



Blue Bay Café

A menu based on simplicity, finesse and flavour forms the ethos of our restaurant's new food movement. It's where Saldanha Bay's local and fresh ingredients have travelled with us, on our quest to bring worldly flavours that lend themselves to what still remains "Wes kus, bes kus"

WINTER BREAKFAST, LUNCH & DINNER MENU

Breakfast served from 6:30am to 10:30am | Lunch served from 12pm to 3pm
| Dinner served from 5pm to 9:30pm Monday to Saturday and Sundays from 5pm - 7pm
1 May 2018 – 31 October 2018

Occasionally we throw in a unique and rare addition to our menu, so please ask your waiter if today is one of those extra flavoursome days where we release a new and exciting dish.

BREAKFAST

CONTINENTAL BREAKFAST

Selection of cereals, fresh fruit salad, stewed fruit, yoghurt, croissants, muffins, toast, preserves and a selection of cheeses and cold meats. Served with juice, coffee or tea.

R95

FULL BREAKFAST

Selection of cereals, fresh fruit salad, stewed fruit, yoghurt, croissants, muffins, toast, preserves and a selection of cheeses and cold meats. Bacon, fried tomatoes, beef or pork sausage, mushrooms and eggs (poached, fried or scrambled). Served with juice, coffee or tea.

R150

A LA CARTE BREAKFAST

SEASONAL FRUIT SMOOTHIE

R35

All the following breakfasts are served with Tea or Coffee and a glass of juice.

RISE AND SHINE BREAKFAST

Two eggs and two rashers of bacon served with toast and preserves.

R60

FARMER'S BREAKFAST

Bacon, fried tomatoes, beef and pork sausage with two eggs (poached, fried or scrambled), baked beans, served with toast and preserves.

R85

CHEESE OMELETTE

With any two of the following fillings; Mushrooms, Bacon/Ham, Caramelised Onions, Fried Tomatoes.

R80

HEALTH NUTS

Fresh fruit with homemade muesli, yoghurt and honey.

R60

BLUE BAY EGGS BENEDICT

Two poached eggs served on toasted wholewheat bread, tomato, lettuce, gypsy ham and topped with hollandaise sauce.

Full Portion

R65

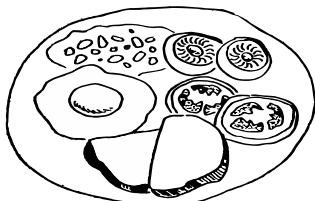
Half Portion

R55

FRENCH TOAST

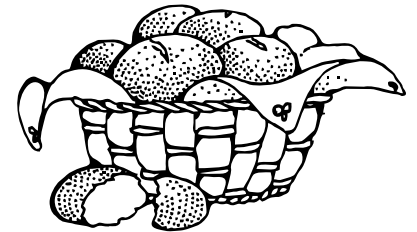
Two slices of brown or white bread French toast served with crispy bacon, syrup and cheese.

R65



LUNCH AND DINNER

BREAD ON ARRIVAL



SNACK PLATTER

A DEEP FRIED PLATTER FOR SNACKING IN THE BAR OR FOR THOSE WHO ARE PECKISH MORE THAN HUNGRY R100

Two chilli poppers (with or without bacon), three pieces of crumbed and deep fried Halloumi, chicken strips, chips and five half shell mussels in a creamy garlic butter sauce served with sweet chilli yoghurt and Tzatziki.

STARTERS

CRUMBED JALAPENO POPPERS (V) R52

Pickled Jalapenos stuffed with delicious bacon & cream cheese, served with a sweet chilli yoghurt. *We offer bacon free poppers for our vegetarian clients.*

CALAMARI STRIPS R52

Deep/pan fried and dressed with fresh lemons, cracked salt and served with tartare sauce

BLUE BAY SALAD (V)

Lettuce, cucumber, cocktail tomatoes, raw beetroot, feta and grilled butternut, with an olive oil and balsamic vinegar dressing.

Standard Portion

R46

With Ginger Glazed Chicken Strips

R60

GARLIC AND FETA PIZZA R50

Our delicious thin crust pizza base topped with garlic, feta, olive oil and origanum.

GARLIC, FETA, BLACK PEPPER AND PEPPADEW PITA (V) R60

Our delicious thin crust pizza base topped with garlice, feta, black pepper and peppadew

SOUP OF THE DAY R55

Served with homemade bread.

DEEP FRIED HALLOUMI (V) R55

Halloumi with a hint of mint, crumbed, deep fried and served with thick tzatziki.

We offer sandwiches, pizzas and cakes between services.

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MAINS

HALF A KILO OF WEST COAST MUSSELS R110

The East meets our West Coast. Pulled from the ocean before you and blended with the rich and crisp flavours of the East, including ginger, chilli, coconut milk and fresh coriander. Alternatively you can choose the traditional cream and white wine mussels.

THAI VEGETABLE STIR FRY (V) R86

Made in a chilli, ginger and garlic sauce and served with egg noodles. The vegetable used in the dish will be dependent on what is in season as our motto for our restaurant is strictly seasonal eating. Ask your waiter to leave the egg noodles for a Vegan alternative.

INDIAN LAMB CURRY R135

Served with rice, a popadum, Tzatziki and Chutney.

PASTA (V) R80

Penne pasta with basil pesto, cocktail tomatoes and parmesan shavings.

The following mains are served with a choice of one of the following side dishes: Crisp french fries, salad, rice or a vegetable dish for the day.

GOURMET HAMBURGER R106

180g home-made beef or chicken patty, with bacon, camembert cheese and beer battered onion rings.

BANTING BURGER R96

Our banting burger option will be without the bun and onions, served on a salad.

GOURMET VEGETARIAN BURGER (V) R106

Gourmet burger bun topped with deep fried Halloumi, tomato, lettuce and tzatziki.

CALAMARI STRIPS R100

Deep /Pan fried, served with lemon and tartare sauce.

CATCH OF THE DAY R145

Locally sourced fish, pan grilled to perfection, served with fresh lemon and lemon butter sauce.

SURF AND TURF R125

200g Sirloin and deep-fried Calamari strips served with lemon and tartare sauce

CHICKEN SCHNITZEL R105

Served with a choice of cheese, pepper or mushroom sauce.

GRILLED RUMP STEAK R165

We take our grill and sauces very seriously; offering a 300g aged Rump Steak.

GRILLED T-BONE STEAK R140

350g, aged T-bone Steak.

Order additional Mushroom, Cheese or Madagascan green pepper corn sauce R25

THE REAL ¼ CHICKEN PERI-PERI R92

Flame grilled and marinated for hours in our peri-peri sauce, this quarter chicken kicks the senses and fills the spot. It's so good, even your Nan do's her best to pull by and steal our recipe. Please note; this is NOT for the feint hearted!
Available in Peri-Peri or try the milder BBQ option.

BLUE BAY SPARE RIBS - 300g R96 - 600g R148

The Blue Bay speciality and one of our most famous dishes!! A must try for any meaty enthusiast. Based in a BBQ basting sauce.

BLUE BAY CAFÉ PIZZA MENU

Pizzas will only be served from 12pm each day. Our pizzas are made fresh and will come out one at a time as, and when they are ready.

MARGARITA R85

Tomato base with Mozzarella Cheese, cherry tomatoes and drizzled with basil pesto

AMERICANO R105

Bacon, Feta and Avocado.

REGINA R99

Gypsy ham and Mushroom.

HAWAIIAN R99

Pineapple and Gypsy ham.

VEGETARIAN (V) R98

Mushroom, Feta and Peppadew

ITALIAN R110

Salami, Mushroom and Peppadew

SWEET CHILLI CHICKEN R105

Chicken and Pineapple with a sweet chilli glaze

BBQ RIB R105

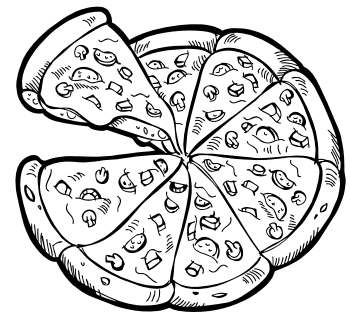
Pulled pork rib in a BBQ basting sauce with diced onions.

OINK R108

Bacon, ham & pulled pork rib with BBQ sauce

EXTRAS R20

Avocado R15
Bacon, ham, mushroom, olives, feta, pineapple, peppadew, salami, chicken R10
Cheese, garlic, chilli, onion



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LIGHT LUNCH MENU

Only served between 12:00 and 17:00

PLATE OF CHIPS

R30

The following toasted sandwiches are served with chips and can either be on brown or white bread.

HAM AND CHEESE

R55

HAM, CHEESE AND TOMATO

R60

SALAMI, CHEESE AND PEPPADEW

R60

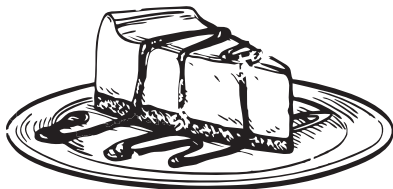
SWEET CHILLI CHICKEN

R60

DESSERT

TRADITIONAL CRÈME BRÛLÉ

Creamy inner texture and glazed with caramelised sugar topping. Served in the most traditional fashion, pure decadence.



CHOCOLATE CAKE

R50

ICE CREAM AND CARAMEL SAUCE

R42

BAKED CHEESE CAKE

Please enquire from your waiter which flavour home-made cheese cakes we have available for the day.

R58

BLUE BAY PECAN NUT PIE

Served with ice cream.

R46

HOT BAKED DESSERT

Served with ice cream.

R45

SPECIALS

Specials are not available for take aways.

SUNDAY

Three course meal from our specials board.

R170p/p

MONDAY

Mussel Monday Madness - all you can eat mussels

R85p/p

TUESDAY

Chicken Schnitzel with cheese sauce, chips and glass of white wine.

R75

WEDNESDAY

300g Ribs, chips and salad.

R85

THURSDAY

200g Sirloin steak, chips and salad.

R85

FRIDAY

Gourmet Hamburger with different gourmet topping every week, served on a beef or chicken patty. Accompanied by French fries.

R85

Please inform our waiters if you have any special dietary requirements.

KIDDIES MENU

Please note, this menu is only available to children under the age of 12.

HAMBURGER/CHICKEN BURGER & CHIPS

R50

HAKE & CHIPS

R65

FISH FINGERS & CHIPS

R45

KIDS RIBS

R55

KIDS CRUMBED CHICKEN STRIPS

R40

TOASTIES - PLAIN CHEESE

R45

TOASTIES - HAM & CHEESE

R50



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