



FIN & FILLET
grill

Starters



Starters

BEEF CARPACCIO

R99

Finely sliced beef - served with Parmesan shavings and rocket - delectably drizzled with olive oil and balsamic

MUSHROOMS ala GRECO

R85

Slightly pan fried with garlic butter to bring out their natural flavours - topped with spinach & feta

HALLOUMI CHEESE (V)

R95

Delicately deep-fried or grilled Greek-style & served with Thai sweet chilli sauce & a lemon wedge.

THE MUSSEL POT

R115

Fresh, fragrant, mussels - steamed with garlic, white wine & a creamy sauce. A pot of flavour!

“PERFECTLY PORTO” PERI-PERI LIVERS

R88

Pan-fried livers, herbed and spiced in a mouth-watering, mild & creamy peri-peri sauce.

BEEF TRINCHADO

R95

Beef fillet strips, lovingly prepared in a secret-spicy, creamy-rosemary sauce – our take on a Portuguese favourite.

Salads

THE CAPTAIN'S GREEK SALAD (V)

R135

It's the Greek island life; with Feta cheese, tomato, red onion, Kalamata olives, cucumber & fresh lettuce.

SALMON SALAD

R149

Thinly sliced slivers of superb salmon – served with shredded lettuce,

Specialities

FILLET FLAMBE

Fabulous quality 250g fillet, fantastically flame-grilled in a brandy & pepper cream sauce served with your side of your choice.

R285

CHICKEN SCHNITZEL SUPREME!

Classically cool crumbed chicken breast; with creamy cheese sauce & served with a side of your choice.

R159

OXTAIL OMG!!!

Slowly braised oxtail, using our legendary recipe & served with pap or mash.

R239

Meat

Scrumptuously served with a choice of one side: Rice, chips, salad or vegetables.

FILLET
RUMP
RIB-EYE

200G
300G
300G

R229
R199
R249

Combo Deals

SEAFOOD PLATTER FOR 1

A seafarer's voyage of oceanic tastes; with 4 prawns, a hunk of hake, succulent calamari & mouth-watering mussels; served with rice &

R249

200G RUMP & 4 PRINCE PRAWNS

R229

Sushi

4 x 4 RELOADED 8P

Salmon California Rolls topped with Tempura Prawns – yum!

R165

RAINBOW RELOADED 8P

Salmon, tuna, avocado & dynamite sauce - topped with tempura flakes, spring onion & caviar. Get reloaded!

R165

TOKYO ROLL (8P)

Salmon, cream cheese, avo and Asian spring onion mix.

R165

FASHION SANDWICH (SALMON) 8P

R129

CALIFORNIA ROLLS TEMPURA PRAWN 8P

R129

Sauces

PEPPER SAUCE	R45
MUSHROOM SAUCE	R45
GARLIC SAUCE	R45
PERI-PERI	R45
LEMON & HERB	R45
LEMON-BUTTER	R45
GARLIC SAUCE	R45
CHEESE SAUCE	R45

Desserts

ICE-CREAM & BAR-ONE SAUCE Home-made vanilla ice-cream with hot Bar One sauce.	R70
AUNTY MARTHA'S MALVA PUDDING South Africa's beloved sweet pudding; served with hot vanilla custard.	R85
CRÈME BRÛLÉE DÉLICIEUSE Pure bliss! Creamy vanilla custard with a crispy caramelized top.	R85
PANNA COTTA WITH POACHED PEAR Heaven is a sensually creamy place on earth.	R85



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