



MENU

Breakfast

All items served with your choice of white, wholewheat, sourdough or ciabatta and a choice of poached, fried or scrambled eggs.

Test Match – R98

Eggs of your choice (2), bacon, pork sausage, grilled rosa tomatoes, rosemary mushrooms & toast of your choice

ODI – R59

Egg (1) of your choice, bacon, grilled rosa tomato & toast of your choice

T20 – R65

Bacon & scrambled egg on a freshly baked butter croissant.

LBW – R50

Omelette (3 eggs)

Add bacon (R18), mature cheddar cheese (R10), rosemary infused mushrooms (R15), grilled rosa tomato (R10) & toast of your choice



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Breakfast

Spinner

Poached eggs (2) served with a hollandaise sauce on a toasted English muffin

Bacon – R89 or Smoked Salmon – R105

The Bouncer – R79

Poached eggs (2), wilted spinach and smashed avo with a hint of chilli

On the green – R79 (V)

Vegan sausage, grilled rosa tomatoes, beans in a house-made tomato sauce, grilled mushrooms & avo

Caught in the slips – R69

Fresh fruit, plain yoghurt & home-made granola

The 12th Man – R59

Hot bowl of cinnamon infused rolled oats, caramelised apples & toasted almonds



MENU

Toasties

All served on your choice of white, wholewheat, sourdough or ciabatta

Opener –R40

Mature cheddar, mozzarella & a dash of whole grain mustard

The googly – R50

Bacon, egg and a slice of mature cheddar

Maiden over –R65

Creamy chicken mayo

At the club –R85

Creamy chicken mayo, crispy bacon, sliced tomatoes & topped with mozzarella

Out for a duck –R45

Mature cheddar, mozzarella & a dash of basil pesto with added sliced tomato



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Starters

Buffalo Wings – R75

Grilled chicken wings tossed in a spicy Asian-style BBQ sauce

Chicken Livers Peri-Peri – R69

Pan fried in a rich and creamy tomato base with a peri – peri bite and served with toasted ciabatta

Calamari Steak Strips – R79

Lightly seasoned with panko crumbs, deep fried, served with tartar sauce & a chimichurri salsa

Mushroom Skewers – R59

Button mushrooms, basted and grilled with a BBQ basting and served with a slice of fresh lemon

Blooming Onion – R45

A whole onion cut to resemble a flower, battered and deep fried served with a horse raddish dipping sauce



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Salads

Greek Salad – R75

Tomato, cucumber, red onion, yellow pepper, Greek feta and kalamata olives dressed in extra virgin olive oil

Garden Salad – R65

A mixture of green lettuce, red onion, cucumber, tomato, and spring onion

Add grilled Chicken – R25 | Add seared Sirloin – R65

Butternut Salad – R80

Roasted butternut, butter lettuce, rocket, roasted tomatoes, avocado, and feta, topped with a spicy pineapple dressing

Broccoli Salad – R85

Tender stem broccoli with avocado, rocket, toasted sesame seed and parmesan shavings



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Mains

All mains will be served with your choice of side –
Chips, Rice, Side salad or Baby potatoes

Pork Ribs 500g – R189

Pork loin ribs grilled and brushed in a sticky sweet and savoury basting

Eisbein – R159

A crispy pork knuckle served on a bed of sauerkraut, and mustard on the side

Calamari Strips – R149

Lightly seasoned, deep fried, served with tartar sauce and chimichurri salsa

Hake Goujons – R129

Beer battered or grilled hake pieces fried and served with tartar sauce



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Steaks

Fillet Steak - Tender 28-day wet-aged
200g R169 | 300g R199

Sirloin Steak - Flavourful 28-day aged sirloin
200g R149 | 300g R169

Bistro Speciality – R195

28 days aged 300g sirloin steak served with roasted cherry tomatoes, chimichurri and balsamic reduction

Sauces – R35

Rosemary-infused mushroom sauce, Green-peppercorn, Mature cheddar cheese or Creamy blue cheese

Add to any meal

Onion rings, side salad or chips – R35



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Beef Curry – R139

Authentic Durban curry served with rice, sambals, chutney,
and a roti

Chicken Schnitzel – R135

Panko crumbed chicken breasts fried and served with a Mature
Cheddar cheese sauce

Chicken Roulade – R135

Oven-baked chicken breast filled with creamed spinach, pan-fried
mushrooms and feta topped with a napolitana and parmesan
crust

Baked Aubergine – R129

A Mediterranean Ratatouille stuffed aubergine served with tangy
coconut yoghurt



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Burgers

Burger – regular beef or chicken – R89

A choice of a 200g flame-grilled 100% pure beef patty or chicken breast that is either grilled or crumbed. Served with lettuce, tomato, gherkins, caramelized onions, and house made aioli.

Extra patty – beef -R35/ chicken breast – R25

FAB – R120

Feta, avo and bacon

Tropical – R110

Pineapple, bacon and cheddar cheese

Mexican Wave – R110

Guacamole, jalapenos and coriander

Deep South – R105

Crumbed chicken breast with spicy coleslaw and pickles e served with tangy coconut yoghurt



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Guacamole, jalapenos and coriander

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Desserts

All served with a choice of ice cream or cream

Cheesecake – R70

A New York style baked cheesecake with a biscuit base

Apple Crumble – R65

A cinnamon infused apple and raisin crumble

Chocolate Fondant – R65

A baked chocolate sponge cake with a molten centre

Ice cream and Chocolate Sauce – R60

Vanilla ice cream served with melted bar one sauce

Tropical Delight (V) – R60

An assortment of fruit topped with a coconut yoghurt mixed with a strawberry & black pepper compote



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Kiddies

Chicken Strips – R55

Crumbed chicken strips with chips

Mac & Cheese Balls – R65

Mac & cheese balls crumbed and deep fried with chips

Smiley Face Popsicle – R45

Popsicles of Potato smiley faces

Junior Burger – R65

Choice of beef or chicken burger with lettuce and tomato served on a sesame seed bun with chips

Contact: 021 612 0255

Or

Scott: 072 235 7738

caught&bowledbistro@mweb.co.za



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Wine List

WHITE WINES

	MEMBERS	NON MEMBERS
Bruce Jack Sauvignon Blanc	R120	R140
Bruce Jack Chenin	R120	R140
Springfield Life From Stone	R200	R220
Springfield Wild Yeast Chardonnay	R240	R260

ROSE & BLUSH

Bruce Jack Sauvignon Blush	R120	R140
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RED WINES

Bruce Jack Shiraz	R120	R140
Bruce Jack Pinotage Malbec	R120	R140
Bruce Jack Merlot	R120	R140
Jordan Chameleon Red Blend	R140	R160
Bruce Jack Reserve Pinotage	R180	R220
Maree Family Wines Klein Jakkals Shiraz	R180	R220



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Wine List

WINES BY THE GLASS WHITE WINES

	MEMBERS	NON MEMBERS
Bruce Jack Sauvignon Blanc	R45	R50
Bruce Jack Chenin	R45	R50
Bruce Jack Sauvignon Blush	R45	R50

RED WINES

Bruce Jack Shiraz	R45	R50
Bruce Jack Merlot	R45	R50
Bruce Jack Pinotage Malbec	R45	R50