

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)

PLAIN / SEARED TUNA (if available)

DEEP-FRIED CRUNCHY ROLL

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

V AVOCADO AND CREAM CHEESE

PLAIN / SEARED TUNA (if available)

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

CUCUMBER CALIFORNIA ROLL

Filled with your choice of salmon or prawn

GOLDEN SEAWEED ROLL

Sushi roll wrapped in golden seaweed and filled with your choice of salmon or prawn

PANKO FASHION SANDWICH

Fashion sandwich with crunchy panko and your choice of prawn or salmon filling

ARNISTON SHIRAKI BOAT (36 PC)

625

Served on a bed of lettuce.

As we use only the best ingredients some items are subject to availability.

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

Starters & Salads

- H** FRESH WILD OYSTERS each 27
Served on crushed ice with fresh lemon wedges
- H** SOUP OF THE DAY 50
A daily variation, please ask your waitron
- BLACK MUSSELS** 70
Local black mussels, cooked in tomato-and-chorizo sauce and served with smoked paprika fries
- V H** PAWPAW AND GOAT'S CHEESE SALAD 90
Freshly sliced pawpaw, goat's cheese and baby salad leaves served with a Brazil-nut-and-lime dressing
- H** ARNISTON PICKLED FISH 85
Hake, marinated in a Malay curry-and-onion sauce, served with freshly baked raisin bread
- H** MISO WILD MUSHROOM RAMEN 80
Sautéed wild mushrooms with smoked mackerel in a miso-vegetable broth
- V H** FALAFEL, BEETROOT AND HUMMUS 65
Homemade falafel balls served with mixed grains, beetroot and hummus
- H** PRAWN AND COCONUT SALAD 70
Steamed and marinated vannamei prawns, served with a chilli, apple and lime salad
- H** BABY CALAMARI WITH TENTACLES half portion 85 / 110
Grilled or flash-fried, served with steamed basmati rice and garnished with salad



Chef's Mix & Match

- V H** CRUMBED BUTTON MUSHROOMS 30
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** MINI GARLIC ROLLS 30
With mixed herbs and parmesan
- SWEET POTATO SALAMI BALLS 30
Crumbed sweet potato and salami balls with basil pesto

Tapas

- MEAT FROM THE GRILL 145
Grilled lamb chop, rosemary skewered sausage,
peri-peri chicken livers and sun-dried tomato pesto
- H** FISH AND SHELLFISH 155
Spanish garlic prawns, grilled baby calamari, Spanish mushrooms
and fried sardines, served with garlic aioli and bread rolls
- EARLY BIRD 110
Salami, ham and prosciutto served sliced with marinated olives,
marinated feta, sun-dried tomato, basil pesto and bread rolls

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 SEAFOOD PIE** 110
Fisherman's seafood pie, simmered in a creamy white-wine sauce, topped with mashed potato and served with a side salad
- H CALAMARI** 95
Tender calamari strips, grilled or flash-fried, served with sauce tartare and chips
- H ARNISTON HOTEL'S FAMOUS FISHCAKE** 90
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 and sweet chilli sauce, served with steamed basmati rice or chips
- V H ROASTED VEGETABLE TART** 95
Roasted vegetables baked in a tart shell with ricotta and crumbled feta
- SPAGHETTI AND PRAWNS** 110
Prawns, mushrooms and bacon, sautéed in a white-wine and garlic cream sauce, topped with wilted rocket
- V H BRINJAL PARMIGIANA LASAGNE** 110
Oven-baked layered eggplant and roasted butternut parmigiana lasagne
- H CHICKEN AND PRAWN THAI CURRY** 130
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
Brazilian spiced sirloin, topped with chilli-and-smoked-paprika butter
- H G** MARINATED T-BONE STEAK 185
500 g grilled T-bone steak, topped with miso butter and grilled vine tomatoes
- FLAME-GRILLED SMOKED SPARE RIBS 145
Tender pork ribs, basted with our Chef's special BBQ sauce
- CRUMBED PORK CHOPS 145
Crumbed and fried, served with crushed paprika baby potatoes

Combos

- H** ARNISTON MARINER'S PLATTER 135
Smoked snoek pâté, pickled fish, smoked salmon rosettes, calamari salad, marinated mussels, smoked mackerel and a shucked oyster, served with freshly baked homemade bread
- H** ARNISTON COMBO 155
Calamari, line fish and prawns served with savoury rice and lemon-butter sauce

Breads 'n Burgers

Served with chips

- V H** FALAFEL AND BROAD BEAN CIABATTA **85**
Deep-fried falafel with hummus, broad beans, avocado and tahini dressing on a toasted ciabatta bun
- V H** BRIE, FIG AND AVOCADO SANDWICH **85**
Local brie cheese with avocado and preserved figs on toasted focaccia
- V H** HALLOUMI-STUFFED PITA **85**
Pita stuffed with grilled halloumi cheese, cucumber, pickled cabbage and tahini-yoghurt dressing
- SPRINGBOK BURGER** **120**
Served with fresh avocado and black bean spread
- DOUBLE CHEESEBURGER** **95**
Double beef cheeseburger with spicy, smoky bacon
- H** CHICKEN BURGER **95**
Lime-and-chilli marinated chicken breast, grilled and served with Greek yoghurt and fresh avocado



Gourmet Pizzas

Gluten-free pizza bases available on request

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| V H | MEDITERRANEAN | 90 |
| | Aubergine, olives, sliced mushrooms and peppers topped with mozzarella | |
| | SUNRISE EGG FLORENTINE | 90 |
| | Traditional tomato and cheese pizza topped with spinach, four rashers of bacon and two fried eggs | |
| H | PRAWN AND FETA | 95 |
| | Vannamei prawns with spinach and crumbled feta | |
| H | BUTTER CHICKEN | 90 |
| | Shredded chicken and red onion with coriander and yoghurt drizzle | |
| V H | 'OLD FAVOURITE' THREE CHEESE MARGHERITA | 90 |
| | Our classic tomato base, topped with mozzarella, halloumi and feta, drizzled with basil pesto | |
| | CHORIZO, CARAMELISED ONION AND HUMMUS | 90 |
| | Grilled chorizo with caramelised onion and hummus, topped with roasted walnuts | |
| | TRADITIONAL CLUB | 95 |
| | Gypsy ham, bacon and grilled chicken with our homemade sauce | |
| H | MEXICAN | 95 |
| | Ground beef, jalapeños, green pepper and onion, drizzled with our homemade Mexican sauce | |

EXTRAS per item 25



Desserts & Cakes

CIDER-POACHED PEARS	45
Served with maple-cinnamon ice cream and homemade granola	
LEMON MERINGUE PIE	50
Traditional lemon meringue pie served with orange confit	
RYE AND BEETROOT BROWNIE	55
Served with vanilla ice cream	
ARNISTON CHEESEBOARD	105
Local South African cheeses, served with homemade chutney, preserves and biscuits	
S'MORES, CHOCOLATE AND SALTED CARAMEL	45
S'mores with chocolate and salted caramel pots, served with caramelised marshmallow	
STICKY TOFFEE SUNDAE	55
Served with cherry compote	
TOFFEE APPLE BRIOCHE-AND-BUTTER PUDDING	50
Served with clotted cream	
SELECTION OF ICE CREAM AND SORBET	40
Please ask your waitron about today's special flavours	
AFFOGATO	55
Vanilla ice cream served with a single shot of hot espresso	

Drinks

Coffee	26
Decaf Coffee	26
Cappuccino	32
Rooibos Cappuccino	32
Espresso	single 17 double 22
Caffè Latte	32
Hot Chocolate	26
Hot Milo	26
Pot of Tea	25
Chococcino	32
Babyccino	6
Speciality Coffees	37
Irish Coffee or Kahlúa Coffee	
Fresh Fruit Juice	25
Cold Drinks	300 ml 20
Grapetiser / Appletiser	28
Iced Fruit Shake	30
Iced Coffee	30
Water	500 ml 25 1 litre 35

Gourmet Milkshakes

Oreo	55
Smarties	55
Caramel	55
Strawberry, Chocolate or Vanilla	45
'Rob & Di' – brownies and chocolate chip cookies	65

Cocktails

Refreshing

Sex on the Beach 55

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

Arniston Rum Runner 55

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

Long Island Iced Tea 78

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

Mai Tai 55

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

White Russian 50

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

Frozen Fruit

Strawberry Daiquiri 57

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

Frozen Litchi and Basil G&T 57

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

Watermelon and Litchi G&T 57

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

55

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

55

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

Strawberry Caipirinha

55

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

Mocktails

No alcohol, but certainly delicious

Strawberry Sherbet

40

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

Rose Lemonade

40

Fresh lemon and rose syrup shaken hard and topped with lemonade

Virgin Piña Colada

40

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

Beer Menu

Draught / On Tap

Carling Black Label	300 ml	34	500 ml	42
Castle	300 ml	32	500 ml	40
Castle Lite	300 ml	34	500 ml	43
Heineken	300 ml	34	500 ml	46
Peroni	300 ml	38	500 ml	60
Stella Artois	300 ml	34	500 ml	48
Windhoek	300 ml	36	500 ml	56

Craft

Fraser's Folly	440 ml	65
Jack Black Butcher Block Pale Ale	340 ml	55
Jack Black Premium Lager	340 ml	42



Bottled

Amstel	340 ml	30
Budweiser	330 ml	30
Carling Black Label	340 ml	28
Castle	340 ml	27
Castle Lite	340 ml	30
Corona	330 ml	48
Hansa Pilsner	340 ml	28
Heineken	340 ml	34
Windhoek Lager / Light	340 ml	30

Ciders / Coolers

Brutal Fruit	340 ml	30
Flying Fish	330 ml	30
Hunter's Gold / Dry	340 ml	32
Savanna Light / Dry	340 ml	34

Alcohol Free

Beck's	330 ml	35
Castle Free	340 ml	30



ARNISTON BAY
WINES



ARNISTON
SPA HOTEL



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