



# 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  
1 April 2017 – 31 October 2017

*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.

R85

### 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.

R125

## 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.

R55

### FARMER'S BREAKFAST

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

R70

### 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.

R55

### BLUE BAY EGGS BENEDICT

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

**Full Portion**

**Half Portion**

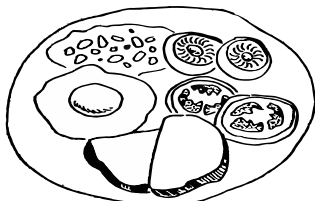
R75

R55

### FRENCH TOAST

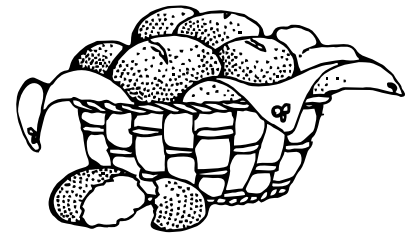
Two slices of brown or white bread French toast served with crispy bacon, syrup and cheese.

R55



## 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, and chicken strips, served with sweet chilli yoghurt and Tzatziki.

## STARTERS

### PANKO PRAWNS WITH A TANGY MAYONNAISE R89

Four butterflied prawns covered with an Asian style crumb, deep fried and served with a delicious tangy mayo.

### CRUMBED JALAPENO POPPERS (V) R70

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 R70

Deep/Pan fried and dressed with fresh lemons, cracked salt, 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**

**With BBQ Chicken Strips**

R60

R70

### GARLIC AND FETA PIZZA R65

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

### SOUP OF THE DAY R55

Served with homemade bread.

### DEEP FRIED HALLOUMI (V) R70

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 R95

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.

### GREEN BEAN/BROCCOLI AND MUSHROOM STIR FRY (V) R90

The perfect dish for anyone Vegan or banting. Made in a chilli, ginger and garlic sauce and served with egg noodles. The vegetables used in the dish will be dependent on what is in season as our motto for our restaurant is strictly seasonal eating.

### INDIAN LAMB CURRY R115

Served with rice, a popadum, Tzatziki and Chutney.

### CAPE MALAY CHICKEN CURRY R99

Served with rice, a popadum, Tzatziki and Chutney.

*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 R92

180g home-made beef or chicken patty, with bacon, camembert cheese and beer battered onion rings. Our banting burger option will be without the bun and onion rings and served on a salad.

### GOURMET VEGETARIAN BURGER (V) R92

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

### CALAMARI STRIPS R85

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

### CATCH OF THE DAY R120

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

### CHICKEN SCHNITZEL R90

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

### GRILLED RUMP STEAK R135

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

*With Mushroom Sauce or Madagascan Green Pepper Corn Sauce R160*

### GRILLED T-BONE STEAK R130

350g, aged T-bone Steak.

*With Mushroom Sauce or Madagascan Green Pepper Corn Sauce R155*

### THE REAL ¼ CHICKEN PERI-PERI R90

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 R95 - 600g R145

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 R75

Tomato base with Mozzarella Cheese.

### AMERICANO R105

Bacon, Feta and Avocado.

### REGINA R85

Gypsy ham and Mushroom.

### HAWAIIAN R85

Pineapple and Gypsy ham.

### VEGETARIAN (V) R85

Mushroom, Feta and Peppadew

### ITALIAN R100

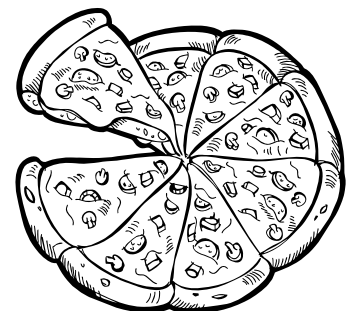
Salami, Mushroom and Peppadew

### SWEET CHILLI CHICKEN R95

Chicken and Pineapple with a sweet chilli glaze

### BBQ RIB R105

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



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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

R49

### HAM, CHEESE AND TOMATO

R50

### SALAMI, CHEESE AND PEPPADEW

R50

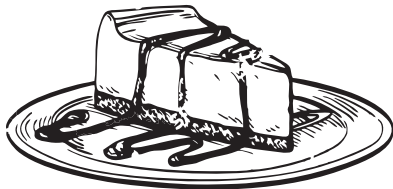
### SWEET CHILLI CHICKEN

R55

## 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

R40

### BAKED CHEESE CAKE

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

R50

### BLUE BAY PECAN NUT PIE

Served with ice cream.

R45

### HOT BAKED DESSERT

Served with ice cream.

R45

## SPECIALS

*Specials are not available for take aways.*

### SUNDAY

R160p/p

Three course meal from our specials board.

### TUESDAY

R60

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

### WEDNESDAY

R75

300g Ribs, chips and salad.

### THURSDAY

R75

200g Sirloin steak, chips and salad.

### FRIDAY

R75

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

*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

R45

### HAKE & CHIPS

R55

### FISH FINGERS & CHIPS

R40

### KIDS RIBS

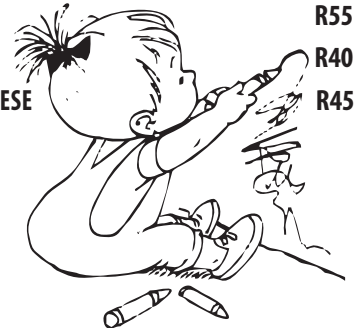
R55

### KIDS CRUMBED CHICKEN STRIPS

R40

### TOASTIES - PLAIN CHEESE / HAM & CHEESE

R45



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