

BISTRO

@ the bay

WINTER 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



CLASSIC GREEK SALAD

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

R75

WEDGE SALAD

Light fresh iceberg lettuce, marinated cocktail tomatoes, English cucumbers, crispy bacon rashers, shaved spring onions and blackened chicken breast with crumbled goats cheese.

R80

CHICKEN CAESAR SALAD

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

R85



contains nuts



vegetarian

SOUPS

SMOKED CAULIFLOWER CHOWDER

Poached with Haddock and cream velouté.

R75



WARM VICHYSOISE

Thick creamy potato soup flavoured with leeks and braised onions.

R70

STARTERS

CALAMARI FRITO MASALA

Lightly dusted in spiced Semolina flour, a garlic, cucumber yoghurt with fresh sprigs of dhanian and lemon cheek.

R110

THAI STYLE FISH CAKES

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

R85

HAWAIIAN FISH TACO

Spicy citrus slaw, avocado, sauce rémoulade and pickled jalapeños.

R75

MUSSELS MARINIERE

West Coast favourite - black shelled mussels steamed in white wine, garlic, thyme and thickened cream with rustic bread.

R125



MAINS

MOROCCAN TAGINE

Light tomato with ground ginger, saffron and toasted cumin, preserved lemon zest toasted almonds and dried apricot ragu, dollop of harissa and coriander sprigs.

Your choice of the following options, served with light cous-cous.

Chicken Breast Fillet

R170



Chickpea and vegetables

R145

Seafood

R195

BAKED KINGKLIP THERMIDOR

R225

Dijon mustard, gable mushrooms and mature cheddar cheese Nappage, pass tomatoes, crispy gremolata crumb au gratin, slow cooked creamy leeks and steamed parsley rice.

BEEF FILLET

R265

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

MARINATED SIRLOIN 250g

R185

Grilled to your liking, with either rich gable mushroom or green peppercorn jus and your choice of a side salad or crispy pommes frites.

KAROO LAMB RUMP

R215

Red quinoa salad, grilled baby onion cheeks, toasted pine nuts, herb oil with rich sultana, garlic and herb jus.



contains nuts



vegetarian

SANDWICHES AND LIGHT MEALS

TRAMEZZINI

Round panini bread, toasted to crispy perfection with your choice of filling - served with pommes frites or a side salad.

BLT - Bacon, lettuce and tomato

R75

Ham, cheese and tomato

R75



Classic cheese and tomato

R75

Chicken mayonnaise with avocado

R90

THE BIG UNION CLUB

R145

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

WHOLE WHEAT 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

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

Additions:

Avocado, bacon and chilli jam **R45**

Chunky mushroom cream velouté **R25**



contains nuts



vegetarian



VEGETARIAN PASTA'S

R85

Made with your choice of penne rigate, whole wheat linguini or bucatini.



Italian pesto - traditional basil paste



Fiery Arrabiata, Kalamata olives, chilli and tomato ragu



Plain Napolitana with braised plum tomatoes

COURGETTE CARBONARA

R85

Tender shells of penne rigatte with baby marrow, bacon, cream, egg liaison and sprinkling of parmesan cheese.

SEAFOOD PASTA

R195

Bucatini long hollow shaped pasta, prawn, mussels, Pota calamari tubes and fish fillets with flavours of garlic, white wine crème velouté and fresh citrus gremolata.

VEGAN THAI VEGETABLE CURRY

R90

Yellow classic curry paste, infused coconut milk with hearty winter vegetables, ripped coriander leaves and fragrant steamed rice.

Additions:	Extra chicken	R35
	Extra prawn meat	R75



contains nuts



vegetarian

KIDS MENU

All kids' meals served with your choice of pommes frites or house salad.

KIDDIES BURGER

R75

MINI HAKE

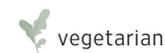
R75

CHICKEN STRIPS

R65

SPAGHETTI BOLOGNAISE

R70



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

SALTED CARAMEL CRÈME BRÛLÉE

Burnt English cream with classic caramel crust.

R65



ICE-CREAM DAGWOOD

Duo of ice creams, vanilla wafers, banana slices and coffee cream sauce.

R65



NO BAKE CHOCOLATE TART

Pistachio ice cream and macerated strawberries.

R65

FRESH FRUIT COUP

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

R60



ORANGE AND POLENTA CAKE - GLUTEN FREE

Presented warm with rose custard and burnt citrus segments.

R65



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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



Sushi

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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



*Our Chefs highly recommend Steenberg Ruby Rosé which pairs perfectly with salmon and sells at R65 per glass and R250 a bottle.