

light meals

pita wrapped

The Greek way. Served with chips.

fillet cubes (120g) 58

Tzatziki, tomato & red onions.

chicken cubes (140g) 55

Tzatziki, tomato & red onions.

✓ **vegetarian** 45

Sweet chilli, haloumi & red onions.

hake 47

Lettuce, spring onion, herbs & aioli.

baguettes & sandwiches

Served with fries.

chicken & avocado 59

Chicken breast, avo, feta, tomato & mayo.

fillet BBQ (120g) 69

Tomato, dill & red onions.

✓ **roasted veg** 59

Roasted veg, tomato pesto & parmesan shavings.

prego on panini 75

150g Fillet on a panini,
hot peri-peri & tomato.

club sandwich 55

Triple decker with bacon, ham, egg,
lettuce, mayo, cheddar & tomato.

✓ **toasted cheese & tomato** 38

toasted chicken mayonnaise 42

toasted ham & cheese 42

toasted bacon & egg 49

crostini 75

A selection of little crusts topped with feta,
parma ham, tomato, avo, salami, gorgonzola,
sweet chilli prawns & peppadews.

burgers

Served with chips.

twin beef 200g *Signature* 65

2 Burger patties, tomato, dill & bbq sauce.

add 2 **cheese** 14

add 2 **bacon** 16

add 2 **eggs** 10

beef 120g 55

Burger, tomato, dill cucumber & bbq sauce.

add 1 **cheese** 7

add 1 **bacon** 8

add 1 **egg** 5

chicken 120g 55

Chicken breast, mayonnaise, tomato, dill & lettuce.

add **cheese** 7

add **avocado** 9

add **pineapple** 8

rib burger 140g 65

Deboned rib in a bbq sauce,
mustard, tomato & red onion.

fish

fish & chips (traditional) 65

Deep fried hake with aioli mayo dip & chips.

stir fry

beef 79

Served with egg noodles or basmati rice.

chicken 69

Served with egg noodles or basmati rice.

prawn 89

Served with egg noodles or basmati rice.

✓ **vegetable** 59

Served with egg noodles or basmati rice.

starters & meze plates to share

seafood

- grilled octopus** *Signature* 55
Grilled octopus served with fava, topped with chopped tomato balsamic vinegar & olive oil.
- fried calamari & squid heads** 49
Served with our secret dip.
- stuffed calamari** *Signature* 65
5 Tubes filled with variation of 3 cheeses & herbs.
- prawn spring rolls** *Signature* 49
3 Spring rolls served with a sweet chilli sauce.
- prawn & mussel** "saganaki" 69
New Zealand mussels in a spicy tomato sauce finished with crumbled feta & roasted ciabatta.
- snails** 49
Creamy garlic with parmesan crust & toasted ciabatta.
- oysters**
- 3 45
6 75
9 95

meat & poultry

- beef carpaccio** 59
Shaved parmesan, pineapple, rocket & olive oil.
- spicy meat balls** "Soutzoukakia" 45
4 Large meatballs topped with grated tomato & slices of bruschetta.
- chicken livers** 39
Peri-peri with toasted ciabatta.
- trio of skewers** 69
Beef, chicken & Sheftalia (Cypriot sausage), ciabatta and a choice of dip (hummus & tzatziki).

vegetarian

- ✓ **dip platter** (served with pita bread) 55
Hummus - Chick peas, tahina, lemon, olive oil, garlic.
Tzatziki - Yoghurt, cucumber, garlic.
Taramosalata - Cod fish roe.
Melitzano salata - Smoked aubergine.
- ✓ **feta sesame** *Signature* 45
Feta coated in sesame seeds rolled in phyllo topped with honey, spring onion & home made grape sauce.
- ✓ **zucchini fritters** *Signature* 38
4 Zucchini fritters served with a yoghurt based dip.
- ✓ **dolmades** 39
5 Vine leaves served with yoghurt.
- ✓ **falafel** 38
5 Balls of falafel served with side of hummus.
- ✓ **spinach & cheese pastries** 45
2 Spinach & 2 cheese pastries.
- ✓ **halloumi cheese** 39
Served with lemon wedge.

salads

- blue cheese** 59
Roqueford cheese, bacon, pecan nuts, tomato, onions, greens & mayo.
- chicken & avo** 65
add halloumi 19
- salmon** 75
Grilled fresh salmon, tomato, carrots, ginger, avo, boiled egg & greens.
- tuna** 75
Seared tuna, tomato, carrots, ginger, avo & greens.
- beef maestro** 85
Fillet (200g), cherry tomato, greens, avocado & feta.
- ✓ **rocket & parmesan** 59
Parmesan shavings, avo & greens.
- baby spinach ,
goats cheese & parma ham** 75
Goats cheese, parma ham, sweet melon, balsamic vinegar, olive oil & reduced strawberry dressing.
- ✓ **roasted vegetable & cous cous** 65
Aubergines, pattypans, butternut, red peppers, green pepper & sugar snaps.
- chicken ceasar** 69
2 Breasts, bacon, croutons, parmesan flakes & mixed greens.
- chicken sesame & honey** 65
Crispy honey-glazed chicken breast, feta, avo, cucumber, cherry tomato, peppers & carrots.
- ✓ **caprese** 59
Buffalo mozzarella, tomato, fresh basil, rocket, grated parmesan & pesto.
- ✓ **cretan wholewheat rusk** "dakos" 65
Thinly chopped tomatoes, onions, crumbled feta, olives & olive oil.
- ✓ **village greek** 55
Tomato, olives, capers, green peppers, red onions, feta & olive oil.
- smoked salmon** 75
Smoked salmon, cream cheese, capers, cherry tomato & spring onion.
- prawn & calamari** 79
5 grilled prawns of the shell, calamari tubes & baby corns with mixed greens.



pasta

CLASSICS

- ✓ spaghetti napoletana 55
Fresh tomato & basil.
- spaghetti bolognese 69
Ground veal & herbs in a napoletana sauce.
- ✓ penne arrabiatta 55
Napoletana sauce with chilli.
- fettuccini alfredo 69
Shaved ham, mushrooms & parmesan cheese in a creamy sauce.
- ✓ primavera 68
Mixed veggies in a white sauce with fresh herbs.

pasta

KITCHEN BAR

- Linguini, spaghetti, penne & fettuccini.
- pescatora (rec. linguini) 89
Prawns & mussels of the shell in a red sauce.
- ✓ rocket ai olio (rec. linguini) 59
Garlic, chilli, rocket, cherry tomatoes & feta.
- salmone (rec. linguini) 79
Smoked salmon in a creamy red sauce.
- carbonara (rec. spaghetti) 69
Smoked bacon & mushrooms in a creamy white wine sauce.
- chicken jalapeno (rec. penne) 69
Chicken strips in a napoletana sauce with jalapeno.
- basil beef pesto (rec. penne) 79
Penne with pesto sauce.
- basil chicken pesto (rec. penne) 70
Penne with pesto sauce.
- spiced meat balls (rec. fettuccini) 79
Meat balls in a fresh tomato sauce.

fresh pasta

at KITCHEN BAR

No variations.

- rump-violi 89
Rump(200g) with ravioli, spinach & ricotta.
- ✓ gnocchi milano 55
Tomato & basil pesto.
- ✓ gnocchi spinach gorgonzola 70
- ✓ gnocchi spinach & mushroom 65

pizza

- ✓ margherita 45
Mozzarella, tomato & basil.
- quattro stagioni 75
Mozzarella, tomato, ham, mushroom, basil, artichoke & olives.
- regina 59
Mozzarella, tomato, ham & mushroom.
- pollo al funghi 68
Mozzarella, tomato, basil, chicken, mushroom & avocado.
- parma 75
Mozzarella, tomato, basil & parma ham.
- mexicana 69
Mozzarella, tomato, bolognese sauce, peppers, chilli & onions.
- tuna 65
Mozzarella, tomato, tuna, onions, basil & capers.
- tropicana 62
Mozzarella, tomato, basil, ham & pineapple.
- ✓ vegetarian 67
Bringals, zucchini, mushrooms, roasted peppers, olives & cherry tomatoes.
- prawn & avo 85
Mozzarella, tomato, basil, prawn, rocket & avo.
- 4 way *Signature* 135
LARGE 18 piece.
Buffalo mozzarella, prawn, calamari, parma ham, chorizo, chicken, pineapple & tomato.
- ✓ focaccia (garlic or plain) 22

design your own pizza

- ✓ margherita 45
tomato & mozzarella
- ✓ vegetables 12 each
artichokes
jalapeno
mushrooms
olives
onion
peppers
broccoli
spinach
avo
banana
pineapple
tomato
- meat 20 each
bacon
bolognese
chicken
chorizo
ham
salami
parma ham
- ✓ cheeses 18 each
fior di latte mozzarella
danish feta
gorgonzola
parmesan shavings
- seafood 20 each
anchovies
calamari
mussels
prawns
smoked salmon

meat & pork

Starch choices: Chips, baked potato or mash.

lamb shank <i>Signature</i>	139
Slowly roasted to perfection, served with briami veg mix.	
t-bone (500g)	105
Served with fried onions & a choice of starch.	
lamb chops	120
3 Chops served with a side salad & our secret dip.	
ribs full rack	149
Served with fried onions & chips.	
ribs half rack	95
Served with fried onions & chips.	
ladies fillet (200g)	90
Served with fried onions & a choice of starch.	
fillet (300g)	125
Served with fried onions & a choice of starch.	
fillet "on the bone" (500g) <i>Signature</i>	135
Served medium or medium rare . Served with oven roast potatoes & a village side greek salad.	
ladies rump (200g)	75
Served with fried onions & a choice of starch.	
rump (300g)	95
Served with fried onions & a choice of starch.	
ribeye "off the bone" (250g)	85
Served with fried onions & a choice of starch.	
pork chops	79
Succulent grilled greek style with all the trimmings.	
oxtail (450g)	129
Served with potato mash.	

sauces

pepper	20
mushroom	22
roqueford cheese	22
garlic	18
cheese	20

sides

chips	18
briami mix	22
pesto mash	22
baked potato	18
rice	20
side salad	25



chicken

grilled chicken chops 95
lemon & herb or peri-peri
Served with chips.

grilled spatchcock chicken 95
lemon & herb or peri-peri
Served with chips & side salad.

chicken breasts 65
lemon & herb, cajun or bbq
2 Chicken breasts served with vegetables & side salad.

stuffed chicken 85
Stuffed chicken breasts with feta, bacon, spinach & tomato served with sauteed potatoes.

seafood

kingklip 120
Served with rice or chips.

calamari Falklands 89
Grilled in a lemon butter sauce & served with rice or chips.

sole East Coast 105
Served with rice & lemon butter sauce.

salmon teryaki 125
Served with stir fried veggies & basmati rice.

king prawns 185
8 King prawns served with rice, chips & a trio of sauces.

queen prawns 155
12 Queen prawns served with rice, chips & a trio of sauces.

prawn curry "seasonal" 145
Fragrant coconut flavoured curry served with basmati rice & sambals.

platterstoshare

medeterenean platter for 2 185
4 Queen prawns, grilled calamari, 2 beef skewers, 2 chicken skewers, 2 sheftalia, 2 soutzoukakia, 8 mini pita bread, tzatziki, hummus, melitzanosalata.

v vegetarian platter for 2 155
2 Halloumi cheese, dolmades, roasted veggies, 4 falafel, olives, 2 zucchini fritters, 2 cheese pastries, 2 spanakopita, 8 mini pita bread, zucchini dip, hummus & olives.

comboplatters

combo 1
chicken & steak 115
Half chicken, 200g rump steak, chips & fried onions.
add mushroom sauce 22
add pepper sauce 18

combo 2
chicken & prawns 135
Half chicken, half rack ribs, chips & fried onions.

combo 3
prawn & ribs 155
5 Queen prawns, half rack ribs, chips & trio of sauces.



drinks

organic coffee

americano	15
americano decaf	16
cappuccino	16
cappuccino decaf	17
espresso	12
espresso double	16
macciato	14

teas

5 Roses	14
Earl Grey	16
Rooibos	14
Green Tea	15

anti-oxidant teas

(also served cold)

pear & cinnamon	24
ginger & pineapple rooibos	24
strawberries & cream	24
japanese cherry green	24

specialities

cafe latte	18
railway latte	24
with condensed milk	
hazelnut latte	24
hot chocolate nutella <i>Signature</i>	26
hot chocolate	18
chai latte	18
milo	18
horlicks	18

chilled

freezochino (single shot)	29
The original "low fat" freezo.	
freezochino (double shot)	40
The original "low fat" freezo.	

freshly squeezed juices

orange	22
carrot, apple & ginger	28
carrot cocktail	25
Carrot, pineapple, orange & honey.	
fruit cocktail	25
Pineapple, orange & mango.	

desserts & sweets

chocolate brownies *Signature* 45

Served with ice cream.

trio of sorbet 39

3 Flavours of sorbet ice cream.

panacota in a strawberry syrup 42

Masticha flavour.

tipsy brandy tart 45

Butterscotch tart with a shot of brandy,
served with ice cream.

ice cream

with BAR-ONE chocolate sauce 39

Vanilla ice cream with rich hot chocolate.

creme brulee & nutella 42

Velvety vanilla baked custard
with caramelised sugar crust.

souffle *Signature* 45

venetian baked cheese cake 45

Baked cream cheesecake with a biscuit
crumb base & golden cream filling.

assorted cakes (display available) 45

carrot cake *Signature* 45

lemon meringue 45

Mouth watering parcel of
lemon curd & a biscuit crust.

chocolate bliss 45

Moist chocolate cake with
a chocolate ganache center.

malva pudding 42

Moist sponge cake with hints
of apricot ginger & custard.

shakes

vanilla	24
strawberry	24
chocolate	24

smoothies

strawberry & mango	29
Mango, strawberry, low fat yoghurt & milk.	
banana & berries	29
Berries, banana, low fat yoghurt & milk.	
frulata	28
Mixed fruit & ice cream.	

www.thekitchenbar.co.za

PLEASE NOTE

Right of admission reserved. • All major credit cards accepted. • Regretably no cheques will be accepted.

Our prices include Vat but do not include gratitude. • However we will ask for a discretionary 10% service charge for tables 8 or more.

Prices could change with out prior notice. • Any variations on our standard menu could create a 15 min delay. • Loyalty Programme. • Corporate functions, birthdays, etc.

sushi

maki 6 pieces

✓ avo	29
✓ cucumber	29
salmon	45
tuna	45
prawn	45
crab stick	40



sashimi 3 pieces

salmon	45
tuna	45



california 8 pieces

salmon	49
tuna	49
prawn	49
crab	46
✓ vegetarian	42



fashion 6 pieces

salmon	68
tuna	68
prawn	68
crab	58
✓ vegetarian	42



nigiri 2 pieces

salmon	32
tuna	32
prawn	32



hand roll 1 piece

salmon	45
tuna	45
prawn	45
crab	40



specialities

4 tuna roses	69
4 salmon roses	69
8 salmon rainbow rolls	58
8 california smoked salmon & cream cheese	49



salmon platter 135

15 pieces
1 handroll
2 nigiri
6 california
6 maki

tuna platter 135

15 pieces
1 handroll
2 nigiri
6 california
6 maki

lunch platter 135

14 pieces
2 tuna nigiri
2 salmon nigiri
2 tuna sashimi
2 salmon sashimi
6 salmon rainbow rolls

deluxe platter 295

34 pieces
6 avo maki
4 salmon nigiri
4 tuna nigiri
6 salmon rainbow rolls
4 salmon roses
4 prawn nigiri
3 salmon sashimi
3 tuna sashimi

wine by the glass

Wines by the glass are served at **250ml**.

BUBBLES	JC Le Roux Le Domaine	38
WHITE	Robertson	35
	Zevenwacht	47
	Robertson	35
	Graham Beck Waterside (Unwooded)	37
	Boschendal Le Bouquet	35
	Buitenverwachting Buiten Blanc	42
	Zevenwacht the Tin Mine	45
ROSE	Brampton Rose	37
RED	Robertson Ruby Cabernet	32
	Franschhoek Cellar	38
	Cafe Culture	46
	Hartenberg Cabernet Shiraz	40
	Zevenwacht the Tin Mine	48

breakfast

Served until 12:15

(with a toast of your choice) where applicable. Health, rye, ciabatta.

Eggs may be ordered fried, scrambled or poached. Scrambled eggs we use 3 eggs.

Sausages choice, pork or beef.

express

1 Egg, 3 rashers of bacon,
1 sausage & grilled tomato.

37

traditional

2 Eggs, 3 rashers of bacon, 1 sausage,
grilled mushroom, breakfast potatoes
& grilled tomato.

65

add **steak rump** (100g)

22

add **halloumi**

15

kitchen bar mega

2 Eggs, 1 cheese pastry honey-coated,
bacon, rump (100g), mushrooms, beans,
frankfurter, cheddar & dakos trimming.

72

pizza breakfast

A variety of 4 mini pizzas with 2 eggs,
bacon, sausage, spring onion,
green pepper, mozzarella & napoli sauce.

72

bolognaise

2 Eggs, 2 slices health toast, bolognaise,
mushrooms, 1 sausage, grilled tomato &
parmesan cheese.

79

add **halloumi**

15

eggs benedict

Poached eggs, ham, hollandaise
& served on an english muffin.

55

✓ eggs florentine

Poached eggs, sauteed spinach,
hollandaise & served on a english muffin.

55

✓ slimmers breakfast

1 Poached egg, 3 egg whites,
2 slices rye, grilled tomato.

35

add **chicken breast**

15

omelettes

& scrambles

All omelettes or scrambles we use 3 eggs.
Served with toast, jam & butter.

✓ mediteranean

Feta, olive tapanade, zucchini,
mushroom & dakos trimming.

59

italian

Mozzarella cheese, parma ham,
mushroom & tomato.

62

salmon

Cream cheese, smoked salmon & chives.

69

mega omelette "rolled"

Cheddar omelette rolled with
pork sausage, bacon, beans & tomato.

69

french toast

✓ mascarpone

Stacked with grilled banana
or strawberries, served with
caramel & mascarpone cheese.

49

add **bacon**

12

add **nutella**

15

healthy choice

✓ muesli, fruit & yoghurt

Muesli, vanilla yoghurt
& fresh seasonal fruit.

55

✓ pecan nut,

fruit & yoghurt

Muesli, pecan nuts, vanilla yoghurt
& fresh seasonal fruit.

58

✓ vanilla spiced oat meal

Vanilla flavoured and served with
cinnamon, pecan nuts, honey & bananas.

35

sweet breakfast

✓ flap jacks

Stacked with fresh bananas
& drizzled with caramel.

39

✓ waffle & ice cream

Waffle served with maple syrup.
add **nutella**

39

15

croissants

Served with jam & butter.

✓ croissant

Served with butter & jam.

26

✓ nutella

Served with nutella spread
& strawberries.

42

scramble

Served with scrambled eggs & bacon.

42



The most
important
meal of
the day