



# BREAKFAST

## **MOUNTAIN CLUB BISTRO BREAKFAST** \_\_\_\_\_ per person **R270**

- choice of any cold and/or hot option
- cranberry juice, pineapple juice or orange juice
- coffee or tea

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## **HOT BREAKFAST**

### **MOUNTAIN CLUB ENGLISH BREAKFAST**

sautéed mushrooms, cherry tomatoes, beef sausage, baked beans, bacon & toast with a choice of eggs

### **BACON EGGS BENEDICT**

served with either English muffin or hash browns, 2 x poached eggs, streaky bacon & hollandaise sauce

### **SALMON ROYALE**

served with either English muffin or hash brown, smoked salmon, 2x poached eggs & hollandaise sauce

### **TURKISH EGGS**

served with dill yoghurt, two poached eggs, aromatic chili oil, Israeli salad, whole wheat toasted wrap

### **QUINOA & AUBERGINE BREAKFAST BOWL**

served with hummus, sauteed chickpeas, avocado, baby spinach, babaganoush, sunflower & pumpkin seed mix & grilled cherry tomatoes

### **MAKE YOUR OWN OMELETTE**

choice of red pepper, cheddar cheese, tomato, chilli, mushroom, caramelized onion, feta

### **OATS BOWL**

served with roasted pumpkin & sunflower seeds

### **SMASHED AVOCADO ON TOAST**

served with beetroot puree', cherry & English tomatoes, feta cheese, baby spinach & a choice of bread

### **HOMEMADE BANANA BREAD**

served with espresso butter & fresh seasonal berries

### **BREAKFAST BRUSCHETTA**

served with two slices of bread of your choice, avocado salsa, fresh cherry tomatoes, streaky bacon, two poached eggs & balsamic reduction

### **CRÊPES**

served with freshly sliced banana, strawberry & Nutella

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## **COLD BREAKFAST**

### **MANGO EXOTIC SMOOTHIE BOWL**

served with superfood seed mix, exotic seasonal fruits & fresh berries

### **HOUSE BAKED GRANOLA BOWL**

Bulgarian yoghurt, honey & fresh seasonal berries

### **FRESH SEASONAL FRUIT PLATTER**

served with Bulgarian yoghurt



# SHARING PLATES

**CRISPY FRIED, OR LEMON BUTTER GRILLED PATAGONIAN CALAMARI** R125  
with smoked paprika aioli & togarashi dust

**GRILLED PRAWNS WITH CHILLI & GARLIC IN LEMON OLIVE OIL** R140  
served with pickled ginger & avocado salsa

**YELLOW FIN SEARED TUNA TATAKI** R160  
with ginger, red onion chilli oil, sesame honey & soy sauce

**PONZU GLAZED PORK BELLY** R135  
with onion puree' & red cabbage remoulade

**KUNG PAO CHICKEN WINGS (6 PIECES)** R115  
with spring onion & togarashi spiced cashew nut crumble

**UMAMI WILD MUSHROOM RISOTTO (VEG/VEGAN)** R130  
with mushroom ragout, parmesan cheese, mushroom biltong & sesame oil

**BAKED AUBERGINE (VEG/VEGAN)** R125  
with a zesty baba ghanoush, Israeli salad, avocado & a homemade labneh

**SOUTHERN STYLE CAJUN CHICKEN TACO (2 PIECES)** R120  
with avocado salsa & tzatziki sauce

**TEMPURA PRAWN TACO (2 PIECES)** R145  
with homemade pickles & avocado salsa



## MAIN COURSE

### **ETHICALLY CAUGHT LINE FISH \_\_\_\_\_ R260**

served with chermoula sauce & sautéed greens,  
includes choice of side below

### **250G GRASS FED SIRLOIN STEAK AU POIVRE \_\_\_\_\_ R295**

with cognac peppercorn sauce and potato hash,  
includes choice of side below

### **UMAMI WILD MUSHROOM RISOTTO (VEG/VEGAN) \_\_\_\_\_ R190**

with mushroom ragout, parmesan cheese,  
mushroom biltong & sesame oil

### **CAPE MALAY CURRY**

with garlic roti, poppadom's, & pineapple salsa

Substitute with tofu and baked chickpea (VEG/VEGAN) \_\_\_\_\_ **R160**

Substitute with chicken \_\_\_\_\_ **R180**

Substitute with prawn \_\_\_\_\_ **R220**

Substitute with chicken & prawn \_\_\_\_\_ **R265**



## SIDES

### **TRUFFLE POTATO FRIES (VEG/VEGAN) \_\_\_\_\_ R70**

served with Grano Padano

### **SWEET POTATO FRIES (VEG/VEGAN) \_\_\_\_\_ R70**

served with Grano Padano

### **TEMPURA ZUCCHINI FRIES (VEG/VEGAN) \_\_\_\_\_ R70**

served with togarashi spice & avocado salsa

### **ROASTED SEASONAL VEGETABLES (VEG/VEGAN) \_\_\_\_\_ R70**

### **FRESH SEASONAL HERB SALAD (VEG/VEGAN) \_\_\_\_\_ R70**

with lemon olive oil dressing



## BURGERS

### KOREAN CRUMBED CHICKEN BURGER R140

served with fresh red onion & cucumber,  
Japanese mayonnaise with fries or side salad

### GRILLED CHICKEN BURGER R140

with aioli, rocket, red onion, cucumber, cheese  
& tomato, served with fries or side salad

### GRILLED BEEF BURGER R140

with aioli, rocket, red onion, cucumber, cheese  
& tomato, served with fries or side salad

### ZUCCHINI, MUSHROOM AND CARROT PATTY (VEG/VEGAN) R140

with avocado salsa, aioli, rocket, red onion, cucumber  
& tomato, with zucchini fries or side salad



## SALADS

### COBB SALAD R165

with chopped salad leaves, cherry tomatoes, egg,  
avocado, feta cheese, red onion, crispy bacon bits  
& ranch dressing

Add chicken R55

### ROOFTOP GARDEN SALAD R145

with baby spinach, rocket, bulgar wheat, roasted  
seed mix, avocado, parmesan cheese &  
cucumber with lemon emulsion

Add chicken R55

### BLACKENED CHICKEN BOWL R170

with hummus, beetroot puree, avocado, roasted  
seasonal vegetables, chicken breast  
& sesame seeds

Vegan/Veg option - substitute chicken with  
zucchini, mushroom & carrot patty



# CLASSIC SUSHI

## CALIFORNIA ROLLS 8 PIECE

Avocado & cucumber	R95
Tuna	R115
Salmon	R125
Prawns	R125

## FASHION SANDWICH 4 PIECE

Avocado & cucumber	R95
Salmon	R109
Prawns	R109
Tuna	R120

## HANDROLL 1 PIECE

Avocado & cucumber	R95
Tuna	R125
Salmon	R125
Prawns	R130

## NIGIRI 2 PIECE

Avocado	R85
Salmon	R95
Prawns	R109
Tuna	R95

## MAKI 6 PIECE

Avocado & cucumber	R85
Salmon	R109
Prawns	R115
Tuna	R109

## ROSES 4 PIECE

Salmon	R130
Tuna	R130

## SASHIMI 4 PIECE

Tuna	R145
Salmon	R145
Seared tuna	R165
Seared salmon	R165

## EDAMAME BEANS

Served with teriyaki sauce, extra virgin olive oil, maldon salt & sesame seeds	R125
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# SUSHI PLATTERS

## **12 PIECE PLATTER** **R315**

- Prawn nigiri (2)
- Salmon rainbow (4)
- Salmon roses (2)
- Tuna sandwich (4)

## **14 PIECE PLATTER VEGAN (VEG/VEGAN)** **R345**

- Avocado & cucumber fashion sandwich (4)
- Avocado & cucumber California roll (4)
- Carrot & cucumber bamboo roll (4)
- Avocado nigiri (2)

## **16 PIECE CRUNCH PLATTER** **R375**

- Futo maki (4)
- Salmon roll (4)
- Tempura prawn roll (4)
- Vegetable spring rolls (2)
- Tempura prawns (2)

## **21 PIECE PLATTER** **R450**

- Salmon rose (2)
- Tuna rose (2)
- Bamboo roll (4)
- Salmon sashimi (2)
- Tuna sashimi (2)
- California, avocado & prawn roll (6)
- Prawn nigiri (1)
- Tuna nigiri (1)
- Salmon nigiri (1)





# SPECIALITY SUSHI

## **PRAWN TEMPURA ROLL 8 PIECES** **R229**

Japanese spiced mayonnaise, cream cheese, cucumber & avocado topped with prawn & caviar

## **RAINBOW ROLL 8 PIECES** **R229**

California roll with avocado & salmon topped with salmon, prawn & tuna served with Japanese mayonnaise & caviar

## **TIGER ROLL 8 PIECES** **R229**

prawn, avocado, salmon topped with tuna & Japanese mayonnaise & togarashi spice

## **SPICY SALMON TARTAR ROLL 8 PIECES** **R245**

salmon & avocado roll topped with spicy salmon tartare

## **DESIGNER ROLL 8 PIECE** **R225**

cream cheese, smoked salmon, avocado inside, topped with peppadews, smoked salmon & spiced mayo

## **FUTO MAKI 6 PIECES** **R215**

fried tuna, salmon, avocado and prawn with siracha mayonnaise, sweet Chilli sauce, sesame seeds & spring onion

## **SPRING ROLLS 2 PIECES**

wok fried cabbage, carrot & mushroom **R115**

Spiced prawn with cream cheese **R115**

Served with a dipping sauce

## **POKE BOWL** **R109**

Edamame beans, avocado, baby spinach, beetroot, cucumber, carrot, sesame soy dressing

Add tuna **R95**

Add salmon **R95**

Add tuna & salmon **R95**

Add tempura shrimp **R105**



## WRAPS

### **CLUB CHICKEN WRAP** R155

with avocado, tomato, cheddar cheese,  
mustard mayonnaise, rocket & bacon  
served with fries or side salad

### **SMOKED SALMON & CREAM CHEESE WRAP** R165

with capers, red onion, cucumber, avocado &  
rocket served with fries or side salad



## DESSERTS

### **CITRUS INFUSED BAKED CHEESECAKE (SUGAR FREE)** R109

strawberry puree', served with fresh  
seasonal berries

### **DECADANT VALRHONA CHOCOLATE MOUSSE (GLUTEN FREE)** R115

served with an almond crumb, craft vanilla  
bean ice cream & blueberry

### **SOUTH AFRICAN ARTISAN CHEESE PLATE** R155

with fresh fruit, crisps, preserves &  
seasonal berries

