

BISTRO

@ the bay

SUMMER MENU

If you have a special dietary requirement, 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



OPEN GREEK SALAD

Classic Arcadian offering with marinated tomatoes, Kalamata olives, feta, cucumber, shaved red onions, ripped garlic croutons and our delicious house vinaigrette.

R60

CAJUN CHICKEN SALAD - Louisiana style

Lightly grilled on marinated new potatoes, spring scallions, cherry tomatoes, celery shoots and creamy blue cheese dressing.

R70

COBB SALAD - Ai Fresco open delight

Pulled roasted chicken, cocktail tomatoes, boiled egg, avocado, spring scallions, crisp herb leaves and a side of creamy tomato dressing.

R75

Extra Bacon - R10

CHICKEN CAESAR SALAD

Tender grilled chicken fillet on crunchy romaine lettuce with garlic croutons, poached egg, bacon and anchovy parmesan dressing.

R90



contains nuts



vegetarian

SOUPS



GREEN PEA

Warm with a bit of spice

Add: Crispy pancetta and bacon froth

R70

PRAWN BISQUE

A firm favourite served with lace bread with saffron mayonnaise.

R80

R120

STARTERS

FRITTO MISTO

Lightly dusted in semolina flour - prawn, calamari tubes, mussel and line fish in a garlic, lime, red chilli marinade, fried with garlic aioli and sweet chilli dipping.

R110

THAI STYLE PANKO FRIED FISH CAKES

Flaked fresh fish fillets, lime, ginger, green onion, red chilli, fresh coriander, mango salsa and Kewpie mayonnaise.

R85



SEMOLINA GNOCCHI

Grilled Au Gratin with roquefort cream and sage beurre noisette.

R75



MAINS

MALAY CURRY

Light tomato and coconut sauce with tumeric and the spice of the Cape.
Your choice of the following options, served with basmati rice and buttered roti.

Chicken Breast Fillet

R160



Summer Vegetables

R145

Seafood

R185

BAKED KINGKLIP TRANCHE

R225

Rubbed in Dijon mustard, crispy gremolata crumb Au Gratin, slow cooked creamy leeks, light Dutch mousseline, baby peas and crushed new potatoes.

SEAFOOD PASTA

R195

Bucatini pasta with prawn, mussels, calamari tubes, fish fillets, flavours of thyme, garlic and a dash of fruity wine in crème velouté and fresh citrus.

BEEF FILLET

R260

Served with Forestiere style mushrooms and purée, baby buttered carrot roots, rosemary flavoured fondant potatoes and rich herb gravy.

MARINATED SIRLOIN 250g

R175

Grilled to perfection, topped with rich mushroom jus and a side salad or pommes frites with an option of creamy peppercorn sauce.



SANDWICHES AND LIGHT MEALS

TRAMEZZINI

Round bread, toasted to crispy perfection with your choice of filling - served with pommes frites.

BLT - Bacon, lettuce and tomato

R75

Ham, mature cheddar and tomato

R75



Classic mature cheddar and tomato

R75

Chicken mayonnaise with avocado

R90

THE BIG UNION CLUB

R140

Chicken breast, bacon, avocado, mature cheddar, egg and crispy lettuce on 3 layers of toasted bread with a side salad or pommes frites.

CHICKEN WRAP

R95

Grilled filleted chicken strips, green onions, avocado, wild rocket, mango salsa and a dollop of sweet chilli aioli with a side salad or pommes frites.

OLD FASHIONED CHEESE BURGER

R140

Caramalised onions, gherkins, cheddar cheese, crisp lettuce and tomato relish on a toasted sesame seed bun, served with pommes frites.



contains nuts



vegetarian



VEGETARIAN PASTA

Made with your choice of penne rigate, bucatini or vegan rice noodle.



Italian pesto - traditional basil paste



Fiery Arrabiata, Kalamata olives, chilli and tomato ragu



Traditional Napolitana with braised plum tomatoes

R75



VEGAN THAI VEGETABLE CURRY

Classic green curry paste flavoured coconut milk with hearty summer vegetables, ripped coriander leaves and fragrant steamed jasmine rice.

R90

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



contains nuts



vegetarian

DESSERTS

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

STICKY TOFFEE PUDDING

Served warm with Amarula custard and vanilla ice cream.

R65

ESPRESSO CRÈME BRÛLÉE

Burnt English cream with classic caramel crust.

R65

BANOFFEE SUNDAE

Vanilla ice cream coupe with toffee sauce, crumble and bananas.

R65

ITALIAN KISSES

Duo tasting bites of chocolate coated ice cream with fresh berry salad.

R65

FRESH FRUIT COUP

A selection of farm fresh summer fruits served with a berry dressing.

R60

CHURROS

Fried pastry snack, a Spanish speciality with a rich chocolate ganache dipping.

R65



Sushi

AT THE BAY

CLASSICS

SASHIMI (4 PIECES) R95

Tuna | Salmon



NIGIRI (4 PIECES) R85

Salmon | Tuna | Prawn



CALIFORNIA ROLL (8 PIECES)

Prawn | Salmon | Tuna R100

Vegetable R85

(avocado, cucumber topped with rainbow vegetables)



RAINBOW ROLL (8 PIECES)

Salmon | Tuna R140

Vegetable R90

(avocado, cucumber topped with rainbow vegetables)



FASHION SANDWICH (8 PIECES) R155

Prawn | Salmon | Tuna



MAKI ROLL (8 PIECES)

Prawn | Salmon | Tuna R85

Vegetable (avocado and cucumber) R65



SALMON ROSES (4 PIECES) R100



NEW STYLE

SASHIMI (6 PIECES) R115

Salmon | Tuna topped with new style sauce.



THE BAY GOLDEN ROLL (8 PIECES) R115

Deep-fried sushi
Cream cheese and avocado
Prawn | Salmon | Tuna



DRAGON ROLL (8 PIECES) R190

Salmon, avocado, spicy mayonnaise,
salmon rose, sweet soy sauce, spring onion
and 7 spice.



TEMPURA ROCK SHRIMP (4 PIECES) R145

California Roll topped with tempura prawn and a house made sauce.
Salmon | Tuna | Prawn



RED ROOF (8 PIECES) R165

Salmon, avocado, 7 spice, topped with
tuna and teriyaki sauce.



COMBOS

4 X 4

Red Roof Tuna (4 pieces)
Dragon Roll (4 pieces)

R175



SALMON ZEN (28 PIECES, SERVES 2)

Sashimi (4 pieces)
Nigiri (4 pieces)
California (8 pieces)
Rainbow (8 pieces)
Salmon Roses (2 pieces)

R425



THE BAY COMBO (24 PIECES, SERVES 2)

Rock Shrimp (4 pieces)
Tuna Sashimi (4 pieces)
Prawn Nigiri (4 pieces)
Salmon Roses (4 pieces)
Vegetable Maki (8 pieces)

R325

