

RESTAURANT BARS MENU DINING
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*The Five Flies, originally opened in 1939,
was established in five 17th century houses in the
Heart of Amsterdam.*

*It's unique name refers to the name of the first
owners and resident of one of the
Houses, Jan Janszoon Vijff*

T DUCK ASPARAGUS MUSSEL DISH FISHCAKES
MOZZARELLA SALAD PEPPER ESSENCE SCALLOPS CARPACCIO CHIVES LI
N BLACK MUSHROOM HONEY-SOY SEARED LI

STARTERS

Summer Salad

RIPENED AVOCADO WITH ORANGE SEGMENTS, WATERCRESS SALAD
SERVED WITH ORANGE VINAIGRETTE
R80

Caprese Salad

RIPE TOMATO SLICES LAYERED WITH BUFFALO MOZZARELLÁ AND
FRESH BASIL PESTO DRIZZLED WITH OLIVE OIL
R80

5 Star Green Leaf Salad

ORGANIC BABY LEAVES, ELACHI SEEDED POACHED PEAR FILLETS,
CHIVE BLACK PEPPER GOATS CHEESE, BUTTERNUT CRISPS, RED
ONION GEL AND A LIGHT VINAIGRETTE
R80

Baby Patagonia Calamari Tubes

MALDON SALT, CRACKED BLACK PEPPER CRUST WITH BABY POTATO
& CHIVE MUSTARD SALAD AND MICRO GREENS
R85

Prawn Shooters

MARINATED WITH BALSAMIC AND LEMONGRASS SERVED WITH A
SPICY TOMATO & CELERY COCKTAIL AND BABY SALAD
R95

Belgian Mussel Chowder

WHITE WINE & CREAM SAUCE WITH GARLIC, ONION, CUBED
POTATO, FRESH CORIANDER AND SERVED WITH TOASTED BRIOCHE
R95



Seared Scallops

SERVED WITH WATERCRESS, PEA PUREE, CRISPY PANCETTA AND
CAPER SALSA AND A LEMON BUTTER SAUCE
R125

SOUPS

SOUP OF THE DAY SERVED WITH GARLIC FRESH BREAD ROLL
R65

For 8 or more guests a 10% gratuity will be automatically added to the bill.

CHOI GOOSEBERRY CHICKEN SIRLOIN MASALA
JACK POTATO CAKES AUBERGINE GARLIC GOATS CHEESE SALAD CARA
UTTERNUT LAMB SHANK SWEET CORN RAVIO

GOURMET BURGERS

Chicken Burger

SPICY CAJUN CHICKEN BREAST WITH CHEDDAR AND
MOZZARELLA CHEESE TOPPED WITH TOMATO, RED ONION AND
PLACED IN TRAMEZZINI BREAD SERVED WITH CHIPS



R115

Beef Burgers

250G BEEF PATTY TOPPED WITH BACON, AVOCADO, CHEDDAR
CHEESE

R120

250G BEEF PATTY TOPPED WITH RED ONION MARMALADE, THIN
SLICED CHORIZO SAUSAGE AND MOZZARELLA CHEESE

R120

Lamb Burger

250G LAMB PATTY TOPPED WITH TOMATO SALSA, PEPPERED
GOATS CHEESE

R125

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KEY GINGER BANANA ICE CREAM VANILLA ALMOND
BOARD JAM CRACKERS CHOCOLATE LINDT PEAR ALMOND GINGER CRU
-GRAPE HAZELNUT ICE CREAM CHEESE BOARD P

MEAT & POULTRY

Pepper Crusted Beef Fillet/Sirlion

SET ON MIZUNA AND A ROSEMARY POTATO ROSTI TOPPED WITH EXOTIC MUSHROOMS, CHILI CRUSTED FLEUR CHEESE AND RED WINE JUS.

150g Beef Fillet or 200g Sirlion

R145

250g Beef Fillet

R185

300g Beef Fillet

R195



5 Flies 500g T-Bone Steak

SERVED WITH ROASTED POTATO, CREAMED SPINACH AND GREEN PEPPER & BRANDY SAUCE

R195

Dukkah Rubbed Ostrich

SERVED WITH PARSNIP PUREE, ROOIBOS INFUSED DRIED FRUIT FLAMBÉED WITH COINTREAU, GRATED DARK CHOCOLATE, SWEET POTATO CHIPS AND RED WINE JUS

R185

French Trimmed Lamb Cutlets

SERVED WITH A HERB & MARROW CRUST, CROQUETTE, BABY VEGETABLES, GREMOLATA BUTTER AND MINTED JUS

R185

Grilled Lemon & Herb Baby Chicken

SET ON A BROWN MUSHROOM MASH POTATO WITH FETA SERVED WITH SAUTÉED BABY ONIONS AND SIDE GARDEN SALAD (OPTION OF CAJUN STYLE)

½ Baby Chicken

R135

Baby Chicken

R185

Smoked Eisbein

SERVED WITH SAUERKRAUT, BABY POTATOES WITH WHOLEGRAIN MUSTARD SAUCE AND DILL CUCUMBER

R195

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FISH & FROM THE OCEAN

Calamari Steak

SESAME CALAMARI STEAK, SAVOURY BASMATI RICE, LIME ALLI
AND MIXED SALAD

R135

Chef's Catch of the Day

LINEFISH BAKED IN A BAG WITH MUSSELS, WHITE WINE AND
SAFFRON SAUCE. ADD PRAWNS FOR R45

R145

Grilled Tilapia

SET ON COCONUT POACHED DAIKON, WARM VEGETABLES AND A
COCONUT FOAM

R160

Thai Prawn Curry

6 BLACK TIGER PRAWNS PANFRIED IN A THAI RED CURRY PASTE
WITH COCONUT MILK, BABY VEGETABLES SERVED WITH BASMATI
RICE, TOMATO SALSA AND POPPADUMS

R175

Thai Green Crab

COOKED IN THAI GREEN CURRY PASTE WITH COCONUT MILK,
BABY VEGETABLES SERVED WITH BASMATI RICE, TOMATO SALSA
AND POPPADUMS

R180

350g Lobster/Crayfish

GRILLED TO PERFECTION SERVED WITH SAVOURY BASMATI RICE,
MIXED GARDEN SALAD, TOMATO SALSA AND A WHITE WINE
SAUCE

R285

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ZZARELLA SALAD PEPPER ESSENCE SCALLOPS CARPACCIO CHIVES LI
N BLACK MUSHROOM HONEY-SOY SEARED LI

VEGETARIAN & PASTA

Open Butternut Ravioli

WITH SAGE, RICOTTA, TOASTED SUNFLOWER SEEDS, WATERCRESS
AND BEURRE NOISSETTE

R95

Garden Pea and Gremolata Risotto

SERVED WITH WILD ROCKET, GOATS CHEESE, TOASTED PINE NUTS
AND GARLIC OIL

R95

Potato Gnocchi

SERVED WITH GARLIC AND HERB CREAM SAUCE TOPPED WITH
VEGETABLE LINGUINE AND PARMESAN SHAVINGS 150G

R95

Seafood Pasta

TENDER MUSSELS, 6 PRAWNS, PATAGONIAN CALAMARI TUBES
TOSSED IN TAGLIATELLE PASTA IN A CREAMY WHITE WINE
CORIANDER SAUCE

R135

Sides and Extra's

MIXED VEGETABLES R45

FRENCH FRIES R55 (LARGE)

POTATO WEDGES R60

MIXED GREEN SALAD R40

SAVOURY BASMATI RICE R25



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DESSERT

Bananas Van De Hum

PAN FRIED BANANAS WITH CARAMEL SAUCE, VAN DE HUM LIQUEUR AND VANILLA POD ICE CREAM SET IN A VANILLA TUILLE

R75

Crème Brule

SERVED WITH DRIED MANGO AND MANGO SORBET

R75

Vanilla and Cinnamon Panacotta

WITH A STRAWBERRY SHOOTER AND A SHORTBREAD SOLDIER

R75

Tiramisu

SERVED WITH COFFEE LIQUEUR SORBET AND VANILLA FOAM

R75

Trio of Sorbets

SERVED WITH PASSION FRUIT PULP AND MIXED BERRY COULIS

R55

5 Flies Cheese Board

ASSORTED LOCAL FARM CHEESES WITH PRESERVED FIG, TOASTED MIXED PAPRIKA NUTS, SUGARED BERRIES AND WATER BISCUITS

R155

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