

ABALONE HOTEL

& Villas

- BREAKFAST MENU -

Health Breakfast

R65

Home-made muesli, yoghurt (plain or strawberry) & honey *Does contain nuts.

Vegetarian Breakfast

R60

Veg sausage, pomme hash, grilled tomato, mushrooms, baked beans (optional)

Traditional Abalone Grilled Breakfast

R105

Bacon, selection of pork, beef or cheese griller sausage, tomato, mushrooms, pomme hash, baked beans (optional) and egg of your choice

Eggs Benedict

R115

English muffin, salmon, Avocado, poached eggs & Hollandaise sauce

Eggs Florentine

R95

Ciabatta Base, Creamed Spinach, Poached Eggs, Bacon, Pomme Hash, Hollandaise Sauce

Omelettes

R105

Choice of fillings: bacon, tomato, mushroom, spinach, onion, peppers, cheese

Seasonal Fruit Platter

R65

Please ask you Waitron for the Fruit in Season

- TEA & COFFEE -

Tea On Offer

Ceylon	R22	Rooibos	R22
Earl Grey	R25	Camomile	R25
Green Tea	R25	Peppermint	R25

Coffee On Offer

Americano	R25	Filter	R22
Espresso	R22	Macchiato	R25
Latte	R30	Hot Chocolate	R25
Cappuccino	R28		

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- TAPAS -

Calamari	R75
Grilled/Fried Calamari served with a smoked Paprika Aioli and Togarashi Dust	
Prawns	R95
Chili and Garlic compound Butter, Pickled Ginger, and Avocado Herb Sauce	
Escargot Mushrooms	R75
A Classic Appetizer, 6 Mushrooms stuffed with Escargot baked with a cheese topping	
West Coast Creamy Mussel Pot	R95
8 Black Mussels steamed and served with a Creamy Garlic sauce	
Peri Peri Chicken Livers	R75
Served with Ciabatta (Mild/Strong)	
Zucchini Fries	R70
Avocado Salsa and Chili Sea Salt (Veg/Vegan)	
Truffle Fries	R60
Potato Truffle Fries or Sweet Potato Truffle Fries, with Grano Padano (Veg/Vegan)	

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- LIGHT DISHES -

Vietnamese salad

R95

Red cabbage, coriander, sesame seeds, spring onion, cucumber, red pepper, yellow corn, roasted cashew nuts, house dressing.
(VEG/VEGAN) *Add grilled calamari 65g or chicken 80g*

Club Chicken Wrap

R130

Cheddar Cheese, Streaky Bacon, Tomato, Avocado, Lettuce, Grilled Cajun Chicken Breast, Dijon Mustard with Fries or Salad

Soda Battered Fish & Chips

R125

With a Choice of Fries or Salad, Edamame Bean Aioli

Steak & Chips

R185

300gr Grilled Sirloin with a Choice of Fries or Salad

Seared Beef Tagliata

R140

125gr Seared Beef, Wild Rocket, Salt Baked Tomato, Toasted Pine Nuts, Chimichurri Sauce

Smoked Salmon Wrap

R135

Caper popcorn, Red Onion, Cream Cheese, Avocado, Cream Cheese your choice of Fries & Salad

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- MAINS -

Blues Lobster

R550

Grilled whole Lobster served with Lemon Garlic Butter and Rice/Veg
Add Mussels (6) R75
Add Calamari R75
Prawns (6) R85

Pan Roasted Catch of the Day

R190

Grilled Line fish served with Rice/Fries and Herb Avocado Salad

Grilled Prawns

R295

12 Prawns perfectly grilled in a Chilli and Garlic compound Butter, served with Rice/Fries and Salad

Blues West Coast Grill

R305

Mussels, Calamari, Prawns, Line Fish and your choice of Rice or Chips

Butter Chicken & Prawn Curry

R195

Rich and Creamy served with Sambals, poppadum and your choice of Rice or fries

16 Hour Braised Pork Belly

R175

With salted Caramel Jus, carrot liquorice custard, broccoli florets and umami spice crackling

Slow Cooked Tomato & Lamb Bredie

R175

With fragrant Jasmine Rice and Poppadum

Beef Fillet

R235

250gr Grilled Angus Beef Fillet with Mushroom Sauce and a choice of Fries/Rice

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- SPECIALITY SUSHI -

California roll 8 Piece

Avocado and cucumber	R90
Tuna	R105
Salmon	R115
Prawns	R115

Fashion Sandwich 4 Piece

Avocado and Cucumber	R75
Salmon	R105
Prawn	R105
Tuna	R95

Maki 6 Piece

Avocado and Cucumber	R80
Salmon	R105
Prawn	R105
Tuna	R95

Tiger Roll (8) Piece

Prawn, avocado, salmon topped with tuna

R150

12 Piece

Prawn Nigiri (2), Salmon Rainbow (4), Salmon Roses (2), Tuna Sandwich (4)

R280

21 Piece

Salmon Rose (2), Maki (6), Salmon Sashimi (2), California prawn roll (6), Prawn Nigiri (1)
Tuna Nigiri (1), Salmon Nigiri (1), Tuna Sashimi (2)

R350

Roses 4 Piece

Tuna	R95
Salmon	R105

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- DESSERT -

Frangelico Laced crème Brulé	R75
Tropical Sorbet of the day (VEGAN)	R90
Hot Malva Pudding	R85
Strawberry Cheesecake	R85
Cheese Board A selection of 4 Cheeses with Preserves and Fruit	R160