

menu

**THE**T**ABLE**  
RESTAURANT & BAR

# beginnings

- R79 Risotto Balls with Pomodoro Pesto \*
- R65 Sticky Aubergine with a Touch of Spice \*\*
- R69 Chargrilled Artichokes & Sundried Tomatoes \*\*
- R69 Chilli Poppers \*
- R85 Salmon Tartare
- R75 Deep Fried Squid & Sweet Chilli Sauce
- R170 Snack Platter with Squid, Haloumi, Pickled Onions, Onion Marmalade & Sweet Potato Chips

# pizza breads

- R49 Rosemary \*\*
- R59 Caramelised Onion \*\*
- R59 Rosemary, Feta & Garlic \*
- R75 The Table Oven Loaf \*

*\* Vegetarian, \*\* Vegan*

# salads

R69 Garden Greens \*\*

R75 Spicy Thai \*\*

R69 Carrot & Beetroot \*\*

R75 Courgette, Pineapple & Red Pepper Salad \*\*

R89 Kale & Bulgur Tabbouleh \*

R89 Buffalo Style Mozzarella & Apricot \*

R60 add Prosciutto

R85 Blue Cheese & Fig \*

R89 Chicken, Feta & Avo

R140 Seafood Salad in a Pizza Basket

\* *Vegetarian*, \*\* *Vegan*

# pasta

R95 Spinach & Ricotta Ravioli \*

R85 Summer Pasta with Sundried Tomatoes & Olives, served cold \*\*

R95 Artichoke & Sweet Leek Lasagne \*

R125 Prawn & Squid \*\*\*

R115 Meat Ball Tag \*\*\*

*\* Vegetarian, \*\* Vegan, \*\*\* Gluten free option available, please add R30*

# pizzas

- R95 Sundried Tomatoes, Spinach & Feta \*
- R120 Tomatoes, Buffalo Style Mozzarella & Basil \*
- R96 Roasted Beetroot, Butternut, Pumpkin Seeds & Macadamia Nuts \*
- R109 Basil Pesto, Sundried Tomatoes & Goats Cheese \*
- R110 Aubergines, Red Peppers, Capers, Basil, Chilli & Garlic \*
- R100 Sautéed Mushrooms, Pesto & Parsley \*\*
- R115 Anchovies, Tomatoes, Capers & Olives
- R125 Free Range Chicken, Peppadews, Feta & Avo
- R115 Bacon, Creamed Leeks & Feta
- R135 Brie, Paw Paw, Prosciutto & Rocket
- R135 Prosciutto, Fig & Rocket
- R115 Red Peppers, Country Ham & Avo
- R125 Chourico, Jalapenos, Red Peppers & Goats Cheese
- R135 Prawns, Chourico, Rocket & Avo
- R125 Spicy Prawn
- R135 Salmon, Sour Cream, Caviar & Capers
- R135 Sautéed Seafood

\* Vegetarian, \*\* Vegan

*Banting Base options available for an additional R65*

*Gluten free options available on all pizzas for an additional R40*

# others

R105 Lentil Moussaka \*

R95 Thai Green Vegetable Curry \*\*

R110 Baked Aubergine \*

R120 Grilled Calamari Tubes & Chips

R140 Seared Tuna, Sushi Style with spiralised Courgette Salad

R130 Seafood Broth

R190 Grilled Tiger Prawns in Pizza Basket

R125 Prego Roll with Beef Fillet

R120 The Table Burger

R100 The Naked Vegan Burger with Sweet Potato Chips

R155 Dukha Crusted Ostrich Fillet with Choc & Chilli Sauce  
served with Sweet Potato Chips

R140 Sirloin, Chips & Mushroom Sauce

R180 Beef Fillet, Green Beans, Baby Potatoes & Balsamic Vinegar Reduction

*\* Vegetarian, \*\* Vegan*

# endings

- R40 Marco's Chocolate Ice Cream
- R44 Cappuccino Crème Brulee
- R45 Sorbet Sundae
- R48 Chocolate Banana Spring Rolls
- R55 Marshmello & Chocolate Pizzetta
- R55 Belgian Chocolate Dipped Fruit
- R45 Choc Pot with Coconut Cream (Vegan) \*\*

# kids

R59 Margherita Pizza

R65 Pineapple & Red Pepper Pizza

R70 Ham & Mushroom Pizza

R70 Chicken & Mushroom Pizza

R55 Creamy Cherry Tomato & Mushroom Tag  
R15 add Ham

R75 Tag Bolognese

R40 Ice Cream & Choc Sauce

R60 Italian Kisses

*We created these specialties especially for you. To really enjoy the essence of The Table please stick to the menu. We love your kids but are not responsible for them.*

**No 9 Main Street, Plettenberg Bay, 044 533 3024**