

# BISTRO

@ the bay

SUMMER MENU  
2016/2017



**Please note** - The Bay Hotel's main pool deck is reserved exclusively for over night guests. Day patrons wishing to make use of this pool and pool deck can request authorisation from management. An additional charge of R500 per person will apply once the request has been approved.

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## STARTERS

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### SALT AND PEPPER SQUID

Pan-grilled or deep-fried, served with lemon aioli

R105

### PHYLLO PASTRY TRIANGLES

With spinach and feta, served with sweet chilli sauce and fresh coriander

R85

### BEEF TAGLIATA

Seared beef fillet served on a bed of rocket, dressed with extra virgin olive oil and parmesan shavings

R105

### PAN-FRIED PRAWNS (subject to availability)

Peri-peri or lemon butter flavoured prawns

R145

### OSTRICH CARPACCIO

Served with rocket and balsamic reduction

R90

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## SALADS

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### CHICKEN CORN SALAD WITH LEMON BASIL DRESSING

Grilled corn, baby herb lettuce, romanita tomatoes, feta, pitted Kalamata olives and grilled chicken strips

R115



### CAESAR SALAD

A classic with crisp cos lettuce, garlic croutons, poached egg, shaved parmesan and Caesar's dressing (add chicken R35)

R75



### BUTTERNUT AND BEETROOT SALAD

Wild rocket and baby salad leaves, roast butternut and baby beetroot, toasted seeds, blistered tomatoes, goat's cheese and balsamic reduction

R105



contains nuts




vegetarian

## MAINS

<b>OLD FASHIONED CHEESE BURGER</b> (Served with hand-cut chips or side salad)	<b>R120</b>
With caramelized onion, gherkin, cheddar, crisp lettuce and tomato relish on a toasted sesame seed bun (Chicken or Beef)	
<b>WEST COAST HAKE</b> (Served with hand-cut chips or side salad)	<b>R135</b>
Deep-fried in a beer batter or pan-fried in lemon butter served with tartar sauce	
<b>NACHOS</b>	<b>R105</b>
Grilled with cheese and served with guacamole, sour cream and chunky tomato salsa (add spicy beef R30)	
<b>CHICKEN SCHNITZEL</b> (Served with hand-cut chips or side salad)	<b>R140</b>
A favourite served with creamy cheddar, green peppercorn or button mushroom sauce	
<b>TAGLIATELLE PASTA NAPOLITANA</b>	<b>R110</b>
With blistered romanita tomatoes and a hint of basil, served with parmesan cheese	
<b>PAN-FRIED PRAWNS</b> (Subject to availability)	<b>R340</b>
With your choice of lemon butter or peri-peri, served on a bed of spicy Malay rice	
<b>THAI GREEN CHICKEN CURRY</b>	<b>R155</b>
Served with basmati rice and popadums	
<b>250G FREE RANGE BEEF</b> (Served with hand-cut chips or side salad)	
Sirloin <b>R155</b>	Fillet <b>R240</b>

## DESSERTS

	<b>CRÈME BRÛLÉE</b>	<b>R75</b>
	<b>CHOCOLATE BROWNIES</b>	<b>R75</b>
Served with ice cream or cream, a chocolate ganache drizzle and berries		
	<b>CAKE OF THE DAY</b>	<b>R65</b>
	<b>COUPE DENMARK</b>	<b>R55</b>
Creamy vanilla ice cream and dark chocolate sauce		

## SAUCES

<b>GREEN PEPPERCORN</b>	<b>R35</b>
<b>CREAMY CHEESE</b>	<b>R35</b>
<b>BUTTON MUSHROOM</b>	<b>R35</b>



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vegetarian

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## LIGHT MEALS


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### TOASTED SANDWICHES

*Served on your choice of brown or white bread with hand-cut chips or a side salad*

**Chicken Mayonnaise**

R80

 **Cheese and Tomato**

R75

**Ham and Cheese**

R85

### TOASTED WRAPS

*Served with hand-cut chips or a side salad*

**Smoked Chicken**

with feta, caramelized onion, Peppadews and baby spinach

R90

**Beef**

with gherkin, cream cheese, baby spinach and a dash of onion marmalade

R105

 **Roasted Vegetables**

with basil pesto, cream cheese and baby spinach

R90

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## KIDS MENU

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### BABY BURGER

R75

Served with a side salad or hand-cut chips

### CHICKEN STRIPS

R75

Served with a side salad or hand-cut chips

### MINI HAKE

R75

Served with a side salad or hand-cut chips



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## HOT BEVERAGES

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### TEA

#### Dilmah Tea

R25

Ceylon, English Breakfast, Mint, Chamomile, Green Tea and Rooibos

#### Red Cappuccino

R25

### COFFEE

*We are proud stockists of Tribe Coffee*

Café Latte

R30

Filter Coffee

R20

Flat White

R20

Americano

R25

Espresso single

R18

Espresso double

R20

Macchiato

R40

Cappuccino

R25

Iced coffee

R40

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## SOFT DRINKS

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Coke 200ml	R22	Tomato Cocktail	R25
Coke Lite 200ml	R22	Bos Lemon Ice Tea 275ml	R35
Coke 330ml	R26	Bos Peach Ice Tea 275ml	R35
Coke Lite 330ml	R26	Appletiser 275ml	R32
Coke Zero 330ml	R26	Grapetiser Red 275ml	R32
Dry Lemon 200ml	R22	Red Bull 275ml	R50
Ginger Ale 200ml	R22	Roses Kola Tonic	R6
Lemonade 200ml	R22	Roses Lime	R6
Soda Water 200ml	R22	Roses Passion Fruit	R6
Tonic Water 200ml	R22		

### CRAFT SODA

*Made locally with organic ingredients*

Cherry Lemonade Craft Soda	R30	Lemon and Lime Craft Soda	R30
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## JUICES

Orange	R28	Guava	R28
Cranberry	R28	Apple	R28

## JUICE BOX

*Made locally with organic ingredients and zero preservatives*

Juice box Pomegranate	R30	Juice box Apple	R30
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## BEERS

Amstel	R35
Becks Non Alcoholic	R35
Castle	R30
CBC Draught	R45
Corona	R55
Heineken	R40
Jack Black Pale Ale	R45
Peroni Draft	R50
Windhoek	R35

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## CIDERS

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Hunters Dry	R35
Savanna Dry/Light	R40

## CRAFT CIDERS

*We are proud stockists of Sxollie Ciders*

Sxollie Golden Delicious	R55
Sxollie Granny Smith	R55
Sxollie Phakam Pear	R55

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## COCKTAILS

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Classic Daquiri	R50
Strawberry Daquiri	R70
Mojito	R50
Long Island Ice Tea	R70
Kir Royal	R90



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## HOUSE WINES

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### MÉTHODE CAP CLASSIQUE

Graham Beck Brut Rosé

R80

R330

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R80

R330

### WHITE WINE

Glen Carlou Unwooded Chardonnay

R60

R220

Fryer's Cove Sauvignon Blanc

R60

R200

Vrede en Lust White Mischief

R50

R180

Hartenberg Alchemy

R45

R150

### RED WINE

Warwick First Lady Cabernet Sauvignon

R55

R200

Dimersdal Pinotage

R70

R250

RAKA Merlot

R70

R265

Hartenberg Shiraz

R90

R330

Groote Post Old Man's Blend

R45

R155