tomato

R85

Chicken Mayo

R95

Ham Cheese & Tomato

R105

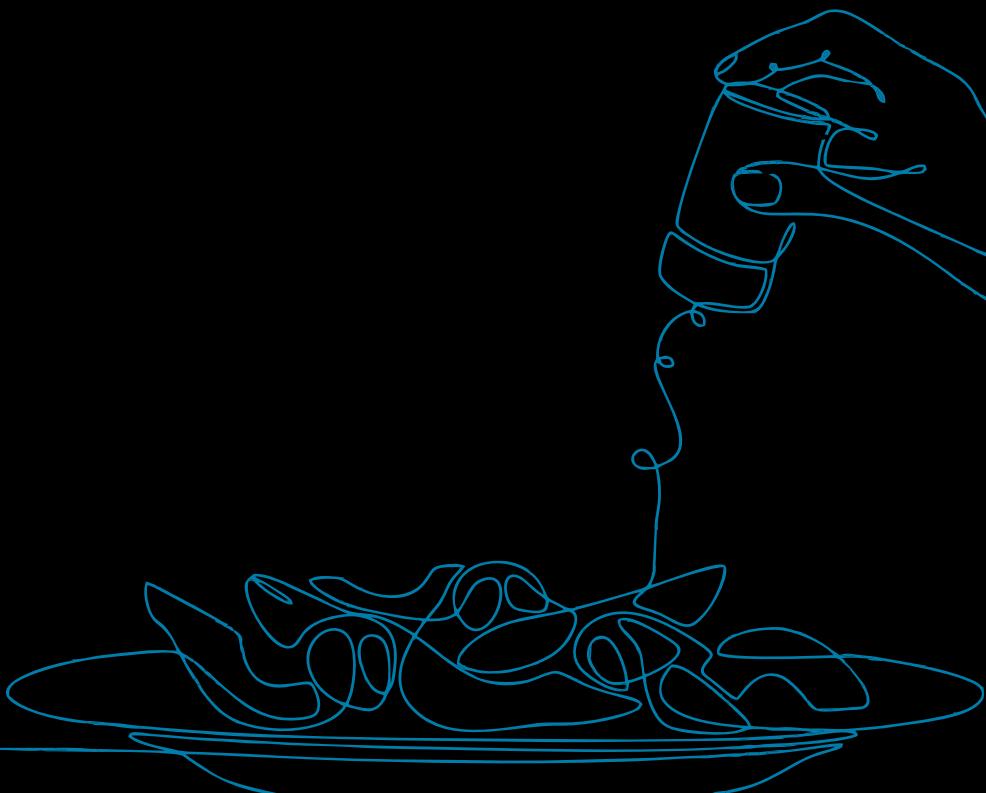
Bacon Egg & Cheese

R105

Capital Club

Choice of chicken or beef fillet, bacon, egg, cheese, tomato

R135



EASY EATING

PIZZA [28cm]

Margherita Pizza

R105

Our home-made cherry tomato and onion sauce on our thin based pizza topped with smoked roasted cherry tomato, mozzarella and fresh basil

Chorizo Pizza

R130

Thin base pizza with smoked tomato, pan fried chorizo, brie cheese crumble, rocket and olives

Sichuan Chicken Pizza

R140

Deboned chicken thighs in a light honey and sichuan pepper glaze, served with caramelized pineapple, roasted green pepper, Italian salami and fresh cilantro pesto on our thin crust pizza

Mincy Pizza

R145

Spicy ground beef, red chilli, green pepper, jalapeños, red onion and roasted cherry tomatoes

[*Extra topping for your pizza*]

Jalapeño	R15	Pineapple	R15
Mushroom	R15	Peppers	R15
Feta	R20	Mince	R20
Bacon	R20	Chicken	R20
Anchovies	R20		

PASTA

Choose your Pasta:

R145

penne | spaghetti | fettuccini | linguini

[*Top it off with a sauce of your choice*]

Arrabbiata (V)

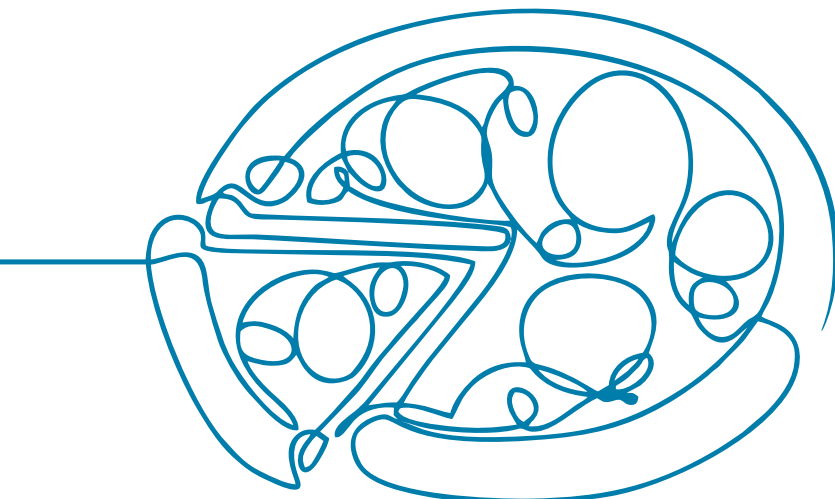
Spicy tomato sauce flavoured with garlic and basil, topped with shaved parmesan

Bolognaise

Traditional mince beef ragout with tomato and herbs

Creamy Chicken & Ham

Cream based chicken and ham sauce, flavoured with thyme and topped with parmesan



THE DON'S FAVS

Served with fries, mash, rice or pap.

Melanzanne Parmigiana	R130
Slow baked layers of aubergine and napolitana sauce, sprinkles of parmesan cheese and fresh basil	
Fish & Chips [250g]	R135
Fillet of hake, deep-fried coated with a beer batter served with chips and tartar sauce	
Calamari & Chips [300g]	R165
Calamari strips coated with seasoned flour, deep-fried and served with tartar sauce	
Baby Chicken [750g]	R180
Char-grilled butterfly baby chicken basted with Mozambique chili sauce	
T-bone Steak [400g]	R240
Cooked to perfection served with fried onion rings and smokey BBQ sauce	
Korean Beef Rib [400g]	R260
Slow cooked beef rib glaze with Korean flavoured marinate finished with crispy onions	
Grilled Beef Fillet [250g]	R260
A grade beef medallion served with sauce of your choice	
Rosemary Lamb Cutlets [400g]	R275
Char-grilled rosemary infused lamb cutlets with lamb jus	
Classic BBQ Pork Ribs [600g]	R285
Char-grilled pork ribs cooked to perfection	
Queen Prawns	
6 Grilled prawns served with peri-peri and lemon butter sauce	R260
8 Grilled prawns served with peri-peri and lemon butter sauce	R340

CURRY BAR

Vegetable Korma (V) [300g]	R145
A selection of vegetables cooked in a spicy curry sauce served with poppadums, sambals and basmati rice or roti	
Butter Chicken Curry [300g]	R165
Butter chicken curry served with traditional sambals and poppadums	
Lamb Curry [300g]	R260
Cube lamb smothered in tasty Durban curry sauce, served with sambals, poppadums and roti	

THE SMALL ONES

Mac & Cheese

R70

Slow bake pasta tossed with creamy white sauce topped with cheddar cheese

Kiddies' Burger

R80

Beef patty 90g coated with smokey BBQ sauce, melted cheddar on a freshly toasted bun with fries

Hot Dog

R80

Traditional smoked vienna served on a hot dog bun with fries

Chicken Nuggets

R80

Crumbed chicken nuggets served with fries and tomato sauce

Fish Fingers

R80

Crumbed fish fingers served with fries and tomato sauce

Spag Bol

R80

Our house made spaghetti bolognaise topped with cheddar cheese

there is no 'we' in fries

SIDES

Egg	R10
Flat bread	R20
Side salad	R20
Roti	R20
Skinny Fries	R30
Avocado	R30
Veggies	R30

Can gravy be considered a beverage?

SAUCES

Forest Mushroom	R40
Black Pepper	R40
Chimichurri	R40
Mature Cheddar	R40
Roasted Garlic	R40
Mozambique Chilli	R40



SWEETS

Life is uncertain. Eat dessert first!

Lemon Meringue

R75

Lemon meringue pie: zesty lemon slice, vanilla crumble, lemon curd cream, mini-Italian meringues, berry compote

Ice Cream

R80

Double cream vanilla ice cream with hot chocolate sauce and crispy wafer

Chococino

R85

Bitter chocolate coffee slice with an espresso coulis, mascarpone whipped cream, vanilla ice cream and amaretto wafer

Lemon Cheese Cake

R85

Zesty baked lemon cheese cake with confit lime, vanilla crumble & a lemon curd

Crème Brulee

R85

Classic cream custard topped with a sugar coating

Cheese Board

R210

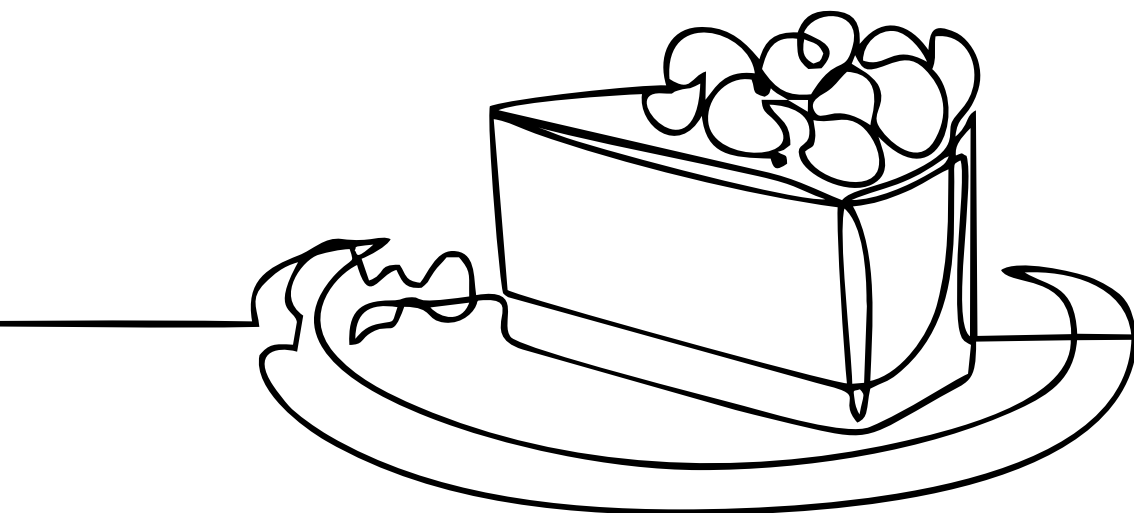
A selection of local cheeses served with preserves, nuts, biscuits and biscotti

Can't find the booze?

Check out our extensive DRINKS menu for some harder stuff.



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