

## "Vic Bay" Breakfasts

(served until 11H30)

<b>Beach Breakfast</b>	<b>85.00</b>
1 beef sausage, 2 eggs (scrambled or fried), 3 rashers of bacon, grilled tomato, mushrooms and 2 slices of toast, jam & butter	
<b>Hobie Beach Breakfast</b>	<b>60.00</b>
2 eggs, 3 rashers bacon, grilled tomato and 2 slices of toast, jam & butter	
<b>Eggs and Toast</b>	<b>35.00</b>
2 eggs (scrambled or fried) on 2 slices of toast, jam & butter	
<b>Small Breakfast</b>	<b>45.00</b>
1 egg (scrambled or fried), 2 rashers of bacon, grilled tomato and 2 slices of toast, jam & butter	
<b>Eggs Benedict</b>	<b>55.00</b>
served with bacon – 2 poached eggs, hard or soft only, on an english muffin dressed with hollandaise sauce	
<b>Eggs Benedict</b>	<b>70.00</b>
served with salmon – 2 poached eggs, hard or soft only, on an english muffin dressed with hollandaise sauce	
<b>Banting Eggs Benedict</b>	<b>85.00</b>
2 poached eggs, hard or soft only, bacon, cherry tomatoes, mushrooms, feta, spinach and hollandaise sauce	
<b>French Toast</b>	<b>30.00</b>
2 slices of bread dipped in egg and pan-fried, served with syrup and cheese	
<b>Moroccan Breakfast</b>	<b>70.00</b>
2 fried eggs on fried bacon, tomato, onion, potato and peppers, 2 slices toast, jam & butter	
<b>Beans and Mince on 2 Slices of Toast</b>	<b>50.00</b>
savoury mince on toast, served with baked beans	
extra egg(s) served with breakfast	6.00each
<b>Omelette with 2 Fillings of Choice – served with toast</b>	<b>80.00</b>
<b>EXTRA OMELETTE FILLING</b>	
onion, garlic	8.00 (each)
peppers, tomato, mushrooms	15.00 (each)
bacon, salami, ham, cheese	20.00(each)
avo	25.00 (each)
<b>Muesli &amp; Yoghurt</b>	<b>40.00</b>
layers of muesli, plain yoghurt and fresh fruit with a drizzle of honey	
<b>Muesli &amp; Yoghurt</b>	<b>35.00</b>
<b>SMOOTHIE</b>	
<b>Banting Breakfast – ONLY SERVED MONDAY-SATURDAY</b>	<b>100.00</b>
3 rashers of bacon, 2 scrambled or fried eggs, 30g cheddar cheese, 100g beef mince, 100g grilled chicken, 50g button mushrooms, small salad with feta & olives	

## "Wedgies" Toasted Sandwiches

(served on white, brown or whole-wheat bread with chips)

(served until 17H00)

Plain Cheese	35.00
Cheese and Tomato	45.00
Chicken Mayo	55.00
Bacon and Egg	55.00
Bacon and Cheese	55.00

*"One kind word can change someone's entire day."*

**AT BUSY TIMES WAITING PERIOD FOR FOOD ±45 MINUTES**

# "Long Beach" Starters

(served from 11H30)

<b>Oysters(each)</b>	<b>15.00</b>
<b>Garlic Pita</b>	<b>20.00</b>
<b>Garlic &amp; Feta Pita</b>	<b>35.00</b>
<b>Bianca Pizza</b> garlic, onion and feta <b>OR</b> mozzarella	<b>45.00</b>
<b>Chita Pizza</b> mozzarella, chilli and garlic	<b>50.00</b>
<b>Soup of the Day</b>	<b>40.00</b>
<b>ASK YOUR WAITRON OR GLANCE @ OUR SPECIALS BOARDS</b>	
<b>Bitteballen</b> 6 krokettenballe served with a mild mustard sauceor sweet chilli mayo	<b>40.00</b>
<b>Crumbed Mushrooms</b> served with tartare sauce	<b>45.00</b>
<b>Chicken Cubes</b> pan-fried chicken cubes baked in garlic butter with cheddar cheese, served with brown bread	<b>45.00</b>
<b>Godfather Chicken Cubes</b> topped with a creamy bacon, mayonnaise and onion sauce, baked with mozzarella cheese sauce served with 2 slices of brown bread	<b>65.00</b>
<b>Garlic Snails</b> escargot baked in garlic butter served with brown bread	<b>65.00</b>
<b>Blue Snails</b> escargot baked with garlic butter & Roquefort cheese, served with brown bread	<b>80.00</b>
<b>Tapas Platter</b> garlic pita with feta, humus, tzatziki, olives and salami on the side	<b>85.00</b>
<b>Creamy Garlic Mussels (10)</b> fresh mussels in a garlic, onion and cream sauce, served with brown bread	<b>55.00</b>
<b>Calamari</b> 100g calamari, floured and deep-fried, served with tartare sauce	<b>45.00</b>
<b>Calamari Tubes&amp; Tentacles</b> 150g deep fried in a breading batter, with a side of your choice	<b>80.00</b>

***"If you're having a bad day, catch a wave."***



**AT BUSY TIMES WAITING PERIOD FOR FOOD ±45 MINUTES  
10% GRATUITY WILL BE ADDED TO BILL ON 8 PAX & MORE**

# "Nahoon Reef" Salads

(served from 11H30)

<b>Greek</b>	55.00
basic green salad with feta and olives	
<b>Beach Bar</b>	70.00
basic green salad with tuna, pineapple, cheese and avo	
<b>Pulled Pork Salad</b>	75.00
basic green salad with sweet pulled pork & avo	
<b>Creamy Chicken Mayo</b>	75.00
basic salad with creamy chicken mayo, pineapple & cheddar cheese	
<b>Caprese</b>	85.00
6 blocks mozzarella cheese with sliced tomato, drizzled with basil pesto in olive oil and balsamic cream	
<b>Deep-Fried Calamari Tubes &amp; Tentacles</b>	90.00
basic green salad with 150g calamari tubes & tentacles, cherry tomatoes, feta & black olives	
<b>Pelican</b>	100.00
basic green salad with cheddar cheese, creamy Cajun chicken, crispy bacon, pineapple and avo	
<b>Seafood Salad</b>	110.00
basic salad topped with a mix of prawn meat, mussel meat & calamari in garlic with 1000 island dressing	
<b>Side Salad</b>	20.00

## SEASONAL SALADS –WHEN FRUIT IS AVAILABLE

<b>Carly's Salad</b>	110.00
basic green salad, bacon, camembert, fresh strawberries, cherry tomatoes and rocket with our strawberry vinaigrette	
<b>Watermelon Salad</b>	60.00
watermelon, feta, toasted pumpkin seeds and mint leaves drizzled with olive oil	

## Extra's

Tomatoes, Cherry Tomatoes, Pineapple, Peppadews	15.00
Rocket, Basil Pesto, Olives	15.00
Balsamic Cream, Vinaigrette, 1000 Island Dressing	15.00
Feta, Cheddar Cheese, Mozzarella, Camembert	20.00
Bacon, Chicken Mayo, Pulled Pork	20.00
Avo (In Season)	25.00
Seafood Mix, Calamari Tubes	30.00

***"Foam is your friend - don't be scared of it.***

***A little bit of extra foam here and there heals the soul"***



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# "Shore Break" Light Meals

(served from 11H30)

<b>Calamari &amp; Chips</b>	<b>60.00</b>
100g calamari, battered and deep-fried	
<b>Wacko Jacko</b>	<b>65.00</b>
150g beef strips fried in garlic butter with peri-peri spice served with mash or stirfry	
<b>Chicken Strips and Chips</b>	<b>65.00</b>
<b>Steak, Egg and Chips</b>	<b>110.00</b>
200g sirloin served with 2 fried eggs, chips and onion rings	
<b>Steak Roll</b>	<b>120.00</b>
200g sirloin served on a bun with chips & onion rings	
<b>Snack Platter</b>	<b>155.00</b>
6 tempura prawns, 2 BBQ sliced sausage, 5 fresh garlic mussels, 100g chicken strips, served with chips and sweet chilli mayo dip	
<b>Prawn Snacker</b>	<b>140.00</b>
5 pan-fried queen prawns served with rice	

## BURGERS

SERVED WITH CHIPS & THIN ONION RINGS ON A JUMBO SESAME BUN

<b>Beef Burger or Chicken Burger –200g-</b> grilled or deep-fried	<b>75.00</b>
<b>Sauce Beef Burger or Chicken Burger –200g-</b> grilled or deep-fried a choice of mushroom or pepper or cheese sauce	<b>85.00</b>
<b>Calamari Burger</b> deep-fried calamari strips served with tartare sauce	<b>75.00</b>
<b>Pulled Pork Burger</b> pulled pork drizzled with a mustard sauce	<b>65.00</b>
<b>Chicken Banting Burger</b> chicken fillet topped with a slab of cheese and a fried egg, served with a small greek salad <b>-no bun, no onions, no chips</b>	<b>85.00</b>
<b>Gourmet Biltong (200g beef or chicken)</b> creamy mushroom sauce with biltong, coriander, green pepper corns	<b>95.00</b>
<b>Gourmet Cheddar Melt (200g beef or chicken)</b> slab of cheese topped with creamy mushroom sauce with a dash of jack daniels	<b>95.00</b>
<b>Gourmet Rocket Burger (200g beef or chicken)</b> topped with camembert & rocket, bacon, onion marmalade	<b>95.00</b>

### Extras:

sauc <span>es</span> – mushroom or pepper or cheese	<b>20.00</b>
slab of cheese	<b>20.00</b>
thin onion rings	<b>15.00</b>
small chips	<b>20.00</b>
large chips	<b>40.00</b>

*"Surfing to me is like playing music.*

*You play different melodies with different boards."*

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# J Bay Supertube Meals

served with chips, side salad, cauliflower rice, rice, stir-fry, mash or roast veg  
(served from 11H30)

## Meat Dishes

Rib Eye Steak – 300g	180.00
Pork Loin Ribs – 400g	145.00
Fillet – 200g	180.00

### STEAKS BELOW SIRLOIN

	300g
Sirloin Steak	150.00
Garlic Steak	170.00
Pepper Steak	190.00
Wouter's Mushroom Steak	195.00
Yummi Tummi –300g sirloin or 200g fillet	155.00
topped with melted cheddar cheese, caramelised onion, mushrooms, avo, rocket drizzled with balsamic cream	

## Chicken Dishes

<b>Chicken Schnitzel – Crumbed &amp; Deep-Fried</b>	80.00
choice of mushroom or pepper or cheese sauce	
<b>Grilled Chicken Fillet - Basted</b>	80.00
choice of mushroom or pepper or cheese sauce	
<b>Chicken Cheddar Melt</b>	95.00
200g chicken fillet pan fried in a sherry, mushrooms, onion and bacon sauce, topped with melted cheddar cheese	

## Linguine Pasta Dishes

### ALSO AVAILABLE WITH CAULIFLOWER RICE

<b>Vegetarian</b>	60.00
in a tomato base <b>OR</b> creamy sauce with spinach, feta, peppadews and mushrooms	
<b>Bolognaise</b>	70.00
in a traditional tomato base bolognaise sauce and mince	
<b>Carbonara</b>	75.00
in a sherry cream sauce with mushrooms, onion, ham and bacon	
<b>Basil Pesto – CONTAINS NUTS</b>	75.00
in a creamy basil pesto sauce with chicken, peppadew, olives, carrots & broccoli	
<b>Fiorentina</b>	100.00
in a sherry cream sauce with 100g beef strips, onion, peppers, garlic, mushrooms, topped with mozzarella cheese and baked in pizza oven	
<b>Seafood</b>	100.00
creamy based, mild curried pasta with seafood mix, topped with 4 fresh mussels	
<b>Chicken &amp; Prawn</b>	135.00
creamy based, mild curried pasta with 100g chicken, 100g prawn meat topped with two queen prawns	

EXTRA BOWL PARMASAN CHEESE  
EXTRA ROCKET

10.00  
15.00



*"Live to surf, surf to live"*

**AT BUSY TIMES WAITING PERIOD FOR FOOD ± 45 MINUTES**  
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# Tsunami Meals

(served from 11H30)

## Combo's

served with chips, side salad, cauliflower rice, rice, stir-fry, mash or roast veg

**Mussel and Calamari 110.00**

**Hake and Calamari 130.00**

## Seafood Dishes

served with chips, side salad, cauliflower rice, rice, stir-fry, mash or roast veg

### Line Fish

SQ

fresh when possible - ask your waitron or look @ the specials board

### Calamari & Chips

95.00

200g calamari strips, floured and deep-fried, served with tartare sauce

### Fish & Chips

105.00

hake, grilled or battered and deep-fried

### Hake Bonne Femme

100.00

baked hake topped with a red wine mushroom sauce and mozzarella

### Creamy Garlic Mussels (20)

100.00

fresh mussels in a garlic, onion and cream sauce with a side of your choice

### Thai Style Mussels

100.00

fresh mussels in coconut milk, red thai curry paste with a side of your choice

**RICE OR BREAD RECOMMENDED**

### Godfather Mussels

110.00

20 half shell fresh mussels topped with a creamy garlic/mayo sauce, with bacon and mozzarella, baked in the pizza oven

### KraalbaaiThermador

110.00

hake, prawn meat, mussel meat and calamari all mixed in a garlic & onion creamy sauce, topped with mozzarella cheese and baked in pizza oven

### Marc's Beach Bar Hake

135.00

grilled hake topped with a mild seafood curry and parmesan cheese

### Calamari Tubes & Tentacles

150.00

300g deep fried in a breading batter, with a side of your choice

### Sesame Seeds Norwegian Salmon

145.00

served with wasabi, pickled ginger and a salted or dark soya sauce

### Seafood Fry-Up

160.00

deep-fried hake goujons, 100g deep-fried calamari, 3 queen prawns, 5 creamy garlic mussels and **CHIPS ONLY**

### Seafood Platter for ONE

230.00

10 creamy garlic mussels, 100g deep-fried calamari, deep-fried hake goujons and 4 queen prawns with garlic **OR** lemon **OR** peri-peri sauce

### Prawns

220.00

10 pan-fried queen prawns served with garlic **OR** lemon **OR** peri-peri sauce

### Prawns - each

25.00

*"The ocean is alive, and we've got to take care of it...."*



**AT BUSY TIMES WAITING PERIOD FOR FOOD ±45 MINUTE**

# Surfer's Corner

(served from 10H00)

**15.00 extra for banting base**  
**25.00 extra for wheat free base**

## Regular Pizza's

<b>Bianca</b>	garlic, onion and feta <b>OR</b> mozzarella	<b>45.00</b>
<b>Chita</b>	mozzarella, chilli and garlic	<b>50.00</b>
<b>Margherita</b>	tomato base and mozzarella	<b>60.00</b>
<b>4 Seasons</b>	¼ pineapple, ¼ salami, ¼ mushrooms and ¼ olives	<b>70.00</b>
<b>Hawaii</b>	ham and pineapple	<b>80.00</b>
<b>Regina</b>	mushroom and ham	<b>80.00</b>
<b>Zorba</b>	spinach, olives and peppadews	<b>80.00</b>
<b>Ossie Olive</b>	<b>basil pesto base</b> topped with olives, mozzarella & fresh tomatoes <b>CONTAINS NUTS</b>	<b>80.00</b>
<b>Smog</b>	salami, mushroom, onions and peppers	<b>85.00</b>

## Gourmet Pizza's

<b>Vegetarian</b>	<b>basil pesto base</b> topped with olives, fresh tomatoes, mozzarella & rocket	<b>90.00</b>
<b>Jackie's</b>	feta, salami, olives and garlic	<b>90.00</b>
<b>Pollo Chicken</b>	barbeque chicken, mushroom, pineapple and garlic	<b>90.00</b>
<b>Pulled Pork</b>	rib basting base, sweet pork, mushrooms, avo & mustard sauce	<b>90.00</b>
<b>Simoné</b>	cajun chicken, peppadews and avo	<b>95.00</b>
<b>Miss Piggy</b>	bacon, salami and ham	<b>95.00</b>
<b>Mexican</b>	beef mince, garlic, chilli, peppers and onion	<b>95.00</b>
<b>Paradise</b>	bacon, avo & feta	<b>100.00</b>
<b>Lisa</b>	chicken mayo, bacon and pineapple	<b>100.00</b>
<b>Knysna</b>	mushroom, garlic, bacon, onion and avo	<b>100.00</b>
<b>Thai Chicken</b>	sweet chilli chicken, pineapple and avo	<b>110.00</b>
<b>Rib</b>	rib basting base, marinated rib meat, peppers, garlic, feta & mozzarella cheese	<b>110.00</b>
<b>Seafood</b>	seafood mix and garlic	<b>115.00</b>

## Pizza Toppings

(each)

Onion, Garlic, Chilli	<b>8.00</b>
Tomatoes, Peppers, Mushrooms, Spinach, Rocket	<b>15.00</b>
Olives, Pineapple, Peppadews, Basil Pesto	<b>15.00</b>
Feta, Cheddar Cheese	<b>20.00</b>
Mozzarella, Bacon, Ham Diced, Salami, Mince, Chicken, Pulled Pork	<b>20.00</b>
Avo (In Season)	<b>25.00</b>
Seafood Mix	<b>30.00</b>



**AT BUSY TIMES WAITING PERIOD FOR FOOD ± 45 MINUTES**  
**10% GRATUITY WILL BE ADDED TO BILL ON 8 PAX & MORE**

**"Surfing is attitude dancing."**

# Mykonos Beach Break

## Desserts & Cakes

all desserts except tiramisu are served with cream or vanilla, strawberry or chocolate ice cream

Ice Cream & Chocolate Sauce	35.00
Tiramisu Cheesecake	35.00
Fridge Tart	40.00
Malva Pudding	40.00
Peanut Butter Chocolate Cheesecake	55.00
Red Velvet Cake	55.00
Chocolate Mousse Cake	55.00
Chocolate Fondant	60.00

## Coffees, Teas & Shakes

### Milkshakes

chocolate or strawberry or coffee or vanilla

Large	35.00
Small	25.00
Mug of Coffee	14.00
Tea or Filter Coffee	12.00
Cappuccino (illy)	24.00
Cappuccino Cream (illy)	25.00
Decaf Cappuccino (illy)	25.00
Cappuccino Grande (illy)	40.00
Cappuccino Cream Grande (illy)	42.00
Illy Espresso or Americano- Single	19.00
Illy Espresso or Americano- Double	32.00
Hot Chocolate	25.00
Latte	25.00
Red Latte	25.00
Red Cappuccino	25.00

## Beverages & Juice

Grapetiser or Appletiser 330ml	30.00
Orange or Pineapple Juice	17.00
Cranberry or Strawberry Juice	25.00
Tomato Cocktail	34.00
Assorted Coldrinks – 200ml	18.00
Assorted Coldrinks – 300ml	23.00
Play	31.00
Lipton Iced Tea – peach or lemon	25.00

## Mineral Water

Still 500ml	17.00
Sparkling 500ml	17.00
Sparkling 1 litre	24.00
Still 1 litre	24.00

## Soda Fountain

coke, sprite

Small	10.00
Large	14.00
Spirit Mix	8.00
Coke Float	22.00

## Special Coffees & Dom Pedro's

Nachtmuzik, Peppermint, Brandy or Amarula	35.00
Captain Morgan, Kahlua or Bells	45.00
Jameson	50.00

*"Enjoy life one wave at a time"*



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