

# Welcome to Melkbos Kitchen!

We're so excited to have you with us and our friendly team are here to help with any questions you have about the menu, so don't hesitate to ask. Just a heads-up: all our dishes are freshly prepared, so they may take a little extra time, especially when it's busy. But no worries—just relax, take in the beautiful view, and enjoy the laid-back vibe of our village!

## A Few Quick Things to Keep in Mind:

- We're located in a residential area, which means we have some rules to follow. Our doors open at 10 AM, and for dinner, we need to wrap up by 9 PM on the evenings that we are open. This means last orders will be taken earlier to make sure you have plenty of time to enjoy your meal before we close up. Thanks for understanding!
- We've carefully crafted each dish to give you the perfect flavor combination, so we don't offer changes, substitutions, or "build-your-own" options. But feel free to ask for extra sides if you're hungry for more! They'll be added to your bill accordingly.
- **Corkage:** If you've got a special bottle of wine or bubbles you'd like to enjoy, we allow corkage for up to two standard bottles per reservation at R70 per bottle on wine that is not on our menu. Please note, corkage is only for wine, MCC or sparkling wine—no other beverages or food are allowed to be brought in.
- In line with the law, we cannot serve alcohol to anyone under 18. If you look under 18, we may ask for ID—no hard feelings!
- We're a smoke-free restaurant, including e-cigarettes and vaping. If you need to smoke, please use the designated area by the parking lot and dispose of cigarette butts in the bin provided.
  - No split bills, please! It helps us keep things running smoothly.

We hope you have an amazing experience with us today! Enjoy the food, the atmosphere, and the company.



## **Breakfast**

**\*\*\*Last Breakfast Orders : 11:30\*\*\***

### **The Local | R135**

Traditional Miellie pap, Two eggs, Tomato Shakshuka, Creamy Spinach, two rashers of bacon and a Pork or Beef sausage

### **The Basic | R75**

Two eggs, two rashers of bacon, baked beans and a slice of toast  
(Brown/White/Rye)

### **Salmon Benedict | R150**

Poached Eggs, Cold Smoked Salmon Trout, Creamy Spinach on a homemade Potato Cake topped with Hollandaise Sauce

### **Bacon Benedict | R135**

Poached Eggs & Bacon on Creamy Spinach **OR** roasted cherry tomatoes on an English muffin topped with Hollandaise sauce.

### **The Mexican Benedict | R135**

Poached Eggs with Spicy Mexican Style Mince, Sliced Avo, Jalapeno's on an English muffin topped with Hollandaise.

### **Vegan Breakfast | R145**

English muffin topped with humus, sauteed vegan sausage and mushrooms with Avo & roasted tomatoes.

## **Croissants**

Cold Smoked Salmon Trout , Cream Cheese & Avo | **R120**

Bacon, Scrambled Egg, Cream Cheese | **R105**

Mexican mince & cheddar cheese | **R100**

Croissant with Jam & cheese | **R70**

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## **Breakfast**

**\*\*Last Orders 11h30\*\***

### **Cape Malay Chicken Livers | R95**

Cape Malay chicken livers with chutney, charred poached pear, crispy onion, and served with a Portuguese bun

### **Wicked One | R125**

Croissant French Toast Caramelized Banana, Bacon, Nut Brittle, Maple Syrup & Sour Cream

### **Health Nut | R90**

Home-made muesli, Yoghurt, fresh fruit, turmeric nuts and fruit compote

### **Avocado Salsa on Toast R110**

Diced Avo, baby tomatoes, onion and a touch of chilli served on toast  
(Brown/White/Rye)  
(Add 2 poached eggs +R30)

### **Hillcrest Jam or Honey Jar | R8**

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*The dishes below are served from 12H00*

## **Starters**

### **Calamari | R90**

Deep fried served with Lemon Aioli

### **Keftedes (5) | R95**

Greek lamb meatballs on creamy humus served with a cocktail flatbread

### **Dolmades (3) | R65**

Vine leaves stuffed with savoury rice

### **Starter Mussel Pot | R90**

Served in your choice of :

Creamy Garlic & Parsley Sauce | White wine broth | Arabiata sauce

### **Loaded Humus | R70**

Creamy humus loaded with diced tomatoes & cucumber, chickpeas & dukkah,  
served with cocktail flatbread (\*contains nuts)

### **Tempura Tails with MBK Mayo | R95**

Tempura prawns tossed in spicy MBK mayo

### **Tempura Cauliflower with MBK Mayo | R65**

Tempura cauliflower florets tossed in spicy MBK mayo

### **Peri-Peri Chicken Livers | R75**

Served with cocktail roll

### **Traditional Greek Side Salad | R70**

Baby Tomatoes, Cucumber, Red Onion, Local Olives and Danish Feta

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## **Lunch / Supper**

***The dishes below are served from 12H00***

### **Salads**

#### **Tuna Salad | R175**

Fresh Sesame Seared Tuna on a bed of greens, cucumber noodles, avocado, edamame beans, pickled radish & carrots, topped with a boiled egg and served with a spicy ponzu dressing

#### **Traditional Greek Salad | R120**

Baby Tomatoes, Cucumber, Red Onion, Local Olives and Danish Feta

***Add: Grilled Chicken Breast R55 or Falafel Balls R40***

#### **Caesar Salad | R210**

Cos Lettuce, Anchovies, Parmesan, croutons, poached egg, bacon and grilled chicken breast and dressed in our delicious Caesar dressing

#### **Avo Del Mare | R165**

Juicy prawn tails in a creamy Marie Rose sauce served with Avocado salad and homemade flatbread

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## **Lunch / Supper**

*The dishes below are served from 12H00*

### **Burgers**

**Burgers Are Served with Chips**

Just a heads up .. we make our own beef patties using carefully selected cuts of meat, one of the cuts used in the burger is brisket which gives the patty a pink tinge even when "well done".

#### **The MbK Classic Burger | R130**

Perfectly Grilled 100% Beef or Free Range Chicken Fillet on a Toasted Sesame Roll, Garlic Aioli, Red Onion, Pickled Cucumber with fresh tomato, crispy onions, shakshuka

#### **Brisket Burger | R180**

Loaded with tender, slow cooked, thinly sliced brisket that has been dry marinated in smokey BBQ seasoning, topped with crispy onions and served with chips

#### **Vegan Burger | R145**

Grilled Plain or Peri-Peri Pla Based Burger patty on toasted vegan roll with crispy onions, tomato, shakshuka and greens

#### **Add On for Burgers**

¼ Avocado **R35** | Cheddar **R25** | Jalapenos **R15** | Fried Egg **R12**  
Mushroom Sauce **R25** | Additional Beef Patty **R55**  
Additional Chicken Breast Fillet **R55**

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## **Lunch / Supper**

***The dishes below are served from 12H00***

### **Something else ...**

#### **Fillet Steak | R270**

\*250g Char Grilled Fillet steak served with home-made chimichurri and smashed crispy baby potatoes

#### **Gyros**

Homemade flatbreads with a filling of your choice:

Lamb Keftedes (*Meat Balls*) **R160** | Grilled Chicken **R160** | Falafel Balls **R145**

#### **Peri Peri Chicken & Prawn Kebab | R190**

Chargrilled Chicken & Argentinian Prawn (4) kebab, basted In Peri Peri served with Chef's Salad or Chips

#### **\*Sticky BBQ Pork Ribs | R160 (500g) | R295 (1kg)**

Sticky BBQ Pork Belly Ribs with Rustic Cut Chips & battered Onion Rings

**\*Raw weights apply**

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## **Lunch / Supper**

***The dishes below are served from 12H00***

### **Seafood**

#### **Crispy Battered Hake | R145**

Lightly battered, deep fried fresh hake served with rustic cut chips **or** rice, coleslaw & tartare sauce

**Add chefs side salad – R25**

#### **Pan Grilled Hake | R145**

Served with choice of Chips **or** Rice and tartare sauce

**Add chefs side salad – R25**

#### **Argentinian Prawns (10) & Chips | R320**

Served With a Choice of either Creamy Garlic , Lemon or Peri-Peri Sauce

**Add chefs side salad – R25**

#### **Chargrilled Sardines | R160**

Three sardines, prepared Portuguese style with peppers, potatoes, onions, olives a hint of chilli and a side of Peri Peri

#### **Steamed Mussels Served with cocktail roll | R160**

Served in your choice of one of the following:

| Creamy Garlic & Parsley Sauce |

| Arabiata (chilli) Sauce |

| White Wine Broth |

#### **Seafood Chowder | R190**

Linefish, hake, mussels, prawn meat, calamari & bacon in a creamy sauce topped with an Argentinian prawn and served with a cocktail roll

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## **Lunch / Supper**

***The dishes below are served from 12H00***

### **Line Fish | SQ**

*Please enquire with your waitron as to what our current line fish is today*

### **Deep Fried Calamari Rings | R205**

Dusted with Spice, Served with lemon Aioli and Chips **or** Rice

**Add chefs side salad – R25**

### **Seafood Platter For One | R245**

3 Argentinian Prawns, Battered Hake, Deep Fried Calamari, Mussels, Chips **or** Rice, Grilled Lemon & A Sauce of Your Choice

**Add chefs side salad – R25**

### **Hake & Calamari combo | R180**

Deep fried or Pan fried hake and deep fried calamari with chips or rice

**Add chefs salad – R25**

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## **POKE BOWLS**

### **Melkbos Poke | R225**

Sushi rice, Salmon & Tuna marinated in spicy ponzu sauce, tempura prawns, avo, edamame beans, chilli, pickled ginger & cucumber noodles

**Salmon only add R25**

### **Just a Poke | R170**

Tuna marinated in a spicy ponzu sauce served with sushi rice, cucumber noodles, chilli, avo, pickled ginger and crispy nori strips

**Salmon only add R25**

### **Lose My Poke | R170**

Tuna marinated in a spicy ponzu sauce served with cucumber noodles, chilli, avo, pickled ginger and crispy nori strips

**Salmon only add R25**

### **Vegan Poke | R150**

Sticky sushi rice, tofu marinated in a spicy ponzu sauce cucumber noodles, avo and edamame beans

### **Tempura Prawn Poke | R240**

Sticky sushi rice, Tempura prawns in MBK mayo sauce with cucumber noodles, avo, pickled ginger and edamame beans

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## **SUSHI PLATTERS**

### **MBK Sushi platter | R210**

4 x rainbow rolls, 4 x cucumber maki, 4x spicy salmon rolls topped with  
4 x tempura prawns

### **Salmon Platter R245 / Tuna platter R225**

4 x nigiri, 4 x California rolls, 2 x Spicy Beancurd, 4 x maki, 3 x sashimi

### **Tuna Trio | R220**

5 x Sesame crusted seared Tuna sashimi, mini tuna Poke, tempura fried tuna  
pieces in our signature MBK spicy mayo sauce

### **Crunchy rainbow rolls | R160**

8 x rainbow rolls topped with MBK mayo, crunchy tempura bits and reload  
sauce

### **Vegetarian Platter | R115**

4 x Crunchy Veg California Rolls, 4 x Cucumber Maki & 4 x Avo Maki

### **Add on**

Ginger R10 / Japanese Mayo R15 / Reload sauce R15 / Wasabi R8

Please note that we do not do changes, substitutions, deconstructions or  
build your own versions on our sushi platters

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## **Desserts**

**Please have a look at our Desserts blackboard  
or check with your waitron to see what mouthwatering desserts  
we have on hand today**

## **Occasion Cakes**

We do bake the following whole cakes for your special occasion which must  
please be pre-arranged and paid 48 hours in advance :

Grans Carrot Cake, Decadent Chocolate Cake, Baked Cheesecake

Kindly enquire with your waitron for further detail.

***Kindly note that If you choose to bring your own cake in to the restaurant a  
cakeage fee of R20 per person will be levied on the day.***

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## **Beverages Menu**

*In accordance with the prevailing liquor regulations, we will NOT serve or sell any Alcohol or "Alcohol Free" products to persons under the age of 18. We have an "On Consumption" license which means liquor may be sold and consumed on our premises, it may not be removed. Liquor will only be served from 11am onwards with the exception of MCC / Sparkling wine*

### **Darling Brew On Tap**

Darling Brewery, our on tap partners, are an iconic and award winning West Coast craft brewery situated in the quaint town of Darling.

MBK Lager R45 (300ml) R52 (500ml)  
Real Hops flavour with mild bitterness (4.%)

Rogue Pony Pale Ale R45 (300ml) R52 (500ml)  
Smooth drinking with a mild bitterness & light fruity tones (5%)

Lightspeed R45 (300ml) R52 (500ml)  
Crisp light beer, low in alcohol but rich with malty flavour (2.7%)(less than 90 calories 300ml)

Our Beer Tasting board R45  
Mbk Lager, Rogue Pony Pale Ale and Lightspeed tasting board

Leadwood Gin & Tonic R50 (300ml) R70 (500ml)  
Handcrafted pot stillled Gin, utilising the finest indigenous botanicals, which combined with DB unique recipe tonic, delivers the perfect pink G&T (6%)

### **In A Can**

Castle Lager | Savannah Dry | R35

Savannah Light | Hunters Dry | Castle Lite | Amstel Lager | Black Label | R35

Windhoek Lager | Windhoek Draught (440ml) | R48

Darling Brew Just Naked Lager (0.5%) | Heineken 0.0 ( Alc Free) | R35

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### **Spirits**

J&B | R30

Klipdrift | Richeleu | R30

Jamesons | Jack Daniels | R45

Captain Morgan | Smirnoff Vodka | R30

Tequila | Jagermeister | Kahlua | Amarula | R45

Tanqueray Gin | Bombay Sapphire Gin | R45

Inverochre Amber | R45

**Non-alcohol Gin:** Tanqueray | R45

### **Cocktails**

**\*\*Margarita or \*\*Strawberry Daiquiri | R75**

**\*\*Classic Mojito | R75**

**(\*\*Any of the above as a virgin | R55)**

Aperol Spritz | R90

Espresso Martini | R75

Classic Martini | R75

Bloody Mary | R70 | Mimosa | R65

Dom Pedro | R55 | Irish Coffee | R50

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## **Wines**

We allow corkage on wines NOT on our menu to a maximum of two standard bottles per reservation levied at R70.00 per bottle. Please note that this applies to wine or sparkling wine only, guests are not permitted to bring any other beverages/food into the restaurant.

### **Pricing Legend : Bottle / Glass (180ml)**

#### **White Blends**

Groote Post Old Mans Blend R145 | R45

Spier Creative Block 2 R240 | R70

Springfield Estate, Miss Lucy R260 | R75

#### **Chardonnay**

Spier Signature R165 | R50

Ken Forrester Petit Chardonnay R165 | R50

La Bri Chardonnay R240

#### **Sauvignon Blanc**

Creation R260 | R75

Spier Seaward Sauvignon Blanc R210 | R70

Wonderlijk Sauvignon Blanc R170 | R50

Neil Ellis West Coast Sauvignon Blanc R175 | R55

Groot Phesantekraal Estate Range Sauvignon Blanc R175 | R55

Springfield Estate, Life from Stone R260 | R75

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#### **Chenin Blanc**

Spier "Good Natured" organic R210

Groote Post R155 | R50

Spier Signature R165 | R55

Phesantekraal Estate Range Chenin Blanc R175 | R55

#### **Semi Sweet**

Ken Forrester Petit Natural Sweet R155 | R48

#### **Rosé**

Neil Ellis Wild Flower Rosé | R175

La Motte Vin de Joie Rosé R190 | R65

Lievland Liefkoos Rosé R270 | R80

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### Pricing Legend : Bottle / Glass (180ml)

## Red Wines

### Red Blends

Groote Post Old Mans Blend R155 | R55

Ken Forrester Pats Garden Bordeaux Blend R260 | R75

Ken Forrester Renegade Rhone Blend R260

### Cabernet Sauvignon

Ken Forrester Petit Cabernet Sauvignon R165 | R50

Klein Roosboom, Johan Cabernet Sauvignon R240 | R65

Springfield Estate, Whole Berry R260 | R75

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### **Pricing Legend : Bottle / Glass (180ml)**

#### **Shiraz & Syrah**

Saronsberg Provenance Shiraz R250

Klein Roosboom, Janet Shiraz R250 | R70

La Bri Syrah R280

Groot Phesantekraal Syrah R250

#### **Merlot**

Kleine Zalze Cellar Select R170 | R55

#### **Pinotage**

Beyerskloof R180 | R60

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## **Bubbles**

### **Methode Cap Classique (MCC)**

La Bri Sauvage MCC R340

Groote Post Brut Rose MCC R320 | R75

Spier Brut MCC R280

Kleine Zalze Brut MCC R280 | R65

Lords Winery Brut MCC R300

### **Champagne**

Moet & Chandon Brut Imperial | R1350

### **Prosecco**

Pirani Brut Prosecco D.O.C| R340

### **A little something afterwards ....**

Allesverloren Fine Old Vintage (Fortified Wine) || R35

Grappa || R45

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**DRINKS – HOT**

Americano R28

Cappuccino / Flat White R35 (Single) R45 (Double)

Café Latte R38

Espresso R22 (Single) R35 (Double)

Chocochino R39

**Add** Almond / Oat Milk R8 (single) R10(Double)

**Add:** Honey Jar R8

Pouring Cream R8

Ceylon Tea | Rooibos Tea R22

Green Tea R22

Chai Latte R38 | Dirty Chai Latte R45

Red Cappuccino R38

Hot Chocolate R38

Mini Chino (Kiddies) R15

**Add** Almond / Oat Milk R8 (single) R10 (Double)

**Add:** Honey Jar R8

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## **DRINKS – COLD**

### **Frappes (No Coffee) R45**

Chocolate | Vanilla | Strawberry

### **Frappes (Single Espresso Shot)**

Coffee R52 | Salted Caramel R55

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### **Iced Coffee R36**

Double shot Espresso over chilled milk with crushed ice

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### **Smoothie of the day R45**

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### **Darling Brew Bombs R35**

A non-alcoholic range of preservative free sparkling hopped coolers each with their own unique flavour for both adults and kids to enjoy..

#### **Cherry Bomb**

Sweet and fruity with rich essence of ripe cherries

#### **Ginger Bomb**

Harmonious blend of mild sweetness and a hint of spiciness

#### **Lemon Bomb**

Zesty and Citrusy with bright essence of freshly squeezed lemons

#### **Apple Bomb**

Crisp and refreshing with a burst of green apple flavour

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### **More Soft Drinks & Water...**

Coke | Coke Zero | Sprite | Sprite Zero | Crème Soda | Fanta Orange **R30**

Orange Juice | Apple Juice **R35**

Grapetiser | Appletiser **R38**

Rockshandy | Steelworks **R40**

### **Water\*\***

Still or Sparkling Water **R20** (300ml) **R35** (660ml)

*\*\* Please note our glass WATER BOTTLES are recycled and not intended for takeaway, if you do choose to take it away the following additional charge will be levied for the bottle : 300ml R25.00 / 660ml R70.00*

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*Melkbos Kitchen*

*Thank you for  
joining us*