

Salinas Menu



starters

- **CANNELLINI BEAN, LEMON & GARLIC SCHMEAR** with bread **55**
- **SALINAS CALAMARI** deep fried with a herb allioi **75**
- **BLACK MUSSELS** creamy garlic & herb **or** cape malay curry sauce **75**
- **SNOEK PATE** served with crusty bread **75**
- **WERNER'S CURRIED FISH** served cold **70**
- **OSTRICH CARPACCIO** tomato, olive & caper salsa **75**
- **CHICKPEA FRITTERS (FALAFEL)** cucumber yoghurt **65**
- **HAKE, SNOEK & SWEET POTATO FISHCAKES** **55**
- **FRESH SALMON SRIRACHA CRUSTINIS** **65**
- **RED PEPPER PESTO, FETA & ALMOND CRUSTINIS** **50**
- **STICKY ASIAN PORK, SESAME & LETTUCE ROLL** **75**
- **BEER BATTERED CHIPS** sweet chilli mayo **45**
- **PANKO & SESAME CRUSTED FISH GOUJONS** wasabi mayo **70**

salads

- | | Half | Full |
|---|------|------|
| CORFU SALAD
classic greek salad with croutons & lemon vinaigrette. | 50 | 85 |
| WALDORF SALAD
apples, sultanas, cheddar cheese & toasted nuts, with an orange-mayo dressing. | 50 | 85 |
| MOROCCAN CHICKEN SALAD
spiced chicken strips with roasted butternut & red peppers, dates, mint & almonds. | 55 | 90 |
| CALAMARI & SHRIMP COCKTAIL SALAD
calamari tubes, shrimp cocktail, avo with mixed salad. | 70 | 100 |

burgers

- FREE RANGE CHICKEN SCHNITZEL BURGER** **125**
creamy cheddar sauce & tomato salsa; available grilled.
- VEGETARIAN FALAFEL BURGER** (vegan available) **135**
yoghurt & cannellini schmear sauce, beetroot & tomato salsa.
- ISLAND BEEF BURGER** **125**
burger sauce, caramelised onions, pickles.
- BIG CHEESE BEEF BURGER** **135**
burger sauce, cheddar & feta melt.
- CHILLI BEEF BURGER** **135**
creamy peri peri sauce, cucumber relish.
- PORK STEAK BURGER** **135**
marmalade & ginger butter sauce, apple & cucumber slaw.

curries

- BUTTER CHICKEN** **190**
free range - medium hot - with ginger, masala & fenugreek.
- DURBAN HOT SAUCE CURRY** **200**
tangy hot curry, cumin & mustard seeds, tomato & tamarind.
- Choose: beef or chicken or fish or vegetables
- VEGETABLE & CHICKPEA CURRY** **165**
south indian **or** cape malay curry sauce
- SOUTH INDIAN CURRY** **210 260**
aromatic with black mustard seeds, tomato, coconut & chilli. Fish Seafood
- CAPE MALAY CURRY** **210 260**
mild, sweet & sour, apricots, malay masala, aromatics. Fish Seafood
- Seafood Curry - fish, prawns & mussels

kiddies

- KIDDIES CHICKEN STRIPS** **70**
crumbed or grilled
- KIDDIES FRESH HAKE** **80**
grilled or in crispy batter

toasted sandwiches

- HAM & CHEESE** **50**
- CHEESE & TOMATO** **50**
- CHICKEN MAYO** **60**

seafood

- BEER BATTERED FISH & CHIPS** **130**
- FISH BOBOTIE** **160**
a baked, curried hake, onion & egg custard dish.
- PORTUGUESE SEAFOOD RICE** **195**
prawns, mussels & calamari in tomato, parsley, bayleaf & lemon rice.

Dishes below served with seasonal vegetables & rustic potatoes

- SALINAS CALAMARI** **160**
deep fried with a special spice mix, herb allioi.
- CALAMARI HEADS & TAILS** **190**
small tubes pan fried in lemon **or** cajun butter.
- GRILLED FRESH FISH** with lemon butter & allioi. **180**
- add calamari **70**
- add black mussels **70**
- add prawns **SQ**
- MEDITERRANEAN FISH** **210**
grilled - served on a tomato, chickpea & olive sauce.
- ATCHAR FISH WITH MUSSELS** **210**
fish, creamy atchar sauce, crispy mussels.
- SEAFOOD PLATTER FOR 2** **480**
fresh hake, calamari heads & tubes, grilled prawns, & creamy mussels.
- PRAWNS** (350g) **SQ**
grilled with a lemon butter **or** peri peri sauce.

meat

served with seasonal vegetables & rustic potatoes

- AGED SIRLOIN STEAK** **250g 500g**
grilled to your liking. **185 280**
- BEEF KEBABS** **250g 500g**
mediterranean herb oil **or** peri peri basting. **185 280**
- FREE RANGE CHICKEN KEBABS** **250g 500g**
mediterranean herb oil **or** peri peri basting. **140 190**
- MASALA STEAK** **210**
sirloin with masala spice - cape malay curry sauce.
- GRILLED PORK NECK STEAK** **170**
mint & mustard sauce **or** marmalade & ginger butter
- CARIBBEAN STYLE SPARE RIBS** **250**
sticky pork ribs with dipping sauce.
- HONEY, OLIVE & MINT CHICKEN** **170**
free range chicken breasts in a moroccan sauce.
- Choose your Sauce: orange marmalade & ginger butter **30**
- creamy peri-peri - mint & mustard - pepper - cheese

dessert

- CHOCOLATE POT ISLANDS** **70**
decadent chocolate & nut dessert.
- BREAD & BUTTER PUDDING** **70**
- ALMOND PRALINE SEMI FREDDO** **70**
creamy frozen dessert with crunchy almond praline.
- ESPRESSO CREME BRULEE** **70**
coffee flavoured set custard - caramelised sugar crust.
- ASTRO CUP** for kids of all ages **55**
ice cream with Astros, chocolate & wafer biscuit.
- ICE CREAM & SAUCE** **50**
- GELATO** premium ice cream **20 per scoop**
Please ask your waiter which flavours we have available

SUSHI

Sushi Rolls

	MAKI Salmon Tuna or Prawn Vegetarian	4pcs R50 R45 R35	8pcs R80 R75 R60		NIGIRI SUSHI Salmon Tuna or Prawn	3pcs R85 R75
	CALIFORNIA ROLL Salmon Tuna or Prawn Vegetarian	4pcs R55 R50 R40	8pcs R90 R85 R70		ROSES Salmon Tuna	3pcs R85 R75
	RAINBOW ROLL Salmon Tuna or Prawn Vegetarian	4pcs R70 R65 R50	8pcs R120 R115 R90		SASHIMI Salmon Tuna	3pcs R115 R90

Platters

LEENTJIES KLIP R200

4 Tuna Maki pieces
4 Salmon California pieces
2 Prawn Nigiri
2 Tuna Roses

THE STEPS R220

4 Prawn & Tuna Rainbow pieces
4 Salmon California pieces
2 Prawn Nigiri
2 Salmon Roses

FLAT ROCK R365

4 Tuna Maki pieces
4 Mixed Salmon & Tuna Nigiri
4 Salmon Roses
4 Tuna Sashimi

GERICKE'S POINT R440

4 Salmon California pieces
4 Prawn & Tuna Rainbow pieces
4 Mixed Salmon & Tuna Nigiri
4 Tuna Roses
4 Salmon Sashimi

Special Sushi 8 pcs

SMOKED SALMON ROLL R90

Smoked Salmon, Cream Cheese,
Avo, Spring Onion

HOT & STICKY TUNA R120

Tuna Rainbow Roll topped with
Sriracha Hot Sauce & Sweet Soya

CALIFORNIAN ROCK & ROLL R130

Salmon & Avo California Roll
wrapped in Salmon, topped with
Mayo & Caviar

Salinas Drinks



Additional wines available
@ The Cellar Table

owner selected wines

bubbles

	Glass	750ml Bottle
Boschendal Brut Fresh green apples with biscotti & honeycomb.	90	340
Tranquille Sparkle Strawberries, lemon zest, light tropical fruit	70	250
Graham Beck Brut Rosé NV Berry aromas with a lively mousse, hints of oyster shell.	90	340

white

	250ml Carafe	750ml Bottle
Ken Forrester Petit Sauvignon Blanc Crisp, tropical fruit, lovely & tangy.	60	165
La Motte Sauvignon Blanc Distinctive tropical fruit & green flavours.	75	200
Diemersdal Sauvignon Blanc Reserve Elegant citrus, tropical fruit, gooseberry, classy S-Blanc.	95	260
Ken Forrester Petit Chenin Lime, stone fruits, lemon & mint.	60	165
Cederberg Chenin Blanc White pear, grapefruit & melon, crisp minerality.	80	220
Ken Forrester Petit Chardonnay Lovely creamy palate, white peach & tropical fruit.	60	165
Warwick First Lady Chardonnay Green apples & pears, lime & ripe pineapple nose.	80	220

rosé

	250ml Carafe	750ml Bottle
Ken Forrester Petit Rosé Delicate strawberry, rose petal & cherry flavours.	60	165
Boschendal Rose Garden Rosé Strawberries, raspberries & mulberries & a hint of spice.	60	165
Haute Cabriere Pinot Noir Rosé Elegant dry Rosé with aromas of strawberries & rose.	75	195
Jakkalsvlei Pink Moscato (la Perle Rosé) Semi sweet, muscat, strawberry, cherry, fine bubbles.	70	190

red

	250ml Carafe	750ml Bottle
Franschhoek Cellar - The Old Museum Merlot Black cherry aromas with mouth filling berry flavours.	70	190
Cederberg Merlot / Shiraz Silky palate, cherries, plums, spice, cranberries, chocolate.	90	250
Warwick First Lady Pinotage Smooth & succulent cherry, red fruit, mulberry.	85	240
La Motte Millennium Medium bodied raspberry, mulberry, cinnamon & mint.	80	220
Stellenrust Cabernet Sauvignon Blackcurrant & berry notes, mint & mocha.	75	200
Jordan The Prospector Syrah Red fruit, peppery meatiness, chipotle, medium bodied	125	350

CORKAGE R75

hot drinks

Tea Five Roses, Earl Grey, Rooibos	23
Americano Coffee	29
De-caff Coffee	31
Espresso	25
Double Espresso	30
Cappuccino	34
Decat Cappuccino	36
Café Latte	39
Red Cappuccino	36
Red Latte	39
Chai Cappuccino	36
Chai Latte	39
Hot Chocolate	36
Milo	36
Café Mocha	41
add Almond Milk	8

fresh juice

All juices are freshly made with vegetables & fruit in season. Please ask what is available.

shakes

Fruitshake	55
Iced Coffee	65
200ml Kiddies' Shake	38
330ml Milkshake vanilla, strawberry, lime, choc, banana, bubble gum	55
330ml Gourmet Milkshake chai, rooibos, cookies & cream, milo, salted caramel, espresso	65

mineral water

440ml La Vie still / sparkling	26
750ml La Vie still / sparkling	38

sodas

200ml Schweppes - Dry Lemon Tonic Water, Ginger Ale Soda Water	24
300ml Coke, Fanta, Sprite, Coke O Sprite O, Creme Soda	28

330ml Grapetizer (Red), Appletizer	40
275ml Bos Iced Tea - Lemon / Peach	37
200ml Tomato Cocktail	45
Cordial - 15ml	15
Red Bull	40

beers

Black Label, Hansa, Castle Lager	34
Amstel, Castle Lite	35
Windhoek Lager - 440ml	45
Heineken Zero, Heineken	38
Devils Peak - Lager / Pale Ale / Zero	40
Windhoek Draught - 440ml	45
Corona, Corona non-alcoholic	45
Stella Artois	45
Devils Peak - IPA	50

cider

Hunter's Dry	40
Savanna - Dry / Light	48
Savanna - Lemon non-alcoholic	48

rum

Red Heart, Havana Club	24
Captain Morgan Dark / Spiced	24

brandy & cognac

Klipdrift, Olofbergh	18
Richelieu	20
KWV 5 year, Kilpdrift Premium	22
KWV 10 year	36
Martell VSSD	52
Martell VSOP	80

gin

Beekeeper - Classic / Pink / Blood Orange	30
Mally - Original / Rosa / Lemone / Arancia	40
Inverroche - Amber / Verdant / Classic	50

liqueurs

Amarula, Cape Velvet	18
Jägermeister	30
Kahlua, Sambuca	30
Frangelico, Cointreau, Tia Maria	45
Grappa, Disaronno	42
Limoncello	38

whisky, whiskey & bourbon

Ballantine's	28
Jack Daniel's	34
Jameson Standard / IPA / Stout	38
Chivas Regal	45
Chivas Regal XV	65
Glenlivet - Founders / 12 Year	60
Jameson Select	50
Glenlivet - 15 Years	110
Glenlivet - 18 Years	140

spirits

Olmecca Extra Age (Black)	35
Olmecca Resposado (Gold)	30
Absolut Vodka - Watermelon / Lime	29
Avion Tequila	70

aperitif (50ml)

Martini, Cinzano	30
Pimm's	30
Pernod	50
Aperol	60
Campari	64
Averna (digestivo)	65

abf

Dom Pedro	60
Irish Coffee	60

port (50ml)

Boplaas Cape Ruby	22
Allesverloren Vintage	28

BEERS 3 TAP @ salinas BEACH RESTAURANT



HEINEKEN
300ML R35 500ML R55

JACK BLACK
300ML R35 500ML R55

WINDHOEK
300ML R35 500ML R55



cocktails blend me, shake me, drink me!

- **pina colada** 85 / 60 **virgin**
Havana Club Rum, Coconut rum, coconut milk & pineapple juice.
- **strawberry daiquiri** 90 / 65 **virgin**
Havana Club Rum, strawberry liqueur, lime juice, frozen strawberries.
- **passion fruit daiquiri** 95 / 70 **virgin**
Spiced rum, passion fruit puree & lime juice.
- **mojito made the classic way - not sweet** 95 / 70 **virgin**
Havana Club Rum, fresh mint, fresh lime, simple syrup & soda water.
- **margarita** 95
Olmecca Black Tequila, triple sec & fresh lime juice.
- **espresso martini** 90
Wyborowa Vodka, coffee liqueur, simple syrup & espresso.
- **long island iced tea** 95
Wyborowa Vodka, Beefeater Gin, Havana Club Rum, Olmecca Tequila, Triple sec, lime juice, simple syrup & Coke.
- **back flip** 80
Spiced rum, Blue Curacao, Coconut rum & orange juice.
- **pink silky dress** 80
Peach schnapps, Wyborowa Vodka, cranberry juice & grenadine.
- **passion berry fizz** 80
strawberry, passion fruit, Wyborowa Vodka & lime juice.
- **mai thai** 90
Havana Club Rum, Triple sec, dark rum, amaretto, lime juice & orange juice.
- **boston iced tea** 90
Beefeater Gin, Wyborowa Vodka, Havana Club Rum, Olmecca Tequila, Triple sec, lime juice, simple syrup & cranberry juice.



aperol spritz 95



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