



AFRICAN PRIDE

CRYSTAL TOWERS HOTEL & SPA

CENTURY CITY, CAPE TOWN

TOWERS LUNCH MENU

ALL DAY BREAKFAST

Sliced Seasonal Fresh Fruit Platter ▼	50
Home Baked Muffin	45
Cheese, preserves	
Breakfast Trifle ▼	45
Fruit salad, tropical muesli, Bulgarian yoghurt, mixed berry coulis	
Burrito Wrap	65
Bacon, scrambled egg	
Scrambled Egg Croissant	60
Crispy fried bacon	
Salmon Scrambled Eggs	70
Smoke salmon, chives	
Eggs Benedict	65
Poached egg, toasted English muffin, Gypsy ham, Hollandaise sauce	

SPECIALITY SANDWICHES

Club Sandwich	95
Crispy bacon, fried egg, tomato, lettuce, chicken mayonnaise, cheddar	
Towers Sandwich	110
Sirloin steak, avocado, tomato, whole grain mustard, Emmental, lettuce	
Caprese Panini ▼	55
Mozzarella, tomato and basil pesto	
Vegetarian Tremazzini ▼	65
Grilled vegetables, hummus, Mozzarella	

TOASTED SANDWICHES

<i>Served with French fries and a side salad</i>	
Toasted ham, tomato and cheese	75
Toasted chicken and mayonnaise	65
Toasted tuna and mayonnaise	65
Toasted ham and cheese	65
Toasted cheese and tomato ▼	50

SALADS

Waldorf ▼	65
Walnuts, celery, Sultanas, mayonnaise, Granny Smith apples, lettuce	
Caesar	70
Cos lettuce, shaved Parmesan, garlic, herb focaccia croutons, Anchovy fillets, Caesar dressing, coddled egg	
Chicken Caesar	85
Strips of Cajun chicken breast, cos lettuce, shaved Parmesan, garlic and herb focaccia croûton, Caesar dressing, coddled egg	
Green ▼	75
Mange tout, asparagus, fine beans, avocado, cucumber, green pepper, green olives, grilled baby marrow, lettuce	
Biltong	100
Baby salad leaves, avocado, cucumber, feta, biltong, cocktail tomatoes, Balsamic dressing	

TORTILLA WRAPS

<i>Served with French fries and a side salad</i>	
Smoked Salmon	115
Cream cheese, smoked salmon, lettuce	
Grilled Vegetable Hummus ▼	65
Grilled vegetables, hummus, sweet chili sauce	
Chicken	80
Roast chicken strips, avocado, lettuce, tomato, Mozzarella, sweet chili, mayonnaise	
Barbeque Lamb	75
Barbeque Lamb strips, cucumber, tomato, coriander, plain yoghurt, lettuce, sweet chili	
Barbeque Beef	75
Barbeque beef strips, pickled cucumber, tomato, coriander, plain yoghurt, lettuce, sweet chili	

LIGHT MEALS

Chicken Burger	95
Cajun chicken breast, grilled pineapple, mozzarella	
Sirloin Beef Burger	100
Beef burger, grilled streaky bacon, cheddar, crispy fried onion	
Steak Roll	85
Beef sirloin, sautéed onions, lettuce, tomato	

MAINS

Fillet	220g	170
Venison	220g	140
Rump	300g	140
Lamb Rack		175
Lamb Shank		150

FISH

Salmon	155
Grilled Line Fish	130

POULTRY

Chicken and Prawn Curry	150
Chicken Supreme	135

SAUCES

Béarnaise,	20
Green peppercorn	
Rosemary jus	
Mushroom	
Lemon beurre blanc	
Herb aioli	

SIDE ORDERS

Steamed or grilled vegetables	25
Green side salad	
French fries	
Tempura onion rings	
Garlic mash	

PASTA

Selection of pasta with sauces	85
Penne	
Tagliatelli	
Linguini	

SAUCES

Alfredo	
Bolognaise	
Mushroom	
Marinara	

SOUP

Butternut and Bacon	60
Mushroom Velouté	

DESSERT

Chocolate cake with yoghurt ice cream	55
Cream cheese cake with sour cherries	55
Cream brûlée with citrus salad	55
Frangipane pear tart with pear ice cream	65
Cheese platter	155
Selection of local cheeses served with 2 glasses of port	

LIVE THE CRYSTAL LIFE

IMPORTANT NOTICE

Please note that while every effort is made to use fresh ingredients in the preparation of food and beverages served on these premises, food and beverages including dairy products, ice cream, frozen desserts, proprietary sauces, juices, preserves, jams and preserved meats, served may contain permitted artificial colourants, flavourants and preservatives. In addition, certain foodstuffs have been packaged and prepared on premises in which nuts may be present. Non-Halaal and non-kosher foods are also prepared and served on the premises.