

Seafood

Served with chips, rice or salad

Hake	sgl	R 125
	dbl	R 210
Calamari		R 135
Yellowtail		R 129
Kabeljou		R 210
Prawn & seafood curry		R 189
Mussels - 500g		R 130
Prawns (8)		R 295

Seafood Platters

Seafood platter for one R205

Grilled hake, creamy garlic mussels, prawns, crispy calamari heads, fried calamari tubes & homemade fishcake. Served with chips & savoury rice

Seafood platter to share R585

Any fish of your choice, calamari, grilled prawns (4), panko prawns (4), tempura prawns (4), creamy garlic mussels and crispy hake bites. Served with side of your choice



Combo's

Served with chips, rice or salad

Hake & calamari	R 165
Prawns & calamari	R 260
Calamari & mussels	R 150
Sirloin & calamari	R 180
Sirloin & prawn	R 345
Meaty Basket	R 225

Big enough to share! Ribs, spiced pork strip, chicken strips, cheese russian, chicken wings & chips

Chicken

Served with chips, rice or salad

BACON & CHEESE SCHNITZEL R 125

Crumbed breast topped with bacon & smothered in cheese sauce

HOMEMADE CHICKEN CORDON BLEU R145

Chicken breasts stuffed with ham & 2 cheeses, covered in a mushroom sauce

CHICKEN & BRIE R172

Grilled chicken topped with brie, melted mozzarella, bacon & cranberry compote, served with mash only

PINEAPPLE SCHNITZEL R98

Crumbed or grilled chicken, served with a grilled pineapple ring

Meat

Served with chips, rice or salad

Sirloin 250g 500 g	R138 R238
T-bone 500g	R195
Spareribs 600g 1kg	R220 R325
Fillet 300g	R237
Lamb rogan josh	R185

Served with rice & homemanded naan only

Sushi

Available from 10:30

Californian Rolls (4pc)

Spicy prawn	R46
Butterfly prawn	R61
Tempura prawn (inside)	R66
Prawn & avo	R52
Spicy salmon	R61
Norwegian salmon & avo	R52
Special tempura prawn (on top)	R55
Smoked salmon, avo & cream cheese	R55
Smoked salmon, prawn & avo	R66
Norwegian salmon, avo & tempura prawn	R66
Smoked salmon, cream cheese & jalapeno	R56
Salmon Rainbow Roll	R66
Tempura Prawn Rainbow Roll	R66

Salmon Sashimi (2pc) R58

Salmon Roses (3pc) R70

Maki

Avo & cucumber	R35
Prawn	R55
Salmon	R55

Hand Roll

Prawn & avo	R77
Norwegian salmon & avo	R60

Nigiri (2)

Prawn	R70
Norwegian salmon	R60

Fashion Sandwich (4pc)

Prawn & avo	R65
Norwegian salmon & avo	R60
Spicy prawn	R65
Spicy salmon	R60

CRISPY PLATTER R172

(4) tempura prawn cali rolls, (4) smoked salmon, jalapeno & cream cheese cali rolls, (2) norwegian salmon, avo fashion sandwich. All deep-fried in a tempura batter

SALMON PLATTER R299

(4) smoked salmon avo & cream cheese cali rolls, (4) salmon & avo fashion sandwiches, (4) salmon roses, (3) salmon nigiri, (2) salmon sashimi

ISLAND DELIGHT R217

(4) prawn & avo fashion sandwiches, (2) salmon roses, (2) prawn nigiri, (4) smoked salmon, avo & cream cheese cali rolls

Hot Drinks		
Tea	-Rooibos, Earl Grey, Five Roses	R20
Espresso		R20
Americano		R27
Milo		R33
Hot Chocolate		R35
Mocha		R45
Flat white		R40
Caffe latte		R35
Chai/Rooibos latte		R42
Cappuccino		R34
Rooibos Cappuccino		R37

Cold Drinks		
200ml Colddrink		R24
200ml Red Bull		R39
300ml Colddrink		R28
300ml Just Juice		R35
300ml Ice Tea		R32
300ml Apple/Grapetizer		R40
500ml Mineral water		R31
Milkshake M I L		R30 R40
Gourmet Milkshake M I L		R45 R55
Oreo, Peanut butter, Rooibos, Milo		

Desserts		
Dom Pedro (single)		R43
Irish Coffee (single Jameson)		R49
Rooibos infused creme brulee		R42
Ice cream sundae		R55
Cake of the day		R70
Lindt chocolate mousse		R57
Ice cream		R30
Vanilla		
Rolo	+R8	
Blueberry	+R8	
Waffle		R56
Original		
Bar One	+R12	
Peppermint Crisp	+R12	

Breakfast		
Available till 10:30		
3 EGG OMELETTE		R40
Served with homemade bread		
Choose your filling	Tomato Onion Peppers R9 Mushrooms Feta Cheddar R15 Ham Bacon R18	
WEST COAST BREAKFAST		R115
2 eggs, pork & beef sausage, bacon, hand cut chips, baked beans or grilled tomato and homemade bread		
EGGS BENEDICT		R77
Original with ham		
Smoked Salmon	+R38	
Bacon	+R20	
WKEY WKEY		R65
Egg, sausage, bacon, chips & toasted bread		
CROISSANT		
Salmon + cream cheese		R159
Cream cheese, smoked salmon & softly scrambled eggs, topped with fresh rocket & spring onion		
Bacon + Egg		R108
Honey glazed bacon, softly scrambled eggs & avo, topped with fresh rocket & spring onion		
BAGEL		
Spinach & bacon		R85
Sauted spinach with crispy bacon bits, caramalized onion, creamy mushrooms & a soft egg, dressed in a homemade honey mustard sauce		
Salmon & cream cheese		R150
Smoked salmon, avo & cream cheese, dressed in a rocket & red onion salad		

Salads		
GREEK SALAD		R95
Tomatoes, cucumber, onion, danish feta & olives		
GARDEN SALAD		R98
Mixture of fresh lettuce & herbs, cherry tomatoes, cucumber, red onion, danish feta, pecan nuts & olives. Dressed in a creamy garlic & thyme sauce		
WEST COAST SALAD		R175
Mussels , calamari , panko prawn, shrimps & crispy calamari heads		
ISABELLAS SALAD		R160
Chicken strips, bacon, avo, mushrooms & crouttons		
BEST OF BOTH		R168
Chicken strips, calamari tubes & crispy calamari heads		

Starters		
Pita		R60
Garlic, Onion & Feta		
Three Cheese Pita		R90
Crumbed Mushrooms		R66
Jalapeno Poppers		R92
Calamari poppers		R66
Calamari starter		R65
Mussels starter		R79
Chicken wings		R68
Creamy cheeseballs		R69
Deepfried Camembert		R85
Snails		R76

Burgers		
Served with handcut chips		
Beef burger		R95
Chicken burger		R82
Fishcake Burger		R78
West Coast burger		R115
Beef burger with, bacon, cheese slice, pineapple ring & fried egg		

Cheese Slice	R8	Avocado	R11
Pineapple Ring	R8	Bacon	R12
Any of our creamy sauces			R20

Light Meals		
Chicken quesadillas		R95
Tuna melt		R55
Cara chips		R99
Toasted sandwiches		
Ham, cheese & tomato		R46
Chicken mayo		R72
Bacon, egg & cheese		R60
Sriracha Ciabatta		R89
Chicken with nSriracha Mayo, avo& red onion		

Pizza		
		
Crowded colony		155
Ham, bacon, salami, mince		
Sparerib		140
Sparerib pieces & sparerib sauce		
Pegasus		153
Bacon, avo, onion, feta & olives		
Hawaiiin		135
Ham & pineapple		

Sweet chillie chicken		176
Chicken, feta, mushrooms & pepperdew		
Island		175
Chicken, avo, green pepper & pineapple		
Fishermans		154
Crabsticks, calamari, tuna, shrimp & mussels		

Russian roulette		190
Chicken, mushroom, cheese russian, feta, &pepperdews		
Wave rider		138
Bacon, banana & pineapple		
Regina		145
Ham & mushrooms		
Vegeterian		144
Spinach, feta, olives & pepperdews		
World of colour		149
Pineapple, ham, mushrooms & gherkins		