



ALL DAY EATS

Delectable treats available in our restaurant only



COLD STARTS

Quinoa Salad (V)

Quinoa served with black beans, carrot & cucumber ribbons, finished with an apple cider vinegar dressing, sundried tomatoes & marinated chickpeas.

R 70

Chicken Caesar Salad

Grilled chicken breast with anchovy fillets, crispy bacon bits, boiled egg, Romaine lettuce, herbed croutons & Caesar dressing.

R 75

Capital Greek (V)

Roasted & marinated calamata olives, cherry tomatoes, crisp lettuce, red onion & herbed feta, served with a Mediterranean dressing.

R 70

Caprese (V)

Basil marinated buffalo mozzarella with plum tomatoes, served with basil pesto dressing & extra virgin olive oil.

R 75

Beef Carpaccio

Szechuan pepper crusted beef rolled in Dijon mustard, served with shards of parmesan with a berry salsa & basil infused flat bread.

R 110

Prawn & Crispy Parma Ham Salad

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

R 130

Antipasto Platter

Olive tapenade, hummus, roasted zucchini, cured & smoked meat, herbed cream cheese & vegetable pickles served with mini ciabatta.

R 120

Cured & Smoked Salmon

Smoked & gravadlax cured salmon, topped with fennel & orange dressing, cucumber ribbons, orange segments, Teriyaki glaze, wholegrain mayo.

R 130

Cheese Board

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

R 210

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.

Colossal Burger

Our tailored beef patty with smoky BBQ basting, biltong & crispy bacon with toppings of avocado & mature cheddar.

R 160

Chicken Burger

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

R 130

Beyond Burger (V)

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

R 160

Chicken Roti Wrap

Crispy fried chicken strips, herbed cream cheese, sweet chilli mayonnaise, lettuce, cucumber & tomato in a roti wrap served with skinny fries.

R 110

TOASTED SANDWICHES

Bread options: white, brown, rye & rooibos.



Capital Club

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

R 135

Chicken Mayo

R 95

Cheese & Tomato

R 85

Ham, Cheese & Tomato

R 105

Bacon, Egg & Cheese

R 105

EASY EATING

PIZZA (28cm)

Chorizo Pizza

Thin base pizza with pan fried chorizo, brie cheese crumble, rocket & olives.

R 130

Szechuan Chicken Pizza

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

R 140

Margherita Pizza (V)

Our home-made smoked cherry tomato & onion sauce on our thin based pizza with buffalo mozzarella & fresh basil.

R 105

PASTA

R 145

Choose your pasta: *penne* | *spaghetti* | *fettuccini* | *linguini*.

Top it off with sauce of your choice:

Bolognaise

Traditional mince beef ragout with tomato & herbs.

Arrabbiata (V)

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

Creamy Chicken & Ham

Cream based chicken & ham sauce, flavoured with thyme & topped with parmesan.

THE DON'S FAVS

Served with skinny fries, mash, pap or rice.

Korean Beef Ribs

Korean style slow smoked beef ribs served with crispy onions & an oriental jus.

R 260

Classic BBQ Pork Ribs 600g

Chargrilled pork ribs cooked to perfection.

R 285

Grilled Beef Fillet 250g

Beef fillet medallion served with a Dijon mustard jus.

R 260

Rosemary Lamb Cutlets 400g

Rosemary scented lamb cutlets with lamb jus.

R 275

Baby Chicken

Chargrilled butterflied baby chicken basted with Mozambique chilli sauce.

R 180

The Panko Chicken Breast

Panko crumbed chicken breast stuffed with melted mozzarella, with a sweet pineapple chutney served on the side.

R 145

Fish & Chips

Beer battered fillet of hake served with skinny fries & tartar sauce.

R 135

Calamari

Cajun dusted calamari rings deep fried, served with tartar sauce.

R 135

CURRY BAR

Lamb Curry

Durban style cubed lamb curry, served with basmati rice, roti, mango atchar, sambals & raita.

R 225

Butter Chicken Curry

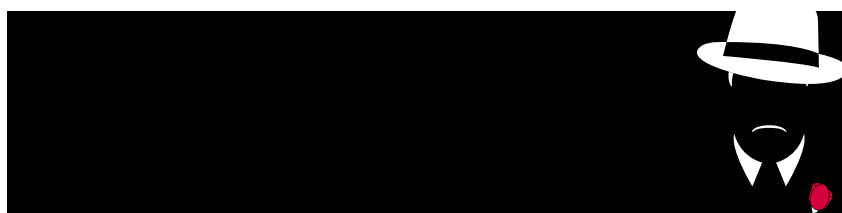
Butter chicken curry served with basmati rice, roti, mango atchar, sambals & raita.

R 165

Vegetable Korma (V)

A selection of vegetables cooked in a spicy tomato and yoghurt curry sauce served with basmati rice, roti, mango atchar, sambals & raita.

R 145



I'm on a seafood diet. Every time I see food, I eat it.

THE SMALL NES

Kiddies Burger 90g

Beef patty, melted cheddar on a freshly toasted bun with skinny fries.

R 80

Hot Dog

Traditional smoked Frankfurter with sweet mustard, tomato ketchup & skinny fries.

R 80

Chicken Nuggets

Deep fried crumbed chicken nuggets served with tomato ketchup & skinny fries.

R 80

Fish Fingers

Crumbed fish pieces served with tomato ketchup & skinny fries.

R 80

Spag Bol

Traditional mince beef bolognaise served on a bed of buttered spaghetti.

R 80

Croquettes

Chicken croquettes served with skinny fries & mayonnaise.

R 80

There is no "we" in fries.

SIDES

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

SAUCES

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

Can gravy be considered a beverage?

SWEETS

Life is uncertain. Eat dessert first!

Chococino

Bitter chocolate coffee slice with an espresso coulis, mascarpone whipped cream, vanilla ice cream & an amaretto wafer. Your tastebuds will thank you!

R 85

Lemon Cheesecake

Zesty baked lemon cheesecake with confit lime, vanilla crumble & a lemon curd.

R 85

Crème Brûlée

Traditional baked vanilla custard topped with crisp caramel.

R 85

Lemon Meringue

Lemon meringue tart with mini French meringues, berry compote, vanilla soil & seasonal berries.

R 75

Ice cream & Chocolate Sauce

Double cream vanilla ice cream with Bar-One chocolate sauce and a crispy wafer.

R 80

Cheese Board

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

R 210



We have strict safety protocols in place to ensure that our entire environment is a Sanitized Sanctuary.

