

# LUNCH

Served from 12h00 to 15h00

## 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**

## LIGHTMEALS

### **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**



## 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 hummus & 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**

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## 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**

## 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**

### **Spaghetti prawn puttanesca**

Freshly chopped basil, olives, capers, prawns, fresh chilli & spaghetti

**R220**

### **Tempura battered line fish**

Served with rustic chips & tartare sauce

**R170**

## DESSERTS

### **Tiramisu choux**

Vanilla bean cream, coffee caramel ganache & craquelin

**R90**

### **Chocolate fondant pastille**

Passion fruit sorbet & dark chocolate crumble

**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 cheese, fig preserve, onion relish & bread shards

**R90**