

# THE LOUNGE

AT THE TABLE BAY

## SALADS

### Asian salad (VG)

Yakiniku baby spinach, Asian pickled mushroom and toasted almond dust

**R120**

### Lentil salad (VG)

Marinated lentils, apple, roasted beetroot, toasted walnuts & herbed goats cheese

**R120**

### Nicoise poke bowl

Shredded tuna, crisp lettuce, heirloom cherry tomato, cucumber ribbons, olives, green beans, sushi rice, pickled quails eggs & herbed vinaigrette

**R160**

### Steak black bean quinoa salad

Grilled beef strips with marinated quinoa, pickled red onion, cucumber ribbons, heirloom tomatoes, black beans & creamy herb dressing

**R150**

### Chicken salad

Grilled chicken, fennel salad, pickled butternut & cucumber salad

**R130**

## LIGHT MEALS

### Southern fried calamari

Dusted crispy calamari, cabbage coleslaw, wasabi mayonnaise and sweet chilli sauce

**R135**

### Chicken tenders

Barbeque dipping sauce and hand cut fries

**R130**



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## SANDWICHES

*Our toasted sandwiches are available on sourdough, crush wheat, ciabatta, gluten free and multigrain rye breads, served with hand cut fries and homemade coleslaw*

### **Steak**

Mature beef, seared cherry tomato, mushrooms,  
smoked mozzarella & peppery rocket leaves

**R150**

### **The vegan**

Fire roasted bell peppers, roasted cauliflower, grilled brinjals,  
paprika humus & crispy lettuce

**R100**

### **Grilled three cheese**

Mature smoked mozzarella, cherry, creamy kwaito,  
thyme & caramelized red onion marmalade

**R120**

### **Cape club**

Grilled chicken breast, maple bacon strips, sliced avocado,  
mayonnaise & crispy lettuce

**R130**

## CURRIES

*Our curries are served with steamed basmati rice,  
tomato onion salsa, poppadum, roti and raita*

### **Lamb curry (GF)**

Malay inspired slow cook deboned leg of lamb infused  
with fresh curry leaves

**R200**

### **Thai chicken curry (GF)**

Thai curry paste, fresh coriander & coconut milk

**R170**

### **Vegetable Massaman curry (VG)**

Fresh vegetables, curry paste with fresh coriander  
& flaked coconut

**R160**

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## BURGERS

### The Table Bay beef burger

Toasted sesame bun, pickled cucumber, lettuce, red onion & tomato mayo relish  
R160

### Chicken fillet burger

Sesame coated chicken breast, crisp lettuce, pineapple coriander salsa & wasabi mayonnaise  
R140

## TABLE BAY CLASSICS

### Foraged fettucine (V)

Smoked heirloom tomato, mushroom, wild garlic & basil pesto fettucine  
R120

### Tempura battered line fish

Served with rustic chips & tartare sauce  
R170

## DESSERTS

### Tiramisu

Vanilla bean cream, coffee caramel ganache & craquelin  
R90

### Vanilla cherry verrin

White chocolate cremeaux, almond jaconde, amarena cherries & vanilla panna cotta  
R90

### Fresh fruit platter

Selection of freshly cut seasonal fruit & rooibos syrup  
R90

### Local cheese board

Locally sourced cheeses, fig preserve, onion relish & bread shards  
R90