



Caught
& Bowled

BISTROT

Rondebosch Sports Club

Park Road
Rondebosch

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Starters

Buffalo Wings – R80

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

Chicken Livers Peri-Peri – R75

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

Calamari Steak Strips – R85

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

Mushroom Skewers – R65

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

Blooming Onion – R50

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

Mains

All mains will be served with your choice of side – chips, rice, side salad, mash, veg or baby potatoes

Pork Ribs 500g – R209 / 1kg R395

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

Eisbein – R165

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

Calamari Strips – R169

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

Hake Fillet – R135

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

Beef Curry – R149

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

Chicken Schnitzel – R145

Panko crumbed chicken breasts fried and served with cheddar cheese sauce

Moroccan Veg & Chickpea Curry (vegan) R135

A light curry full of flavour served with rice, sambals & chutney

Nachos – R95

Corn chips smothered with a nachos sauce and topped with cheese and baked to perfection topped with sour cream and guacamole

fillings Beef (**R130**) Chicken (**R120**)

Steaks

Fillet Steak – Tender 28-day wet-aged 200g R189 / 300g R220

Sirloin Steak – Flavourful 28-day aged sirloin 200g R169 / 300g R189

Bistro Speciality – R230

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

Sauces – R35

Mushroom, Green-peppercorn, Cheddar Cheese, or Creamy Blue Cheese

Additional sides can be added to any meal – onion rings, two veggies or salad – R35

Burgers

Burger – beef or chicken – R105

A choice of a 200g flame-grilled 100% pure beef patty or chicken breast either grilled or crumbed. Served with lettuce, tomato, gherkins, caramelized onions, and homemade aioli. Topped with crispy onion rings.

Extra patty – beef – R40 / chicken breast – R35

FAB – R130

Feta, avo, and bacon

Tropical – R120

Pineapple, bacon, and cheddar cheese

Mexican Wave – R120

Guacamole, jalapenos, and coriander

Deep South – R115

Crumbed chicken breast with spicy coleslaw and pickles

The Oval – R135

Camembert, fig, and bacon

Vegan Burger – R139 (V)

180g plant-based and nutrient-dense, soy-free patty on a sesame seed bun with lettuce, tomato, and gherkin

Wagyu – R169

180g certified Wagyu beef patty with Emmental cheese, paprika aioli, and caramelized onions.

Philly Cheese Steak Sandwich – R139

A Philadelphian classic, toasted ciabatta with chopped sirloin steak, fried onion, and melted Emmental cheese.

Add pickled jalapenos - R25

Salads

Greek Salad – R80

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

Garden Salad – R65

A mix of green lettuce, red onion, cucumber, tomato, carrot, and spring onion

Butternut Salad – R90

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

Add grilled chicken – R40 | Add seared sirloin – R75

Desserts

Cheesecake – R70

A New York style baked cheesecake with a biscuit base

Chocolate Brownie – R65

A decadent chocolate treat

Ice Cream and Chocolate Sauce – R50

Vanilla ice cream served with melted Bar One sauce

Waffles – R69

served with your choice of ice cream or cream and topped with maple
syrup

Kiddies Menu

Chicken Strips – R65

crumbed chicken strips with chips

Two grilled viennas and chips – R45

Junior Burger – R70

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

Mini Margarita Pizza – R30

Fish Fingers – R45

Four crunchy fish fingers served with chips

Breakfast

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

Test Match – R105

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

ODI – R65

Egg (1) of your choice, bacon, grilled rosa tomatoes and toast of your choice.

T20 – R79

Bacon and scrambled egg on a freshly baked butter croissant.

LBW – R60

Omelette (3 eggs)

Add bacon (**R18**), cheddar cheese (**R12**), mushrooms (**R15**), grilled rosa tomatoes (**R12**) and toast of your choice

Spinner

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

Bacon – R99

Smoked Salmon – R110

The Bouncer – R89

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

On the green – R89

Vegan sausage, grilled rosa tomatoes, grilled mushrooms and avo

Caught in the slips – R79

Fresh fruit, double cream plain yoghurt and homemade granola

The 12th Man – R65

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

Hat Trick – R69

4 fluffy flapjacks topped with mixed berries and drizzled with maple syrup

Add bacon (**R18**)

Toasties & Light Meals

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

Add chips (**R20**)

The Opener - R50

Cheddar , mozzarella, and a dash of whole grain mustard

The Googly - R60

Bacon, egg, and cheddar cheese

The Maiden Over - R70

Creamy chicken mayo

At the club - R95

Creamy chicken mayo, crispy bacon, sliced tomato, and mozzarella

Out for a duck - R55

Cheddar, mozzarella, sliced tomato, and a dash of basil pesto

The Beamer - R60

Mozzarella, crispy bacon, and jalapenos

The Bump Ball - R55

Ham, cheddar cheese and tomato

The all rounders

Vegan wrap - **R60**

Avo, cucumber, carrots, greens, tomato, and vegan mayo

Chicken wrap - **R75**

Crumbed chicken, avo, feta, tomato, carrots, and greens drizzled with a honey mustard dressing

Beverages

Hot beverages

Decaf options available and your choice of caramel, hazelnut, or vanilla

Cappuccino - R35

Red Cappuccino - R35

Latte - R35

Americano - R30

Mochachino - R38

Espresso - R28

Macchiato - R30

Cortado - R30

Chai Latte - R38

Baby Chino - R12

Hot Chocolate - R38

Tea R25

Ceylon, Rooibos, Green, Earl Grey

Beverages

Cold beverages

Coffee Crusher Chocolate Decadence - R40

Milkshakes - R45

Strawberry / Chocolate / Lime / Bubble-gum

Immune Booster - R50

Orange / Carrot / Ginger

Immune Shot - R30

Honey / Ginger / Lemon

Freshly Squeezed Juice - R50

Orange / Apple / Carrot

Kiddies Juice - R20

Apple / Orange / Mango