

On the Rocks

CAPE SEAFOOD CUISINE

HOT BEVERAGES

Americano	R20	Filter Coffee	R18
Latte	R27	Tea	R18
Cappuccino	R24	Horlicks	R30
Chai Latte	R32	Milo	R29
Machiato	R21	Hot Chocolate	R28
Chocochino	R30	Red Cappuccino	R30
Decaf Cappuccino	R26	Red Latte	R32
Decaf Latte	R28	Irish Coffee	R38
Espresso	R18	Dom Pedro	R38
Double Espresso	R25		

COLD BEVERAGES

Milkshake	R26	Coca Cola (300ml can)	R22
Strawberry		Coke Lite (300ml can)	R22
Lime		Coke Zero (300ml can)	R22
Banana		Crème Soda (300ml can)	R22
Bubblegum		Sprite (300ml can)	R22
Chocolate		Sprite Zero (300ml can)	R22
Steelworks	R35	TAB (300ml can)	R22
Rock Shandy	R30	Coca Cola (200ml can)	R20
Juice	R20	Lemonade (200ml can)	R20
Orange		Soda Water (200ml can)	R20
Fruit Cocktail		Dry Lemon (200ml can)	R20
Mango		Ginger Ale (200ml can)	R20
Ice Tea	R32	Tonic Water (200ml can)	R20
Peach or Lemon		Tomato Cocktail (200ml can)	R32
Still/Sparkling Water		Appetizer	R30
500ml	R20	Grapetizer	R30
750ml	R36	Red Bull	R40

NON-ALCOHOLIC BEERS

ERDINGER Alkoholfrei	R40	Bitburger Drive	R30
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BREAKFAST

Continental Breakfast R80

Croissant, mini health muffin, parma ham, toast, smoked chicken and cheddar cheese

Health Breakfast (V) R65

Granola, seasonal fruit, Bulgarian yoghurt and a swirl of Honey

Breakfast Pan R75

Eggs, bacon, pork sausage, sautéed mushrooms, grilled tomato and breakfast potato

Croque Monsieur R65

Classic French open sandwich, gypsy ham, bacon topped with emmental cheese, béchamel sauce, grilled tomato and rocket

Croque Madame R70

Classic French open sandwich, gypsy ham, bacon, fried egg topped with emmental cheese, béchamel sauce, grilled tomato and rocket

Shun Those Carbs (V) R85

Scrambled eggs, mushroom, grated cheddar cheese, camembert cheese and pumpkin seeds

Breakfast waffle R80

Topped with bacon, avocado, scrambled eggs, rocket leaves drizzled with maple syrup

Eggs Benedict R85

Toasted English muffin, creamed spinach topped with parma ham and crispy bacon or smoked salmon trout and poached eggs, drizzled with hollandaise sauce

(V)Vegan Sandwich R55

Toasted whole wheat topped with hummus, avocado, sliced tomatoes and balsamic dressing

Omelettes

- (V) Creamy spinach, feta, caramelized onion, cherry tomatoes, drizzled with herb pesto R66

- Bacon, mozzarella cheese and mushroom R75

French Toast

- (V) Berry compote and ice cream R50
- Grilled bacon and maple syrup R55
- Grilled bacon, banana and maple syrup R60

STARTERS

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CAPE SEAFOOD CUISINE

Oysters served fresh on a bed of Forage Kelp

- Natural **R 22 each**
- Oysters Japanese **R 26 each**
cucumber, pickled ginger and soya dressing

Cucumber Roll (4pc) **R80**

Spicy cream cheese, avocado, smoked trout wrapped with cucumber, soya sauce and sweet chilli sauce

Steamed black mussels **R60**

White wine, fennel and cream

Smoked snoek fishcakes **R70**

Tomato and Cumin Puree, Goats cheese puree and pickled onion

Salt and pepper squid **R65**

Crisp calamari tubes, chilli jam and dressed wild rocket

Vegetable Wontons (6pc) **R60**

Deep fried diced vegetable wontons, with sweet chilli sauce

West Coast Soup **R85**

Fish, mussels and prawn with tomato, garlic and lemon

Cured Klein Karoo Ostrich Carpaccio **R95**

Pickle Shimenji, mushroom soil and roasted vine tomato

(V) Caprese Salad **R50**

Roasted tomatoes in sweet wine, mozzarella fior di latte, sundried tomato, balsamic glaze and basil pesto dressing

(V) Vegetarian Salad **R60**

Cherry tomatoes, mix peppers, poached carrots, crushed almonds on a bed of green lettuce drizzled with balsamic dressing

(V) Beetroot, pear and blue cheese salad **R95**

Blue cheese dressing, toasted walnuts

A bit about us...

The restaurant has been in uninterrupted operation for over 56 years and displays the same values, drive and professionalism that secured our pristine reputation. These standards are still exuded by all our staff members, who will do their utmost to attend to your every desire. Seating on the brand new terrace allows guests to dine al fresco during summer months and in winter come and enjoy the warm roaring Venetian fire place.

A perfect symbiosis exists between the natural elements and the setting created at On the Rocks. The water spray can literally be touched when the Atlantic raises its waves. It lends a picturesque characterization to the phrase “the Cape of Storms”.

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CAPE SEAFOOD CUISINE

Grilled Linefish R145

Sautéed bacon, green beans, calamata olives, red onion, cherry tomatoes, and rosemary, served on herbed new baby potato salad

Poached Linefish R150

On a bed of tagliatelle and napped with creamy mussels, shrimps and mushroom veloute

Seafood Paella R195

Traditional Spanish dish cooked to Asian style, prawns, calamari, mussels, hard boiled eggs, peas and chorizo accompanied with Chilli-garlic sambals

Seared Salmon R235

Pan fried Norwegian Salmon on bed of wilted spinach, cinnamon butternut rosti, poached vegetables, avocado puree and Béarnaise sauce

Cape Malay Seafood curry R175

Tomato sambals, Raita and jasmine rice

(V) Ratatouille R115

Stewed garlic and rosemary infused vegetables delicately baked topped with Emmental Cheese

Gourmet Chicken Cordon Bleu R120

Dijon mustard infused, stuffed with Gypsy ham and Emmental cheese, served with sautéed garlic potatoes, carrot and mushroom sauce

8 Deep sea prawns R280

- Meuniere, garlic butter, lemon and parsley Jasmine rice and side salad
- Sautéed with garlic, crushed chilli, coriander and turmeric, savoury rice, green salad

Lamb Shank R250

Slow roasted, red wine jus, carrot puree and served on a bed of exotic mushroom risotto

Ostrich Fillet a la Bordelaise R165

Cooked delicately, mashed vegetables, caramelized onion puree and medium light Burgundy sauce

Classic Beef Fillet R195

250g pure Fillet, topped with flambéed mushroom and Brandy sauce, risotto with shiitake mushrooms, confit tomato and carrot chips

Slow Roasted Pork Belly R185

Mustard seed pomme puree, spiced apple chutney and double cream mustard sauce, sautéed asparagus and carrot chips

Rib-Eye Bulgogi R185

BBQ grilled beef, sautéed mix peppers, and grilled shiitake mushrooms, soybean sprouts, pickled ginger and jasmin rice

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DESSERTS

On the Rocks

CAPE SEAFOOD CUISINE

Belgian Ice Cream Waffle Topped with doubled whipped cream and Vanilla ice cream, fresh berries and chocolate sauce	R65	Crème Brule Spun sugar and summer berry coulis	R45
Dark Chocolate Truffle Ball Crunchy homemade chocolate truffle with double thick outside crunch and vanilla ice cream	R45	Baked Cheese Cake Ginger crust and berry coulis	R50
		Banana Ice Fresh banana, crushed ginger nut biscuits and vanilla ice cream drizzled with maple syrup	R40

A bit about us...

On the Rocks is the crown jewel of the Seascapes Collection Group of restaurants in Bloubergstrand. Tourists from all around the world find their way to On the Rocks to enjoy the most magnificent view of Table Mountain and Robben Island as the sunset over Robben Island is world renowned. At On the Rocks you will be able to enjoy the might of the Atlantic Ocean, which breaks within only a touch from our restaurant.

On the Rocks holds the promise of majestic tranquility as the waves crash at your feet and the cool breeze caress your skin. Ships entering Table Bay, dolphins surfing the waves, whales putting on a formidable display and post card sunsets often compete for your attention.

Specializing in engagement parties, weddings, renewing of vows or any other function. On the Rocks Restaurant is simply a destination for any special occasion.

Remember to check out The Seaside Coffee Hatch, situated next to our entrance. It offers specialty coffees and delectable pastries from 7am every day, to the cyclists, runners and leisurely strollers of the Bloubergstrand community.