

Cold Starters

Crab and Salmon Ceviche R40.00

A modern take on a traditional Spanish-inspired dish. Salmon cold-cooked in a citrus marinade, served on a tower of crab, pickled ginger and rocket, with an orange-flavoured beetroot carpaccio.

Prawn Cocktail R40.00

Prawns enveloped in an Asian-style home-made mayonnaise flavoured with a delicate hint of tom yum and lemongrass. Served with French toast and a flan of baked avocado.

*Helengiwe's Smoked Salmon Carpaccio R40.00

Fresh slivers of Norwegian Salmon served with peppery rocket, capers, apple and horse radish dressing.

Asparagus Royale (L) (V) R40.00

Farm-fresh asparagus spears steamed with herbed hollandaise and served with a poached egg and mixed micro-green salad which includes radish and baby rocket.

Chilled Sweet Potato Emulsion (V) R40.00

A hearty vegetable broth of oven roasted sweet potato, kissed with five Eastern spices, including star anise, cinnamon, ground fennel, sichuan pepper and cloves.

Salad of Hand Chopped Ostrich R75.00

Succulent smoked ostrich marinated in a pickled mango extract, complimented with gherkin, onion and dressed with shavings of asparagus and garlic hollandaise.

* Helengiwe is Aqua's cold starter specialist who enjoys preparing traditional favourites with her own unique twist.

Hot Starters

Trio of Oysters (L) R40.00

Decadent Kwa Zulu Natal oysters (fresh from the province's iconic Shakas Rock) poached in a creamy garlic white wine sauce, katafi rolled and au natural with a Tabasco sorbet.

Steamed Mussel Pot R40.00

Fresh Saldhana mussels poached in sea water and a white wine reduction and infused with a garlic, mushroom and parmesan emulsion.

Char-grilled Butternut Lasagne (V) (L) R40.00

A luscious open lasagne served with braised pearl onion, confit garlic cinnamon veloute, wilted spinach and sage tempura.

Spicy Langoustine Bisque R55.00

*Award-Winning poached langoustine shavings in a creamy broth with fresh Asian spices and lemon thyme oil.

Soy Honey Duck R55.00

Crispy duck marinated over two-days with subtle hints of chilli and garlic. Served with a mixed fresh berry coulis, battered African madumbi accompanied with micro-herbs and a wonton wafer.

Aqua Panko Prawns R55.00

Japanese-inspired crumbed prawns served on a salad of glass noodles with garden-fresh cilantro, coconut shavings and a sweet chilli dipping.

One cannot think well, love well, sleep well, if one has not dined well. Virginia Woolf (1882- 1941) British Novelist * Winner of the SACA Durban Prawn Festival, 2009

Salads

Baby Aubergine and Tomato Salad (V) (L) R45.00

Local bell brinjals marinated in a coriander pesto and oven roasted with hint of chilli and served on a base of frilly green lettuce tossed in a tantalising Thai sweet dressing.

Prawn Niçoise R45.00

Succulent prawns served on mixed salad leaves, calamata olives, marinated cherry tomatoes, al dente Kenyan fine beans and finished with a tom yum dressing.

*Thandeka's Tikka Chicken Salad R45.00

Succulent chicken breasts grilled with Eastern spices and yoghurt, served on a bed of mixed green leaves.

Quarter of Lettuce R45.00

Tossed in a fresh homemade Casers dressing flavoured with diced sweet onions and silvers of fresh avocado and egg



"Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale."

Elsa Schiaparelli, Italian designer (1890-1973)

*Thandeka is a proud mother who puts love into every plate as though she were cooking for her own family. She enjoys preparing the freshest salads which are caressed by one of her exquisite dressings.

Main Course

Curries

 Mild

  Hot

   Extra hot

(All curries are prepared to order and according to your palate barometer of mild, hot and extra hot.)



Baby Brinjals and Okra Saag (V) (L) R70.00

Garden-fresh local bell brinjals slow cooked until tender in a pineapple potato curry sauce with spinach



*Mpho's Lamb Dhal R110.00

Mughal-inspired de-boned lamb and lentils marinated in minted yoghurt and prepared with spring peas and butterbeans.



Buttery Fish Korma R110.00

The chef's choice of a plated grilled fish curry, mild with a whisper of tamarind and complimented with baby brinjals, almonds, mustard seed potatoes and apple raisin chutney.



Chicken and Prawn Curry (S) R120.00

A Durban favourite of tender chicken breasts cooked in a tomato and garlic secret spice emulsion with succulent prawn tails and fresh cilantro.



Asian Crab Vindaloo R160.00

A luxurious marriage of Thai and Indian flavours result in an orange West Coast crab curry mildly infused with tom yum and a home-made green curry paste and finished off with bamboo shoots and coconut cream.

All curries are served with a selection of sambals, pickles, roti and baked Basmati rice.

*Arriving at Ndwedwe (on the outskirts of Tongaat) in 1981, Mpho was exposed at a young age to diverse cuisines, from European and traditional Zulu to their spicier Indian counterparts; she has grown an affinity with spices and now enjoys preparing Aqua's fine curries.

Seafood

Linefish Nicoise **R90.00**

Fish of the Day served on crushed new potatoes, fine green beans and olive tapenade butter sauce.

Portuguese Style Sole **R90.00**

Baked West Coast sole with a tang of lime and chilli zing on unsalted butter fondant potatoes and fresh Portuguese chutney.

Tandoori Spiced Kingklip **R120.00**

Cape Kingklip coated in a blend of secret spices set in a hearty three bean and artichoke stew with a creamy Madagascan peppercorn veloute.

Grilled Prawns **R120.00**

Succulent grilled prawns prepared with a choice of sauces and served with a cool rocket and cherry tomato salad.

Pepper Seared Tuna (L) **R140.00**

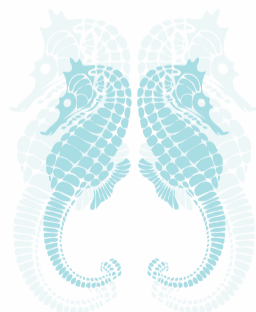
Fresh tuna carefully enveloped in a thin crust of black pepper and served on a citrus herbed potato salad and partnered with a refreshing pineapple and spring onion salsa.

Fresh Norwegian Salmon (S) **R160.00**

Perfectly seared and served on braised Chinese greens, shimanji mushrooms, and orange salad with butter-poached langoustine tails and coated in an orange-soy emulsion.

Seafood Paella **R160.00**

Lamb chorizo, braised baby onions and spring peas with fresh mussels, chicken breast pieces, prawns, langoustines and Kingklip all assembled with rice prepared in a saffron infused seafood broth.



One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.

Luciano Pavarotti (1935-2007)

Meat and Poultry

Chicken Executive **R90.00**

Whole supreme-cut baby chicken gently rubbed with Portuguese spices and oven roasted to perfection served on potato wedges with a chilli lime romesco and grilled vegetables.

Chicken Thai Noodles **R90.00**

Slivers of chicken breast tossed in coconut cream and a special home-made lemongrass and coriander pesto with oven roasted tomato and garlic.

Confit Duck **R120.00**

Asian-inspired duck marinated in soy and garlic with braised red cabbage, cardamom sweet potato and black cherry honey jus.

***Sphelele's Beef Fillet Rossini** **R120.00**

Succulent South African beef fillet topped with chicken liver pate served on potato rosti with roasted vegetables, Kenyan fine beans and finished with a drizzle of thyme jus.

Lamb Shank **R120.00**

Lamb on the bone slow-braised in lager and served on mustard mash potatoes and caramelised vegetables and red wine reduction.



* Sphelele is renowned for his passion of both food and football. He is inspired by the world's top chef's which is showcased in the dishes he creates.

If more of us valued food and cheer and song above hoarded gold, it would be a merrier world.

J. R. R. Tolkien (1892 –1973)

Vegetarian

Linguine Primavera (V) R70.00

Thyme-flavoured roasted vegetables cooked to perfection in a robust tomato pepper sauce.



Soy Bean Steaks (V) R70.00

Served on giant Shongweni brown mushrooms grilled haloumi, provolone cheese, topped with fresh rocket and sumptuous home-made sesame seed bread.



Green Pea and Spinach Risotto (V) R70.00

Lavish risotto with creamy Danish feta and sundried tomato truffles served with a micro herb salad.



Mixed Vegetable Tempura R70.00

Fresh vegetarian sushi and vegetables coated in pecorino with a salad of watercress, crunchy bean sprouts and crispy bamboo shoots with a chili plum dressing

When one has tasted it, he knows what the angels eat.
Mark Twain(1835- 1910) U.S. Humourist and Writer

Specialities

Grilled Fillet of Ostrich R120.00

With hasselback potatoes, smoked cherry tomato, soy oyster mushrooms, Bramston pickle and thyme jus.

Aqua Deck Platter for 1 R295.00

1 lime and chilli crayfish, 3 Panko prawns, 2 langoustines, line fish and salmon sushi tempura.

*Jason's Crayfish Thermidor (S) R300.00

With a trio of oyster, shimanji and shitake mushrooms, miso paste, parmesan cheese and a potato and spring onion salad tossed in olive oil.

Seafood to Share R595.00

2 crayfish grilled with lemon or garlic butter and flavoured with a zest of lime and a hint of chilli, 6 deep-fried Panko prawns, 4 langoustines, line fish, pan-fried sole, coconut and lemongrass mussels, fishcakes and tempura calamari.



Side Orders

Creamed mashed potato	R16.00
Roasted baby carrots	R16.00
Caramelised pearl onions	R16.00
Stir fried vegetables	R16.00
Shoestring fries	R16.00
Egg fried rice	R16.00
Wok Fried noodles	R16.00
Aqua rice	R16.00

* Jason is our front of house manager who's friendly and likeable manner have endeared him to guests and staff alike. He is a definite aficionado of Thermidore and has given his solid stamp of approval to this dish.

Desserts

Mixed Berry Milk Shots R45.00

Sugar dusted doughnuts with a chilli melon foam and chocolate cigar.

Marinated Pineapple skewers R45.00

In a rose water, rooibos chilli syrup on a zesty lemon sponge.

Trio of Brule's R45.00

Granadilla, lavender and vanilla flavours with ginger scented shortbread.

Orange and Caramel Cheesecake R45.00

Fresh orange spearmint salad with Italian candied sugar.

Warm Malva Pudding R45.00

Butternut ice cream and sticky brandy sauce.

Chocolate Mousse Cake R45.00

Layered dark and white chocolate mousse with a cappuchino ice cream.

Palette of Sorbets and Ice Creams R45.00

Selection of four homemade ice creams and sorbets with a seasonal fruit mix.

Cheese Board R45.00

Selection of Cheeses with preserved fruits, nuts and biscuits.

Assiette de la Aqua (S) R120.00

Chef's platter of recommended dessert. (Serves a family of 4)



Dessert Drinks

Bailey Espresso R28.00
Espresso the creamy Irish way

Frangelico Coffee R28.00
Hazelnut coffee, a gift from the monks

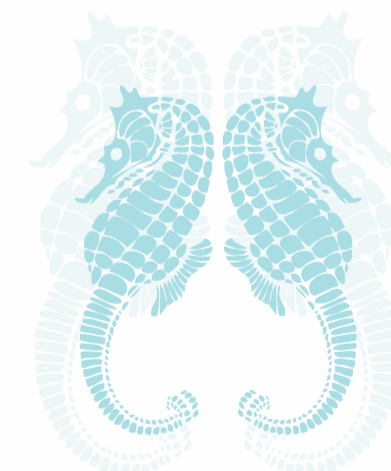
Cointreau Coffee R28.00
Two pillar tastes combined to give you this decadent nightcap

Jameson Irish coffee R28.00
A meeting of two famous Irish exports

Selection of Dom Pedro's Available

Selection of Herbal Tea R13.00

Earl Grey . Green Tea . Rooibos . English Breakfast



Sushi

Sushi is a Japanese dish consisting of cooked vinegared rice which is commonly topped with other ingredients, such as fish or other seafood, or prepared as rolls

Maki 6 pieces

Your filling wrapped in sushi rice and skilfully rolled with Nori on the outside.

Vegetarian	R30
Crab	R45
Prawn	R45
Salmon	R45
Tuna	R45
Smoked Salmon	R45

California roll

Expertly rolled rice on the outside, followed by Nori and filling on the inside, then speckled with sesame seeds.

	4 pieces	8 pieces
Vegetarian	R35	R60
Crab	R35	R60
Prawn	R40	R75
Salmon	R40	R75
Tuna	R40	R75
Smoked Salmon	R40	R75

Hand Roll 1 piece

Large Cone shaped piece of Nori with the delicious filling spilling out of the open end.

Vegetarian	R40.00
Crab	R40.00
Prawn	R45.00
Salmon	R45.00
Tuna	R45.00

Nigiri

sushi rice topped with a delectable choice from below.

	4 pieces	7 pieces
Crab	R40	R82
Salmon	R40	R82
Tuna	R40	R82
Prawn	R45	R85

Sashimi

Freshly sliced, thin cuts of Tuna or Salmon.

3 Pieces	R40
12 Pieces	R85
9 Pieces	R90
18 Pieces	R170

Salmon Roes

A roll of avocado, sushi rice, thinly sliced fresh Salmon topped with Japanese Mayonnaise and caviar.

3 pieces R45

6 pieces R60

Bamboo Rolls

Crunchy Tempura prawn wrapped in rice and thinly sliced cucumber, topped with Japanese Mayonnaise and caviar.

3 pieces R45

6 pieces R90

Rainbow Rolls

Similar to a California Roll except topped with your choice of either Avocado, salmon, tuna or

4 pieces R60

8 pieces R100

Futomaki

Roll with Nori on the outside then rice and a filling of tuna, prawn, salmon, avocado, cucumber and radish.

5 pieces R60

Fashion Sandwich

Sushi rice and Nori with a filling of your choice of either prawn, salmon, tuna or crab and then fashioned into a sandwich.

4 pieces R60



Crab Salad

Chopped crab mixed with cucumber and pickled ginger, tossed with mayonnaise and sprinkled with sesame seeds.

Prawn Salad

Chopped prawn mixed with avocado, tossed with mayonnaise and sprinkled with sesame seeds. R60

Platter 14 pieces

*6 pieces maki
4 piece sashimi
4 piece nigiri R165*

Platter 22 pieces

*8 piece california roll
4 piece fashion sandwich
4 piece nigiri
3 piece sashimi
3 piece maki R245*



Food Glossary

(V) - Vegetarian

(S) - Signature Dish

(L) - Ingredients which are locally produced and helps lowering carbon footprint thus protecting our environment.

- **Cilantro**- also known as dhanie, coriander or Chinese parsley, has antioxidants and used as a traditional treatment for diabetes.
- **Confit**- This specialty of Gascony, France, is derived from an ancient method of preserving meat (usually goose or duck) whereby it is salted and slowly cooked in its own fat.
- **Bisqué** - is a smooth, creamy, highly-seasoned soup of French origin, classically based on a strained broth of crustaceans. It can be made from lobster, crab, shrimp or crayfish.
- **Dhal** - A spicy dish made with lentils, tomatoes, onions and various seasonings. Dhal is often pureed and served with curried dishes.
- **Korma**- The classic “beginner’s” curry, with almond. Sweet and mild, but often a worthy dish.
- **Madumbi**- derived from the African Yam but taste like potato, also known as the African potato and is indigenous to the warmer eastern parts of South Africa.
- **Niçoise** - A French phrase that means “as prepared in Nice” it refers to a salad that normally consists of green beans, olive, tomato and egg.
- **Paella**- A Spanish dish of saffron flavoured rice combined with a variety of meats and shellfish (such as shrimp, lobster, clams, chicken, pork, ham and chorizo), garlic, onions, peas, artichoke hearts and tomatoes.
- **Primavera**- This Italian phrase means “spring style”. One of the most popular dishes prepared in this manner is pasta primavera, pasta tossed or topped with diced or cooked vegetables.
- **Rossini**- was named after 19th-century Italian composer Gioacchino Rossini because of his passionate love of food.
- **Risotto**- Italian rice specialty made by stirring hot stock into a mixture of rice (and often chopped onions) that has been sautéed in butter.
- **Saag** - a standard curry sauce most of the time cooked with spinach.
- **Tikka** - is a dish of South Asia. It is traditionally baked skewers with small pieces of meat usually boneless, in a clay based oven called tandoor, after marinating in spices and yogurt.
- **Thermidor** - A dish composed of crayfish tails from which the cooked meat is removed, chopped and combined with a white sauce flavored with white wine, shallots, tarragon and mustard. The sauced crayfish is spooned back into the shells, sprinkled with Parmesan cheese and broiled until golden brown.
- **Vindaloo**- is the most mouth-searing of the curry dishes. Build up to it slowly, but the taste can bring a reward worth a little suffering.

