



THE TABLE BAY DINING ETHOS

The Table Bay kitchen prepares a menu which showcases select ingredients at their best, sourced locally with sustainability in mind. We make every effort to comply with the dietary requirements of our guests. Please notify us of your specific dietary requirements to ensure we are able to provide accurate information and advice on the ingredients and allergens in our dishes.

SOUP

Smoked cauliflower soup (D) (V) (LC) **R110**

Deep fried baby cauliflower salad

Corn and coconut soup (D) (SF) (LC) **R135**

Prawn dim sum

SALAD

Lebanese Fattoush salad (GF) (LC) (V) (VG) **R180**

Roasted red pepper falafel served with savory hummus

Classic Caesar salad **R135**

Croutons, parmesan, poached egg, and anchovy dressing **(D) (S)**

Add crispy bacon (P) **R160**

Add grilled chicken and honey and mustard dressing **(SE)** **R180**

Tempura crayfish salad (SE) (SF) (SO) **R550**

Fresh cucumber and nori salad, toasted sesame, pickled ginger,
soya aioli and nuoc chum dressing

SANDWICHES

Your choice of white, brown, ciabatta, rye, seed or gluten-free bread, served with hand cut fries or side salad

Caprese (D) **R170**

Smoked semi dried tomato, mozzarella, balsamic reduction and basil salsa Verde

Roast chicken mayonnaise (D) **R195**

Served with onion marmalade

Alcohol(A) Dairy(D) Gluten Free(GF) Low carb(LC) Nuts(N) Pork(P) Soya(SO) Seafood(S) Shellfish (SF)
Seeds(SE) Vegetarian(V) Vegan(VG)

**Cape club sandwich (D)****R250**

Smoked chicken mayonnaise, grilled beef pastrami, cheddar cheese, fried egg, iceberg lettuce and tomato served with onion marmalade

PASTA**Spaghetti carbonara (D)(P)****R195**

Smoked bacon, exotic mushrooms, jus and parmesan cheese

Seafood linguine (D) (S) (SF)**R250**

Salmon, mussels, dill and capers

ENTRÉE**Oysters (LC) (SF) (SO)**

Fresh medium oysters served with lemon, Tabasco and Mentsuyu (A) dressing

6 oysters

R185

12 oysters

R360**Spinach Bhaji (V) (SO)****R170**

Fried spinach bhaji served with tamarind and coriander dressing

Cape Malay squid (SF)**R190**

Deep fried baby squid dusted in Cape Malay spices served with pickles and sultanas

MAIN**Fish and chips (D) (S)****R220**

Crispy battered hake served with tartare sauce, vinegar and hand cut fries

Line fish of the day (GF) (LC) (S)**R310**

Served with baby bok choy, sweet potato, dashi tea and sago puffs

Tiger prawns (D) (GF) (LC) (SF)**R550**

Grilled tiger prawns (8) served with lemon, garlic butter, peri-peri sauce

and your choice of a side

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**Sticky chicken wings (SO)****R250**

Chicken wings basted in a teriyaki sauce (A) served with hand cut fries

Thai chicken and prawn curry (D) (SF)**R360**

Served with basmati rice

Classic beef burger (D)**R260**

With smoked cheese, onion rings, gherkin, mayonnaise, and onion marmalade

Served with hand cut fries

Chicken burger (D)**R190**

With harissa mayonnaise, onion rings and avocado served with hand cut fries

Vegetarian burger (V) (SO)**R220**

Soya patty served with onion marmalade served with hand cut fries

T-bone steak (500g) (D) (GF)**R450**

Served with Café de Paris butter, bordelaise sauce (A) and hand cut fries

DESSERT**Warm chocolate truffle with caramel and rocher dulce de latte (D)****R140****Crema catalana (D)****R130****Matcha misu tiramisu (D)****R185****Coconut cheesecake raspberry jus and fresh raspberries (GF)(VG)****R145****Cheese plate for two (D)(N)****R450**

Served with crackers, seasonal fruit and preserves

Fresh fruit platter**R185**

Freshly cut seasonal fruit

Ice cream (D)**R45 per scoop**

Seasonal flavours

Vegan ice cream (VG)**R55 per scoop**

Seasonal flavours

Waffles (D)**R165**

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(25-minute preparation time)

Served with your selection of one ice-cream, two toppings and one sauce

Toppings: mini-Smarties, caramel popcorn, chocolate shavings, strawberry

compote, speckled eggs, toasted crushed nuts and honeycomb

Sauce: chocolate, strawberry, or caramel

Extra topping or sauce **R45**

SIDES

Greek salad **R80**

Green salad **R65**

Mashed potatoes **R55**

Hand cut fries **R55**

Steamed basmati rice **R35**

SAUCES

Beef jus **R55**

Green peppercorn sauce **R55**

Smoked tomato sauce **R55**

Lemon butter sauce **R55**

Peri-peri sauce **R55**

OSCAR'S KIDS' MENU

Crispy chicken **R120**

On a waffle served with maple syrup

Spaghetti bolognese (D) **R120**

Grated parmesan cheese

Mac and cheese (D) **R85**

Cheese and tomato toastie (V) **R120**

Served with hand cut fries

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SERVED FROM 22H00 TO 06H00

SANDWICHES

Your choice of white, brown, ciabatta, rye, seed or gluten-free bread, served with hand cut fries or side salad

Caprese (D) **R170**

Smoked semi dried tomato, mozzarella, balsamic reduction and basil salsa verde

Roast chicken mayonnaise (D) **R195**

Served with onion marmalade

MAIN

Fish and chips (D) (S) **R220**

Crispy battered hake served with tartare sauce, vinegar and hand cut fries

Sticky chicken wings (SO) (A) **R250**

Chicken wings basted in a teriyaki sauce served with hand cut fries

Classic beef burger (D) **R260**

Smoked cheese, onion rings, gherkin, mayonnaise and onion marmalade

Served with hand cut fries

Vegetarian burger (V) (SO) **R220**

Soya patty served with onion marmalade served with hand cut fries

DESSERT

Coconut cheesecake raspberry jus and fresh raspberries (GF)(VG) **R145**

Crema catalana (D) **R130**

SIDE

Choice of sides can be selected from main menu

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