

BISTRO MENU



**ARNISTON
SPA HOTEL**



Sushi

We use only the freshest ingredients for our sushi – served with ginger and wasabi

CALIFORNIA ROLLS / URAMAKI (4 PC)	60
Rice on the outside with avocado and your favourite filling inside	
NORWEGIAN SALMON / SMOKED SALMON TROUT	
PRAWN	
V VEGETARIAN (Chef's choice)	
DEEP-FRIED CRUNCHY ROLL	
TUNA PLAIN / SEARED (if available)	
MAKIMONO / MAKI (8 PC)	65
Seaweed on the outside with less rice inside and the filling of your choice	
NORWEGIAN SALMON / SMOKED SALMON TROUT	
PRAWN	
TUNA PLAIN / SEARED (if available)	
V AVOCADO AND CREAM CHEESE	
TEMPURA PRAWN HAND ROLL	75
Traditional seaweed and rice hand roll filled with tempura prawn, avocado, ginger and wasabi	
TRADITIONAL FASHION SANDWICHES (4 PC)	80
Rice both sides with avocado and the filling of your choice	
NORWEGIAN SALMON	
PRAWN	
WASABI PRAWN / WASABI SALMON	
NIGIRI (4 PC)	80
NORWEGIAN SALMON / SMOKED SALMON TROUT	
PRAWN	
DEEP-FRIED / PAN-FRIED ARNISTON CALAMARI	
TUNA (if available)	
ROSES (4 PC)	85
PRAWN ROCK-AND-ROLL WITH A SWEET CHILLI SAUCE, JAPANESE MAYO AND JAPANESE SEVEN-SPICE MIX	
SALMON TOPPED WITH JAPANESE MAYO AND CAVIAR	
SALMON TOPPED WITH OUR CHEF'S SECRET MIX	
SMOKED SALMON TOPPED WITH PRAWN, JAPANESE MAYO AND SWEET SOYA DRESSING	



SASHIMI (6 PC)	175
Plain or seared and served on a bed of lettuce, topped with a sweet soya dressing	
SALMON	
TUNA (if available)	
ARNISTON DESIGNER ROLLS (8 PC)	140
All rolls are inside-out with fillings on the inside and toppings on the outside	
CHEF'S SPECIAL	
Salmon and avocado on the inside with our Chef's secret mix on the outside	
ARNISTON SEASIDE DESIGN	
Prawn and avocado on the inside, topped with deep-fried prawns and our Arniston secret sauce	
YOKOHAMA RAINBOW	
Salmon and avocado on the inside, topped with thin slices of salmon and avocado on the outside	
SENSEI'S KUNG FU ROLL	
Prawn California roll topped with thin slices of avocado and a tofu pouch	
SATORI	
Smoked salmon trout, cream cheese and pineapple inside, topped with smoked salmon trout	
FISHERMAN'S NIGIRI COMBO (8 PC)	
6 salmon maki, 1 prawn nigiri and 1 salmon nigiri	
ARNISTON SHIRAKI BOAT (36 PC)	625
Served on a bed of lettuce	
8 PC CHEF'S SPECIAL ROLLS	
8 PC YOKOHAMA RAINBOW ROLLS	
8 PC SALMON MAKI	
4 PC SMOKED SALMON ROSES TOPPED WITH PRAWNS	
4 PC CRUNCHY CALIFORNIA ROLLS	
2 PC SEARED SALMON	
2 PC FRESH NORWEGIAN SALMON	
EXTRAS	per item 25

V vegetarian H halaal G gluten-free

Starters & Salads

FRESH WILD OYSTERS	each 27
Served on crushed ice with fresh lemon wedges and homemade wholewheat bread	
SOUP OF THE DAY	50
A daily variation, please ask your waitron	
H THAI COCONUT MUSSELS	70
Local black mussels cooked in coconut milk, orange and lemongrass sauce	
H SALAD NIÇOISE	90
Traditional Niçoise salad served with smoked mackerel	
H ARNISTON PICKLED FISH	80
Fresh hake, marinated in a Malay curry-and-onion sauce, served with freshly baked raisin bread	
H MEDITERRANEAN CHICKEN SALAD	65
Roast lemon-and-herb marinated chicken breast fillet, served on cos lettuce drizzled with mustard parmesan dressing	
V H FATTOUSH SALAD	55
Mixed salad with toasted pita bread pieces, served with fried falafel	
V H WARM BEETROOT SALAD	60
Chilli-roasted pumpkin and beetroot with couscous and honey mustard dressing	
H CITRUS PRAWN	65
Lemon-and-orange marinated prawns, pan seared and served with rocket leaves and avocado	
BABY CALAMARI WITH TENTACLES	half portion 85 / 110
Grilled or flash-fried, served with steamed basmati rice and garnished with salad	
V G QUINOA SALAD	80
With warm smoked duck breast and orange salad	



Chef's Mix & Match

V H CRUMBED BUTTON MUSHROOMS	25
Served with sweet chilli sauce	
H HONEY SOY CHICKEN WINGS	30
H MINI THAI FISHCAKES	30
Served with a sesame lime dipping sauce	
V H DEEP-FRIED MAC AND CHEESE BALLS	27
Served with sweet chilli sauce	
H DEEP-FRIED MOZZARELLA STICKS	30
V H MINI GARLIC ROLLS	25
With mixed herbs and parmesan	
V H FLATBREAD	30
Crispy flatbread baked and brushed with garlic and herbs	

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Mains

- H** FISH OF THE DAY 140
Fresh line fish, lightly brushed with garlic, grilled and served with lemon-butter sauce and chips or rice
- H** CALAMARI 95
Tender calamari strips, lightly dusted in flour and flash-fried, served with sauce tartar and chips
- H** ARNISTON HOTEL'S FAMOUS FISHCAKE 85
A nice big fishcake made from fresh local fish, drizzled with a lemon-butter sauce and served with chips
- H** PINT OF PRAWNS 150
Flash-fried prawns, served with steamed basmati rice or chips and sweet chilli sauce
- V H** SPICED PUMPKIN TART 80
Oven-baked pumpkin tart served with chilli tomato chutney
- SPAGHETTI AND PRAWNS 105
Prawns, mushrooms and bacon, sautéed in a white-wine and garlic cream sauce, topped with wilted rocket
- V** WILD MUSHROOM SPINACH FETTUCCINE 105
Assorted wild mushrooms cooked in a truffle cream sauce with spinach fettuccine
- H** CHICKEN AND PRAWN THAI STYLE CURRY 125
Chicken breast strips and prawn tails, simmered in coconut milk and Thai curry spices - an all-time favourite

Butcher's Block

Served with baked potato and coleslaw on the side

- H G** AGED SIRLOIN STEAK 180
Char-grilled sirloin, topped with spring onion parsley butter
- H G** MARINATED T-BONE STEAK 175
500 g grilled T-bone steak, topped with a deep-fried oxtail risotto ball and parsley chilli butter
- FLAME-GRILLED SMOKED SPARE RIBS 140
Tender pork ribs, basted with our Chef's special BBQ sauce
- SPRINGBOK MEATBALLS 145
Cooked in prego sauce and served on butternut gnocchi

Combos

- H** ARNISTON MARINER'S PLATTER 120
Smoked snoek pâté, pickled fish, calamari salad, smoked salmon rosettes, marinated mussels and a shucked oyster, served with fresh homemade bread
- H** ARNISTON COMBO 155
Calamari, line fish and prawns served with savoury rice and lemon-butter sauce
- H** CHICKEN SCHNITZEL AND BABY CALAMARI COMBO 150
Crumbed chicken breast flash-fried with grilled baby calamari

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Breads 'n Burgers

All sandwiches served with rustic fries

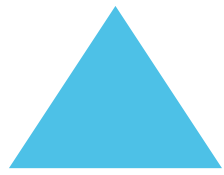
V H FALAFEL PITA	70
Deep-fried falafel with butternut hummus salad, served with a yoghurt dressing	
V H BRIE, FIG AND AVOCADO SANDWICH	75
Local brie cheese with avocado and preserved figs on toasted focaccia	
H CAESAR CHICKEN SANDWICH	80
Shredded chicken breast drizzled with Caesar dressing, with bacon on ciabatta	
V H HARISSA GRILLED HALLOUMI FOLDOVER	70
Halloumi cheese grilled and served with harissa, seasoned bell peppers and aubergine	
SPRINGBOK BURGER	115
Topped with maple-roasted kassler bacon	
BEEF BURGER	90
Topped with camembert and caramelised onion	
H CHICKEN BURGER	90
Topped with halloumi cheese, avocado purée and sundried tomato pesto	
H MEXICAN FRIED HAKE ON A BUN	85
Spicy fried hake served on a bun with Mexican coleslaw	
PULLED PORK CIABATTA	90
Toasted ciabatta with deconstructed hoisin pulled pork, deep-fried onions and Asian coleslaw	



Gourmet Pizzas

V H MEDITERRANEAN PIZZA	90
Aubergine, olives, sliced mushrooms and peppers topped with mozzarella	
PIZZA BIANCO	80
Marinated artichoke, baby spinach, pancetta slices and mozzarella cheese topped with fresh rosemary	
H SMOKED SALMON PIZZA	85
Chopped smoked salmon trout with sliced red onion, capers and rocket, drizzled with dill sour cream	
H SPICED CHICKEN LIVER	85
Spiced chicken liver with peppadew, avocado and mozzarella	
H BUTTER CHICKEN PIZZA	90
Shredded chicken and red onion with coriander and yoghurt drizzle	
H LA REGINA	85
Thin crust with freshly sliced tomato and mozzarella, drizzled with basil and olive oil. Topped with ham and mushrooms	
H CHICKEN, BRIE AND SPINACH PIZZA	85
Sautéed chicken, brie and baby spinach, drizzled with wholegrain honey mustard and toasted sesame seeds	
TRADITIONAL CLUB PIZZA	95
Gypsy ham, bacon and grilled chicken with our homemade sauce	
H MEXICAN PIZZA	95
Ground beef, jalapeños, green pepper and onion, drizzled with our homemade Mexican sauce	
EXTRAS	per item 25

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Desserts & Cakes

LEMON AND RASPBERRY MOUSSE CAKE 45

Vanilla sponge layered with lemon mousse and raspberries, served with white chocolate ganache

WATERMELON AND RED VELVET MOUSSE CAKE 50

Watermelon-infused mousse served on red velvet cake with berry compote

APPLE CRUMBLE AND CINNAMON ICE CREAM 55

Individual deconstructed apple-and-raisin tart, served warm with cinnamon ice cream and crème anglaise

ARNISTON CHEESE BOARD 105

Local South African cheeses, served with homemade chutney, preserves and biscuits

CARAMEL, YOGHURT AND MOCHA MOUSSE CAKE 45

Caramel and yoghurt mousse layered on a coffee-infused cake

PECAN TART AND VANILLA ICE CREAM 55

Sweet pecan and dark chocolate tart, served with vanilla butterscotch ice cream

FRESH FRUIT TART 50

Almond-flavoured tart topped with custard cream and seasonal fruit, served with chocolate chilli ice cream

SELECTION OF ICE CREAM AND SORBET 40

Please ask your waitron about today's special flavours

Drinks

Coffee	25
Decaf Coffee	27
Iced Coffee	30
Cappuccino	27
Rooibos Cappuccino	27
Espresso	single 17 double 22
Caffè Latte	30
Hot Chocolate	25
Hot Milo	25
Pot of Tea	25
Chococino	30
Babyccino	6
Speciality Coffees	37
Irish Coffee, Kahlúa Coffee or Don Pedro	
Fresh Fruit Juice	20
Cold Drinks	300ml 20
Grapetiser / Appletiser	26
Iced Fruit Shake	30
Water	500ml 25 1 litre 35

Gourmet Milkshakes

Oreo	50
With a shot of rum	75
Smarties	50
With a shot of vodka	75
Caramel	50
With a shot of caramel vodka	75
Peppermint and Hazelnut	50
With a shot of peppermint liqueur	75
Strawberry, Chocolate or Vanilla	35
With a shot of Amarula	55

Cocktails

Refreshing

Sex on the Beach 50

Premium vodka, fresh pineapple and orange juice shaken cold with a twist of peach syrup

Arniston Rum Runner 50

Premium light rum shaken with fresh pineapple juice and mango syrup, topped with a dark rum float

Long Island Iced Tea 75

Four white spirits and triple sec shaken cold with fresh lemon and topped with cola

Strawberry and Ginger Mule 50

Premium vodka and strawberry syrup with fresh lemon and aromatic bitters, shaken hard and topped with ginger ale

Mai Tai 55

Grenadine and Amaretto shaken with orange and pineapple juice, topped with dark rum and fresh lime

White Russian 45

Premium vodka, Kahlúa, cream and milk, served on crushed ice

Frozen Fruit

Strawberry Daiquiri 55

A tantalising mix of strawberries and light rum blended with a twist of lime, served frozen

Frozen Litchi and Basil G&T 55

Gin, litchi syrup and tonic, served with fresh basil and lemon

Watermelon and Litchi G&T 55

Gin, watermelon syrup, litchi syrup and tonic, served with fresh lemon

Piña Colada 60

Roasted coconut syrup and fresh pineapple blended with premium light rum and cream, served frozen - our own recipe



Twisted Fruit

Mojito 50

Fresh mint and lemon smashed with crushed ice and your choice of fruit syrup, served with premium light rum
Classic, Strawberry, Mango, Passion Fruit, Apricot

Mango Caipirinha 50

Fresh lemon and premium rum served with crushed ice and mango syrup

Strawberry Caipirinha 50

Fresh lemon and premium rum served with crushed ice and strawberry syrup

Rose Lemonade 45

Fresh lemon and rose syrup shaken hard with a splash of premium gin and topped with lemonade

Mocktails

No alcohol, but certainly delicious

Strawberry Sherbet 35

A tantalising blend of strawberry syrup mixed with a twist of lime, served frozen

Fruit Fizz 35

Fresh lemon smashed with crushed ice and your choice of fruit syrup, topped with lemonade
Strawberry, Mango, Passion Fruit, Apricot, Watermelon, Litchi

Virgin Piña Colada 35

Roasted coconut syrup and fresh pineapple blended with cream and served frozen - our own recipe

Beer Menu

Draught / On Tap

Carling Black Label	300ml	33	500ml	41
Castle	300ml	30	500ml	39
Castle Lite	300ml	33	500ml	42
Heineken	300ml	33	500ml	45
Peroni	300ml	35	500ml	56
Stella Artois	300ml	33	500ml	47
Windhoek	300ml	35	500ml	55

Craft

CBC	340ml	57
Fraser's Folly	440ml	59
Jack Black Butcher Block	440ml	59
Jack Black Premium	340ml	40



Bottled

Amstel	340ml	29
Budweiser	330ml	28
Carling Black Label	340ml	27
Castle	340ml	26
Castle Lite	340ml	29
Corona	330ml	46
Hansa Pilsner	340ml	25
Heineken	340ml	32
Windhoek Lager / Light	340ml	29

Ciders / Coolers

Brutal Fruit	340ml	29
Flying Fish	330ml	30
Hunter's Gold / Dry	340ml	31
Savanna Light / Dry	340ml	31

Alcohol Free

Beck's	330ml	35
Castle Free	340ml	28
Erdinger Alkoholfrei	330ml	35



**ARNISTON
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