
Arniston Bay, with hues of its aquamarine ocean,
white sandy beaches and crisp clear skies, welcomes you to the
Arniston Spa Hotel.

This is a place where you can relax, explore the surrounding area, savour
excellent cuisine & rejuvenate yourself.

Blessed with an abundance of sea life, the hotel promises delicious oysters from
nearby shores and the freshest fish from the local fishing boats. Our sophisticated
menu blends traditional South African cuisine with modern innovations from our
chefs.

We wish you a pleasant & memorable evening

GOOD SERVICE, GOOD FOOD, GOOD COMPANY

STARTERS

Fresh Wild Oysters	R 27ea
Served on crushed ice with fresh lemon wedges and homemade whole wheat bread	
Soup of the Day	R 50
A daily variation, please ask your waitron	
Curried Fish Soup	R 70
Cape Malay spiced fish soup mixed with chickpeas, served with a poppadum and topped with natural yoghurt	
Sashimi Salad	R 90
Thinly sliced fresh Norwegian salmon with mixed salad leaves and tofu, drizzled with wasabi and passionfruit dressing	
Roasted Pumpkin and Chickpea Salad	R 60
Oven-roasted pumpkin spiced with chilli flakes, served on cos lettuce and topped with chopped pecan nuts and an orange dressing	
Marinated Sardines	R 60
Sardines marinated in ginger, lime, coriander and chili, dusted with cornflour and flash-fried, served with tomato jam and Harissa chickpeas	
Crumbed Abalone with Mushroom Risotto	R 175
Minced abalone, crumbed with Japanese breadcrumbs, served on mushroom risotto with lemon mayonnaise	
Springbok Carpaccio	R 85
Lightly smoked springbok fillet, served with avocado and beetroot salad and kumquat vinaigrette	
Smoked Duck	R 85
Home-smoked duck breast, served with baby salad leaves and grape fruit	

SEAFOOD

Pecan-roasted Line fish R 155
Oven-baked line fish, topped with crushed pecan nuts and panko breadcrumbs, served on mashed potatoes, with stir-fried vegetables and lemon butter sauce

Grilled Line Fish R 160
Served with an orange-butter sauce, stir-fried vegetables and mashed potatoes topped with chive cream cheese

Thai Curry Seafood Chowder R 155
Served with basmati rice, roti and stir-fried vegetables

Seafood Platter for Two R 650
Grilled vannamei prawns, two portions of fresh line fish, deep fried calamari strips, mussels in garlic and white wine sauce and grilled baby calamari, served with basmati rice and stir-fried vegetables

ADD: 350g Crayfish R 360

POULTRY

Oven Roasted Quail R 140
Roasted quail on butternut and spinach quinoa salad, served with an orange, tarragon and garlic sauce

PASTA

Sesame Salmon and Chilli Spaghetti

R 125

Tomato-chilli spaghetti with smoked salmon, broccoli florets and toasted sesame seeds, topped with Parmesan cheese

Chorizo, Chicken and Cherry Tomato Linguine

R 120

Chorizo sausage and chicken sautéed in cherry tomato Napolitana sauce, topped with shredded basil and Parmesan cheese

VEGETARIAN

Eggplant and Feta Penne Pasta

R 120

Roasted eggplant and cherry tomatoes with baby spinach in cream sauce, topped with pine kernels and crumbled feta cheese

Vegetable Tagine

R 115

Vegetables cooked in aromatic spices and served with couscous and roti

MEAT DISHES

Japanese-style Beef Fillet	R 200
Brushed with Hoisin sauce and grilled to perfection. Served on miso sweet potato and pickled daikon vegetables	
Sirloin Steak	R 180
Flame-grilled sirloin served on potato rosti topped with Tarragon butter and red-wine jus. Served with stir-fried vegetables	
Lamb Rack Provençale	R 195
Oven-roasted rack of lamb, served on couscous and roasted tomato with mint jus	
Ostrich Fillet	R 170
Grilled ostrich fillet on sundried tomato mash, served with cranberry merlot sauce and with stir-fried vegetables	
Slow-cooked Lamb Shanks	R 175
Lamb shank braised in red-wine sauce, served on artichoke mashed potatoes and maple roasted butternut	
Persian Lamb Tagine	R 165
Lamb cubes, slowly cooked with dates, apricots and Indian spices and served with steamed couscous	
Shirley's home cooked Oxtail	R 135
Overberg Oxtail delicately cooked in red wine with added winter vegetables and served with basmati rice	
Venison Pie	R 125
Tender home-made venison stew, finished with puff pastry and served with rice or mash and roasted butternut	

DESSERTS

Trio of Ice Cream Lavender, honey-saffron and Nougat ice cream	R 45
Panna Cotta Rooibos and buttermilk flavoured panna cotta, served with blueberry compote	R 55
Orange Chiffon Cake Served with dark chocolate-chilli sorbet, citrus fruit salad and madeleine	R 50
Pavlova with Fresh Fruit Served with lemon curd ice cream	R 50
Upside-down Pineapple and Ginger Pudding Served with coconut custard and Chantilly cream	R 55
Sticky Pudding Milk stout toffee pudding drizzled with ginger, coffee and toffee sauce and served with vanilla ice cream	R 55
South African Cheese Board South African cheeses, served with homemade preserves and assorted biscuits	R 95
