

# BREAKFAST

served  
until  
11 am

## THE SQUARE BREAKFAST

80 2 eggs cooked to order, rosemary roasted tomato,  
2 bacon rashers served with toast, butter & preserves

## VEGETARIAN BREAKFAST

95 2 eggs cooked to order, rosemary roasted tomato,  
grilled halloumi, sautéed mushrooms, crispy potato  
cubes served with toast, butter & preserves

## FARMERS BREAKFAST

140 2 eggs cooked to order, 100g boerewors sausage,  
rosemary roasted tomato, 2 bacon rashers, sautéed  
mushrooms served with toast, butter & preserves

## FRESHLY BAKED CROISSANTS

115 Served open and grilled OR deconstructed with 2  
scrambled eggs, bacon, grated cheese & fresh rocket  
55 Served with jam or marmalade & grated cheese

## MUESLI BOWL

88 served with plain yoghurt, fresh seasonal fruits,  
crunchy muesli and our homemade honey berry coulis

## EGGS BENEDICT

2 poached eggs on an English muffin with our  
signature avodaise sauce

115 bacon  
115 spinach & feta  
SQ smoked salmon trout

## OMELETTE

3 egg omelette served with toast, butter & preserves

98 cheese  
98 spinach & feta  
SQ smoked salmon trout, cream cheese, sliced red  
onion & crispy capers (served open)

## SHAKSHOUKA

2 eggs in a rich tomato concasse with feta, mixed peppers  
and all baked in a skillet

130 served with hummus, olives & a pita  
18 add bacon rasher  
30 add sliced chorizo

## EXTRAS

10 egg	18 bacon rasher	25 sautéed
10 toast (one slice)	30 chorizo	mushrooms
10 tomato	30 boerewors	40 halloumi

# TAPAS & SMALL PLATES

- 48 Crispy pork crackling
- 73 Falafel balls & hummus
- 95 3 Cheese chilli poppers with guacamole
- 18 Add on bacon
- 88 Grilled halloumi - locally sourced with coriander chutney
- 98 Garlic bread with whole roasted garlic, creamy feta, olives and dukkah sprinkle
- 75 Crumbed salt & pepper calamari with garlic aioli
- SQ Skaapstertjies with a mint mayo
- 89 Asian fishcakes with wasabi mayo & tempura pickled ginger

## PORTUGUESE MUSSELS

- 105 Half-shell black mussels served in a spicy Mozambique style sauce. Served with warm ciabatta bread

## MUSSELS AND FRIES

- 105 Half-shelled black mussels in a creamy garlic white wine sauce

## TRINCHADO

- B 125 Our creamy peri-peri Mozambican style sauce, garnished with olives and fresh rocket leaves. Served with sliced ciabatta. Your choice of beef or chicken
- C 95

## SEAFOOD BISQUE

- SQ Served with warm ciabatta

## STEAK TARTAR

- 165 A classic deconstructed, freshly minced raw beef fillet, chopped onion, garlic, gherkins and capers, served with a splash of brandy, an egg yolk, Dijon mustard, Tabasco and a slice of ciabatta toast

## GRILLED CAJUN CALAMARI

- 105 Spiced calamari strips, grilled with red peppers, sundried tomato, mixed olives, rocket & baby spinach leaves and served with basmati rice

## GARLIC BUTTER SNAILS

- 115 Classic garlicky goodness! Snails smothered with fresh garlic parsley butter. Served with warm ciabatta
- 135 Garlic snails topped with feta cheese & crispy bacon. Served with warm ciabatta

# NACHOS

- 115 A generous portion of our homemade crispy chips, grated cheese, tomato salsa, coriander chutney, cream cheese and gaucamole. ✓
- 145 With grilled chicken pieces
- 30 Add jalapenos

# SALADS

## CAPRESE SALAD

- 155 Mozzarella, tomato, basil pesto, fresh basil and olive oil drizzle

## ALL GREEN SALAD

- 125 Rocket, baby spinach, mixed leaves, cucumber ribbons, green apple, pecorino shavings and toasted seeds & nut sprinkle. Served with a creamy herb dressing

## GIRLS SALAD ✓

- 125 Rosa tomatos, olives, feta, cucumber ribbons, red onion, roasted sunflower seeds, mixed peppers, crispy croutons with mixed salad leaves. Vinaigrette dressing on the side

## GIRLS CHICKEN CAESAR SALAD

- 145 Crispy bacon, tender grilled chicken, pecorino cheese shavings, croutons, mixed leaves and caesar dressing

## ASIAN DUCK SALAD

- SQ Shredded confit duck, julienned carrots, cucumber ribbons, spring onions, mixed leaves, sesame seeds, tempura pickled ginger with sweet soy & lemongrass dressing

## PRAWN & LITCHI SALAD

- 185 Grilled prawns, blue cheese stuffed litchis, cucumber and carrot ribbons, fresh pear slices, sesame seeds, baby spinach leaves and fresh rocket, topped with crispy pickled ginger. Soy, chilli and ginger dressing on the side

## MOROCCAN COUSCOUS SALAD ✓

- 135 Dried Turkish apricots, toasted macadamia nuts, Moroccan spiced couscous, creamy feta cheese, tomato, cucumber ribbons and citrus segments. Vinaigrette dressing on the side

- 30 Add grilled chicken pieces

## WRAPS

Prepared with gluten free bases

served  
until  
5 pm

### HAWAIIAN CHICKEN

109 Panko crumbed chicken with grilled pineapple and 1000 island sauce

### VEGGIE SUPREME

109 Avo hummus, roast veg, feta, dukkah sprinkle with mixed leaves

### PERI PERI CHICKEN WRAP

115 Peri peri chicken served with cucumber, tomato, feta, lettuce & yoghurt

### MOROCCAN CHICKEN WRAP

125 Served with grilled dates, apricots, butternut, feta and an apricot mustard drizzle

## VEGGIE

### VEGETARIAN PLATTER

155 Brown mushroom topped with fresh sliced pear and blue cheese, roasted butternut, cream cheese stuffed peppadews, macadamia nut stuffed litchis, seasonal vegetables, couscous and sweet potato fries. Dressed with seed sprinkle, poppadum and fresh coriander leaves

### CHUNKY VEGETABLE & MUSHROOM CURRY

125 A fragrant Cape Malay style curry with mango pieces, coconut milk and warm spices (no chilli). Served with sambals, roti and fragrant basmati rice or couscous

**BE SURE TO TRY OUR**  
Veggie burger, salads as well as  
our selection of sushi

# BURGERS

	<b>BEEF BURGERS</b> (200g pure beef patty)	<b>CHICKEN BURGERS</b> (Grilled or panko crumbed fillet)	<b>VEGGIE BURGER</b> ✓ (Homemade falafel patty)
<b>Pepper burger</b> tangy Madagascan pepper sauce	155	130	120
<b>Cheese burger</b> the traditional all-time favourite!	180	145	135
<b>American burger</b> cheese, caramelised onions, tomato relish & sliced gherkins	190	165	155
<b>Bacon, guac &amp; feta</b> crispy bacon rashers, guacamole and feta chunks <small>*Veggie Burger with no bacon</small>	205	165	160
<b>Peri-peri burger</b> basted with our homemade peri-peri sauce, cream cheese & tzatziki	195	155	135
<b>Hawaiian burger</b> crispy bacon rashers and grilled pineapple	180	145	135
<b>Veggie Burger</b> Pickled veg, guacamole, coriander chutney			120
<b>Fig N Blue</b> Grilled figs with a zesty blue cheese sauce	185	160	135

# FISH & SEAFOOD

## GRILLED LINEFISH

**175** Locally caught linefish, grilled and topped with tartare sauce. Served with fragrant basmati rice and chunky vegetables

## MEDITERRANEAN CALAMARI

**215** Tender spiced calamari strips grilled with mixed peppers, baby spinach, olives & sun-dried tomatoes. Topped with rocket leaves. Served with seasonal veg and basmati rice

## LINEFISH & CALAMARI TRIO

**225** Grilled hake & gurnard with tender crumbed calamari strips. Served with seasonal veg, basmati rice and lemon butter and tartare  
~ Add a few prawns to make your own platter!

## MANGO PRAWN CURRY

**205** A fragrant Cape Malay style curry with mango pieces, coconut milk and warm spices (no chilli). Served with sambals, roti and fragrant basmati rice or couscous

## MUSSELS AND FRIES

**155** Half-shelled black mussels in a creamy garlic white wine sauce

## SEAFOOD PLATTER FOR 2

**SQ** A full portion of both our grilled linefish, hake & gurnard, with 200g of tender crumbed calamari strips, 6 lemon butter prawns and Portuguese mussels. Served with seasonal veg, basmati rice, lemon butter and garlic butter

## CAJUN LINEFISH

**255** Grilled linefish topped with cajun calamari and served with basmati rice and veg

## SPECIALITY LINEFISH

**SQ** Locally sourced catch of the day. Ask your waitron for details

## CUBAN MOJO LINEFISH

**175** Grilled linefish topped with a salsa of fresh coriander and parsley, garlic and jalapeño. (spicy) Served with rice and chunky vegetables

ALL OUR LINEFISH IS LIGHTLY DUSTED WITH FLOUR BEFORE GRILLING.  
FOR GLUTEN FREE, PLEASE ASK YOU WAITRON.

# PRAWNS, PRAWNS AND MORE PRAWNS

All our prawn dishes are served with fries or rice and seasonal vegetables. Our delicious prawns are served 'naked' (body is peeled, head on) for more flavour and easier eating!

## MOROCCAN PRAWNS

An exotic blend of North African flavours and spices

## SOY CHILLI GINGER PRAWNS

A tangy, spicy and flavourful option with sesame seeds

## PERI PERI PRAWNS

Our ever popular home made peri peri sauce.  
Ask your waitron for a bottle to go!!

## THE GIRLS PRAWNS

The same warm flavours as the peri peri without the heat

## LEMON OR GARLIC BUTTER PRAWNS

The classic favourite

350 300g grilled prawns (±10-12)

480 500g grilled prawns (±16-18)

850 1kg grilled prawn platter with 3 options to  
choose from. (±25)

# GRILLS & POULTRY

## CHOOSE YOUR WEIGHT, CUT & PREPARATION METHOD

<b>Fillet</b>	200g 245 300g 295	<b>Sirloin</b>	300g 220 400g 270
<b>Ribeye</b>	300g 335	<b>Ostrich</b>	200g 220 400g 350

### PEPPER

35 A classic Madagascan pepper sauce

### MOZAMBIQUE

65 Creamy Girls peri peri sauce & 2 prawns

### GIRLS

45 Fig balsamic drizzle, peco, basil pesto & rocket

### PEAR & BLUE

35 Grilled pears & a rich blue cheese sauce

### CHILLI CHOCOLATE SAUCE

45 Home made chilli chocolate sauce

### CHIMICHURRI

35 Salsa of fresh herbs, garlic & chilli

### CHILLI SOY GINGER

35 Served with wasabi & pickled ginger

## ALL THE ABOVE SERVED WITH VEG & FRIES

### BBQ ESPRESSO RIBS

235 450g of succulent pork ribs basted in a sticky BBQ espresso glaze with sesame sprinkle & fries

### CHICKEN STACK

160 Grilled chicken breast with roast butternut, feta, macadamia nuts, dates, peppadews and coriander leaves. Served with an apricot mustard sauce, marinated mustard seed, seasonal vegetables and couscous

### MANGO CHICKEN CURRY

165 A fragrant Cape Malay style curry with mango pieces, coconut milk and warm spices (no chilli). Served with sambals, roti and fragrant basmati rice or couscous

### THE GIRLS PERI PERI CHICKEN

160 Tender chicken breast basted in our famous peri-peri sauce and served with a Greek salad & fries



# DESSERTS

## AMARULA CRÈME BRÛLÉE

65 Smooth and creamy crème brûlée with a caramelised sugar topping

## FROZEN HONEY CHEESECAKE

85 Almond biscuit base and topped with a rooibos & mixed berry coulis

## MALVA PUDDING

65 Soft sponge pudding drenched with a sweet butterscotch syrup and served with custard

## CHOCOLATE BROWNIE

90 Saucy dark chocolate brownie topped with salted caramel sauce with vanilla ice cream

## AFFOGATO

85 Vanilla ice cream topped with chocolate sauce, Frangelico, toasted almond flakes and served with a shot of espresso on the side

## LITCHIS & GINGER

75 Light and refreshing! Litchis stuffed with preserved ginger and served with coconut sorbet. Lightly drizzled with a citrus & cardamom syrup

## ICE CREAM WITH SALTED CARAMEL SAUCE

45 Our homemade sauce

## SORBET - HOMEMADE

45 Ask your waitron for available flavours

**Please note that there will be a service charge on tables of 6 or more people.**



# SUSHI

## SALMON ROSES

3pc 115

## SASHIMI

4pc 130 Salmon

4pc 120 Tuna

4pc 135 Seared Salmon

## NIGIRI

3pc 95 Salmon

3pc 95 Tuna

3pc 95 Prawn

## HANDROLLS

1pc 105 Salmon

1pc 105 Tuna

1pc 105 Prawn

1pc 90 Veg

## MAKI

8pc 115 Salmon

8pc 110 Tuna

8pc 110 Prawn

8pc 105 Avo

8pc 115 Smoked Salmon

## CRISPY SANDWICHES

8pc 165 Fried sandwiches, salmon or prawn, topped with sweet chilli and sushi mayo

## CRISPY CALIFORNIA ROLLS

8pc 165 Fried California rolls with your choice of salmon/tuna/prawn/crab topped with sweet chilli and sushi mayo

## TEMPURA ROSES

3pc 130 Salmon roses topped with tempura prawns dressed with sushi mayo and sweet chilli

**All the sushi dishes are freshly made to order.**



## SUSHI

### 3 SOME ROSES

**3pc** 125 Salmon roses topped with blanched prawns mixed with sushi mayo, spring onion, sesame seeds and a drizzle of teriyaki sauce

### ROCK 'N ROLL

**4pc** 130 A salmon and cream cheese roll topped with torpedo panko prawn drizzled with sticky sauce

### GIANT SUSHI ROLL

**6pc** 140 Rice and nori roll filled with salmon, tuna, prawn and cream cheese fried slightly with crispy tempura crumb drizzled with teriyaki and sweet chilli

### SHRIMP TEMPURA ROLL

**8pc** 135 Salmon or tuna California rolls topped with tempura and sweet chilli and sushi mayo

### POKE BOWL

155 Sushi rice topped with fresh vegetables, served with salmon or tuna, avo, onion, red cabbage, carrots, cucumber, edamame beans and sesame seed dressed with a special poke sauce

### CALIFORNIA ROLLS

<b>8pc</b>	125	Salmon
<b>8pc</b>	120	Tuna
<b>8pc</b>	120	Prawn
<b>8pc</b>	125	Smoked salmon
<b>8pc</b>	105	Veg

**All the sushi dishes are freshly made to order.**



## SUSHI

### SANDWICH

8pc	125	Salmon
8pc	120	Tuna
8pc	120	Prawn
8pc	125	Smoked salmon
8pc	105	Veg

### THE GIRLS RAINBOW ROLL

8pc	Rainbow roll with sweet soya, 7 spice sesame oil, spring onion and sushi mayo
165	

### VEG RAINBOW ROLL

8pc	Avo, carrots, cucumber with avocado on top
160	

### RAINBOW ROLL

8pc	Salmon, avo and cucumber roll topped with salmon and avo
160	

### RAINBOW SANDWICHES

9pc	Salmon sandwiches filled with salmon and avo, topped with sushi mayo and caviar
175	

### PANKO CRUMBED PRAWNS

6pc	Served with sweet chilli sauce
135	

All the sushi dishes are freshly made to order.



# SUSHI

## COMBO 1

**14pc** 8pc salmon California rolls, 4pc prawn sandwiches & 2pc  
230 salmon nigiri

## COMBO 2

**16pc** 4pc salmon sandwiches, 4pc crispy prawn California rolls,  
340 2pc salmon roses, 4pc salmon maki & 2pc tuna sashimi

## COMBO 3

**24pc** 8pc salmon rainbow rolls, 4pc prawn maki, 4pc salmon  
460 sashimi, 4pc salmon roses & 4pc salmon California rolls

## COMBO 4

**30pc** 8pc fashion sandwiches, 8pc crispy prawn California rolls,  
535 8ps crab California rolls, 2ps salmon nigiri, 2ps tuna nigiri  
& 2pc prawn nigiri

## THE BOYZ PLATTER

**40pc** 8pc giant roll, 8pc California salmon, 6pc panko prawn, 6pc  
840 sashimi 3/3, 4pc salmon roses, 4 pc avo maki & 4pc nigiri  
prawn

## PAISLEY PLATTER

**12pc** 4pc shrimp tempura rolls, 2pc nigiri tuna, 2pc salmon roses &  
295 4 pc Girls rainbow rolls

## VEGETARIAN COMBO

**13pc** 4pc veg California rolls, 4pc avo maki, 1pc veg handroll &  
170 4pc veg sandwiches

## SQUARE PLATTER

**10pc** 4pc salmon California rolls, 2pc salmon roses, 2pc tuna  
225 sashimi & 2pc salmon nigiri

## MINI BEACH PLATTER

**8pc** 4pc crispy California rolls, 4pc California rolls topped with  
180 tempura prawns and sweet chilli

**All the sushi dishes are freshly made to order.**