# 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 and have strict zoning conditions, 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 standard reservation at R80 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 do so outside in 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.**

Melkbos Kitchen

## Breakfast

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

**The Local | R140**

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

**The Basic | R78**

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

**Salmon Benedict | R165**

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

**Bacon Benedict | R140**

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

**The Mexican Benedict | R145**

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

**Vegan Breakfast | R145**

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

## Croissants

Cold Smoked Salmon Trout , Cream Cheese & Avo | **R125**

Bacon, Scrambled Egg, Cream Cheese | **R110**

Mexican mince & cheddar cheese | **R105**

Croissant with Jam & cheese | **R75**

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**NO changes or substitutions to menu items**

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## Breakfast

***Last Orders 11h30****

**Cape Malay Chicken Livers | R100**

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

**Wicked One |R130**

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

(*contains nuts)

**Health Nut|R95**

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

**Avocado Salsa on Toast R115**

Diced Avo, baby tomatoes, onion and a touch of chilli served with toast (Brown/White/Rye)

(Add 2 poached eggs +R30)

(Add Feta +R30)

Hillcrest Jam or Honey Jar **|R8**

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# Starters

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

**Edamame Beans| R75**
Steamed in pods and served with sprinkle of sea salt

**Beef Kroketten| R75**
Served with Dijon mustard

**Cheese, Corn & Chilli Bitterballen| R75**
Served with sweet chilli sauce

**Sardines | R90**
Two sardines, pan fried with crushed potato, garlic, olives & a hint of chilli

**Mussels in Cape Malay Curry Sauce | R95**
Served with concasse & cocktail roll

**Loaded Hummus | R75**
Creamy hummus loaded with diced tomatoes & cucumbers & dukkah, served with cocktail flatbread **(*contains nuts)**

**Tempura Prawn Tails with MBK Mayo | R95**
3x Tempura prawns served with spicy MBK mayo

**Tempura Cauliflower with MBK Mayo| R70**
Tempura cauliflower florets tossed in spicy MBK mayo

**Peri-Peri Chicken Livers | R80**
Served with cocktail roll

**Springbok Carpaccio| R90**
On wholegrain mustard aioli, dollops of basil pesto, pecorino and crispy capers, served with crispy shards

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## Lunch / Supper

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

## Salads

**Tuna Salad | R190**

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 | R125**

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

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

**Caesar Salad | R215**

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

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## Poke Bowls

**Melkbos Poke| R235**

Sushi rice, Salmon & Tuna marinated in spicy ponzu sauce, 2 x tempura prawns, avo, edamame beans, chilli, pickled ginger & cucumber noodles

**Salmon only add R30**

**Just a Poke | R175**

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

**Salmon only add R30**

**Lose My Poke | R175**

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

**Salmon only add R30**

**Vegan Poke |R155**

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

**Tempura Prawn Poke | R245**

Sticky sushi rice, 6 x tempura prawns in MBK mayo sauce with cucumber noodles, avo, pickled ginger and edamame beans

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# Sushi Plates

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

**MBK Sushi plate | R220**

(Please choose either Salmon **or** Tuna)

4 x rainbow rolls, 4 x cucumber maki, 4 x spicy rolls,
2 x tempura prawns

**Tuna Trio | R230 or Salmon Trio | R260**

Sesame crusted seared sashimi pieces , Mini Poke, tempura battered and fried pieces dressed in our signature MBK spicy mayo sauce

**Crunchy rainbow rolls | R160**

8 x Tuna or Salmon or Jalapeno & cream cheese rainbow rolls topped with MBK mayo, crunchy tempura bits and reload sauce

**Vegetarian Plate | R125**

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

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Melkbos Kitchen

## 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 | R135**

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

**Vegan Burger | R155**

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

**Add On for Burgers**

¼ Avocado **R35 |** Cheddar **R25 |**Jalapenos **R20 |**Fried Egg **R15**
Mushroom Sauce **R30 |**Coleslaw **R30 |**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 | R310**

*250g Char-Grilled Fillet steak served with chimichurri, roasted baby onions smashed crispy baby potatoes

**Moussaka | R185**

Delicious Greek favourite , baked layers of aubergine, beef mince and creamy bechamel sauce served with a garlic/herbed bruschetta slice..

**Pork Fillet | R195**

Pan roasted pork fillet topped with a creamy green peppercorn sauce served with Potato Boulangère

***Sticky BBQ Pork Ribs | R180 (500g) | R315 (1kg)**

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

**Lemon & Herb Chicken & Prawn Kebab | R195**

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

*Raw weights apply

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## Lunch / Supper

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## Seafood

**Crispy Battered Hake | R155**

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

**Add chefs side salad – R25**

**Pan Grilled Hake| R155**

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

**Add chefs side salad – R25**

**Argentinian Prawns (8) & Chips | R295**

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

**Add chefs side salad – R25**

**Mussels in a creamy Cape Malay Curry Sauce | R175**

Half shell mussels served with concasse and warm cocktail rolls

**Mediterranean Seafood Pasta | R265**

Mussels, bacon, prawn meat, line fish in a homemade Mediterranean tomato based sauce with a hint of chilli tossed with tagliatelle.

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## Lunch / Supper

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

**Seasonal Fish | SQ**

*Please enquire with your waitron as to what seasonal fish we have been able to source this week*

**Deep Fried Calamari Rings| R210**

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

**Add chefs side salad – R25**

**Seafood Platter For One | R265**

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 | R190**

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

**Add chefs salad – R25**

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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*

### On Tap

Jack Black Brewers Lager R50 (300ml) R60 (500ml)

Jack Black Brewers Lager Lite R50 (300ml) R60 (500ml)

Hey Joe Blonde Ale R50 (300ml) R60 (500ml)

Pink Pearl Grapefruit and Rose Gin & Tonic R60 (300ml) R75 (500ml)

### In A Can

Savannah Light | Savannah Dry | R38

Castle Lager | Castle Lite | Amstel Lager | R38

Windhoek Windhoek Draught (440ml) | R50

Gelstons Whiskey, Lime & Soda spritz R40

Heineken 0.0 (Alc Free) | R38

Corona Cero (0.0%) Alc Free | R40

Rekordelig Strawberry & Lime (Non Alc) R40

Savannah Zero| R40

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## Spirits

J&B | R40

Klipdrift Brandy| R40

Jamesons Whiskey | R50

Captain Morgan Rum | Smirnoff Vodka | R40

Tequila | Jagermeister |Kahlua | Amarula | R50

Tanqueray Gin | Bombay Sapphire Gin | R50

**Non-alcohol Gin**: Ginologist | R40

## Cocktails

**Margarita | R95

**Strawberry Daiquiri | R90

**Classic Mojito | R90

(**Any of the above as a virgin | R70)

Aperol Spritz | R105

Espresso Martini | R95

Classic Martini | R90

Classic Pina Colada | R105

Marty's® Bloody Mary | R80

Mimosa| R65

Marty's® Virgin Bloody Mary R40

Dom Pedro |R70

Irish Coffee |R65

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## Wines

**We allow corkage on wines <u>NOT on our menu</u> to a maximum of two standard bottles per reservation levied at R80.00 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**.

***<u>Pricing Legend : Bottle / Glass (180ml)</u>***

### White Blends

Spier Creative Block 2 R260 | R75

Groote Post Old Mans White Blend R190 | R55

Haute Cabriere Chardonnay Pinot Noir Blend R205 | R60

### Chardonnay

Spier Signature R165 | R50

Ken Forrester Petit Chardonnay R170 | R55

### Sauvignon Blanc

Creation R295 | R85

Spier Seaward Sauvignon Blanc R210 | R70

Doolhof Sauvignon Blanc R190 | R55

Springfield Estate, Life from Stone R295 | R85

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### Chenin Blanc

Groote Post R165 | R55

Spier Signature R165 | R55

Phesantekraal Estate Range Chenin Blanc R175 | R60

### Semi Sweet

Ken Forrester Petit Natural Sweet R155 | R48

### Rosé

Neil Ellis Wild Flower Rosé | R185 |R58

Lievland Liefkoos Rosé R270 | R80

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

# Red Wines

### Red Blends

Spier Signature Red Blend R155 | R55

Ken Forrester Pats Garden Bordeaux Blend R260 | R75

Spier Creative Block 3 Red Blend R260

### Cabernet Sauvignon

Spier Seaward Cabernet Sauvignon R165 | R50

Klein Roosboom, Johan Cabernet Sauvignon R240 | R65

Springfield Estate, Whole Berry R260 | R75

### Shiraz

Saronsberg Provenance Shiraz R250

Spier Seaward Shiraz R240 | R65

### Merlot

Kleine Zalze Cellar Select R170 | R55

### Pinotage

Beyerskloof R200 | R60

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# Bubbles

### Methode Cap Classique (MCC)

Groote Post Brut Rose MCC R320

Spier Brut MCC R280 |R75

Silverthorn River Dragon Brut MCC R330

### Champagne

Moet & Chandon Brut Imperial | R1350

### A little something afterwards ….

Frangelico on ice | R38

Gincello Lemon Liqueur | R40

Baileys Irish Cream R38

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## DRINKS – HOT

Americano R30

Cappuccino / Flat White R38 (Single) R48 (Double)

Café Latte R40

Espresso R22 (Single) R35 (Double)

Chocochino R40

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

**Add**: Honey Jar R8

Pouring Cream R8

Ceylon Tea | Rooibos Tea R25

Green Tea R28

Chai Latte R38 | Dirty Chai Latte R48

Red Cappuccino R40

Hot Chocolate R40

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 R40**

Double shot Espresso over chilled milk with crushed ice

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**Smoothie of the day R45**

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## More Soft Drinks & Water…

Coke | Coke Zero | Sprite | Sprite Zero | Crème Soda | Fanta Orange **R33**

Orange Juice | Apple Juice **R35**

Grapetiser | Appletiser **R40**

Rockshandy | Steelworks **R45**

Marty's® Spiced Tomato Juice R40

## Water**

Still or Sparkling water **R24** (300ml) **R38** (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 R30.00 / 660ml R80.00*

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# *Thank you for joining us*