

BISTRO

@ the bay

SUMMER MENU
2017/ 2018

If you have a special dietary requirements, please feel free
to talk to our chef to see what we have on offer for you

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.



SALADS AND STARTERS

SALT AND PEPPER SQUID (Grilled/ Fried)

R115

Dressed Rocket salad, confit tomatoes, lemon scented aioli.

CHIMICHURRI GRILLED ARGENTINIAN PRAWNS

R145

Lemon and mild chili, fresh garden salad.

SMOKED OSTRICH CARPACCIO

R95

Wild rocket, shaved parmesan, Rosa tomatoes and Chef's berry vinaigrette.

CHICKEN AND CAMEMBERT SALAD

R115

Tender grilled chicken fillet and crumbed local camembert set on house greens, segmented orange, avocado and lime-ginger vinaigrette.



FRESH FIG AND CRISP PANCETTA SALAD

R120

Garden herb salad, fine beans, Danish feta, toasted walnut and balsamic reduction.



ROAST BUTTERNUT AND BABY BEETROOT SALAD

R80

Crisp baby spinach, confit tomato, goat's cheese, toasted granola, buttermilk and wholegrain mustard dressing.



GARDEN SALAD

R65

Garden herbs, classic Greek salad toppings.



contains nuts



vegetarian

MAINS

All mains served with your choice of rustic cut fries, savoury rice or house salad.

OLD FASHION CHEESE BURGER (Beef or Chicken)

R135

With caramelized onion, gherkin, cheddar, crisp lettuce and tomato relish on a toasted sesame seed bun.

GRILLED STEAK

Served with your choice of sauce: Peppercorn / Mushroom / Colombian Coffee

250g Fillet

R215

250g Sirloin

R150

CAPE MALAY SEAFOOD CURRY

R265

Cape Rock lobster, West Coast black mussels, calamari, hake, basmati rice, crisp poppadum and cucumber riatta.



Substitute Seafood For Baby Vegetables

R150

WEST COAST HAKE (Beer Battered / Grilled)

R120

Served with a side of your choice, fresh lime wedges and tartare sauce.

TRIPLE COOKED PORK BELLY

R135

Smoked, braised and then roasted. Served with a side of your choice and rosemary scented apple sauce.



CHICKEN AND OLIVE TAGLIATELLE

R100

Rich Napolitano sauce, ripped basil, shaved parmesan.



Substitute Chicken For Baby Vegetables



WILD MUSHROOM RISOTTO

R125

Arborio rice prepared in mushroom stock, wilted wild mushroom, goats cheese, toasted pine nuts, truffle drizzle and dressed rocket.



contains nuts



vegetarian

LIGHT MEALS

All light meals served with your choice of rustic cut fries or house salad.

TOASTED WRAPS

Grilled Chicken

R65

Herb salad, Danish feta, caramelized onion, Peppadew, pineapple and creamy mayonnaise.

Horseradish Beef

R90

Herb salad, cream cheese, caramelized onions, sliced gherkin, Horseradish mayonnaise.



Herb-roasted Vegetables

R70

Herb salad, basil pesto cream cheese.

TOASTED SANDWICHES

Chicken Mayonnaise

R65



Cheese and Tomato

R60

Ham and Cheese

R65

Smoked Salmon, cream cheese and rye

R125

(Open sandwich)



contains nuts



vegetarian

KIDS MENU

All kids' meals served with your choice of rustic cut fries or house salad.

KIDDIE'S BURGER	R75
MINI HAKE	R75
CHICKEN STRIPS	R65
SPAGHETTI BOLOGNAISE	R70

DESSERTS

All desserts served with your choice of ice cream or whipped Chantilly cream.

 CHOCOLATE BROWNIE AND PEANUT BUTTER ICE CREAM	R75
MALVA PUDDING	R65
 APPLE CRUMBLE	R65
TRIO OF ICE CREAM AND CHOCOLATE SAUCE	R55



contains nuts



vegetarian

HOT BEVERAGES

TEA

Dilmah Tea

R25

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

Red Cappuccino

R25

COFFEE

Café Latte

R30

Americano

R25

Flat White

R30

Espresso double

R20

Espresso single

R18

Cappuccino

R30

Macchiato

R22

Iced coffee

R40