



THE AVENUE
Restaurant & Grill

— MENU —



THE AVENUE

Restaurant & Grill



Our chips

are made here everyday from real potatoes. No chemicals and no preservatives. The old-fashioned way.



Our meat

If we cut too big we don't trim. You will get the benefit of the larger piece. Our steaks are always overweight or the right weight but never under weight.



10% service charge

will be charged automatically to all bills. This goes to the waitron who serves you.



Our grill

We use a hot steak grill to cook our steak. It will be different to what you are used to so order one grade down.



Our car guard

keeps our area relatively free of undesirables and therefore looks after your car. Please reward him

- V** = Vegan
vo = Vegan Option

STARTERS

V	Cape Butternut & Sweet Potato Soup	R70
	- Tony's family favourite	
vo	Crumbed Mushrooms	R95
	- served with our homemade Tartar Sauce	
	Grilled Calamari Steak	R90
	- served with cajun, garlic or lemon	
	Deep-Fried Calamari Strips	R95
	- lightly dusted with fennel and coriander	
vo	Jalapeno Poppers	R90
	- our way with coriander mayonnaise on the side (Non-dairy option available)	
	Peppadew Poppers	R90
	- done our way with coriander mayonnaise on the side	
	Ostrich Carpaccio	R140
	- on a bed of rocket with Parmesan shavings and honey mustard dressing	
	Chicken Wings	R95
	- Grilled with our basting	
vo	Grilled Halloumi (Optional Grilled Tofu)	R95
	- Sesame encrusted on a bed of greens with grilled baby tomatoes and Patha	
	Deep-fried Camembert	R105
	- served with berry coulis	
	Mozzarella & Jalapeno Spring Rolls	R85
	Baby Calamari Tubes	R115
	- with garlic and chili	
	Starter Platter for 3	R189
	- consisting of calamari strips, crumbed mushrooms, chicken wings & chili poppers	
	Add per person R50, for more than 3 sharing	

SALADS

	Roquefort Salad	R115
	- with pear on a bed of our Eden Garden base	
vo	Grilled Courgette & Halloumi (Optional Grilled Tofu)	R105
	- with mint, lemon & spices on a bed of our Eden Garden base	
V	Grilled Tofu Pesto Salad	R105
	- with grilled butternut, baby tomatoes and pumpkin seeds on a bed of our Eden Garden base	
	Grilled Chicken Salad OR Pesto Chicken Salad	R120
	- with grilled butternut, baby tomatoes, pumpkin seeds & feta on a bed of our Eden Garden base	
vo	Roast Vegetable Salad	R95
	- with pine nuts & feta (or not)	
vo	Greek Salad	R85
	- Our Eden garden base with feta and olives	

CHICKEN

(Local free range breasts)

(Served with roast veg & your choice of starch)

Grilled free-range Chicken Breasts - with our basting	R150
Chicken Schnitzel - served with coriander mayo	R155
Chicken Kebabs - with apricot, peppers & onion	R150

FROM THE SEA

(Chef Rudi is in Charge)

(Served with roast veg & your choice of starch)

Traditional Hake & Chips	R140
- Fried or grilled, served with our homemade tartar sauce (definitely never been frozen)	
Kingklip (when available)	R240
- always fresh	
Fresh Local Catch of the Day (ask your waitron what's available)	R230
- finished with lemon or garlic butter	
Calamari deep fried (Strips)	R190
- lightly dusted with fennel and coriander	
Grilled Calamari Steaks	R180
- with Lemon, Cajun or Garlic butter	
Baby Calamari tubes	R230
- Pan fried with garlic and chilli	
Rudi's Seafood Platter (when available)	R280
- A selection of today's fish, calamari, mussels and prawns	
Grilled Prawns	R255
East Coast Sole (when available)	SQ

FROM THE PAN

(Served with roast veg & your choice of starch)

Beef Schnitzel (with or without fried egg)	R160
Rudi's traditional Beef Stroganoff	R150

- (V) = Vegan
 (vo) = Vegan Option

OUR STEAKS

(All served with roast veg and your choice of starch)

Sirloin 250g (Tony's favourite)	R215
Rump 250g	R225
Fillet 200g	R235
T-Bone 400g	R220

OUR SPECIALITIES & THE BIG STUFF

(All served with roast veg and your choice of starch)

Sirloin 350g	R245
Rump 350g	R255
Fillet 300g	R280
T-Bone 550g	R320
T-Bone 800g	R440
Rib-Eye Steak	R262
Lamb Chops	R275
Prime Rib 550g (get that nice bone flavour in your meat, the old fashioned way!)	R275
Ostrich Steak 250g	R245
Beef Ribs - marinated for 3 days, cooked and grilled with our special basting (when available)	
500g (WHEN AVAILABLE)	R275
900g (WHEN AVAILABLE)	R320

SAUCES & SIDES ALL R40

(Sauces are pure cream and gluten-free, except for the (V) monkey gland and (V) chilli relish)

Cheddar Cheese	Trio of Mustard Sauce
Blue Cheese	Peppercorn
Blue Cheese & Mushroom Sauce	Mushroom
(V) Monkey Gland	Creamy Garlic Sauce
(V) Chilli Relish	Garlic Butter
	(served cold for you to melt on your steak)

EXTRAS

Roast Potatoes	R40	Avenue Onions (original Spur style)	R40
Baked Sweet Potato	R40	Side Salad	R29
Chips	R40	Atchar (Homemade Mango Joburg Style)	R15
Roast Vegetables	R40	Slice of Cheddar	R15
Baked Potato	R40	Sweet Potato Chips	R45

- V** = Vegan
- vo** = Vegan Option

OUR BURGERS

(Choose from 200g pure beef or grilled free range chicken breast or schnitzel, served with salsa and your choice of starch)

Plain burger	R120
Cheese burger - (with a slab of cheddar)	R135
Sauce burger - (any one of the sauces below)	R140
Burger in a bowl - (any burger served on a bed of salad greens: no chips, no roll, pure health)	ADD R20

BURGER SAUCES

(Sauces are pure cream and gluten-free, except for the **V** monkey gland and **V** chilli relish)

Cheddar cheese	Trio of mustard
Blue cheese	Peppercorn
Blue cheese & Mushroom	Mushroom
V Monkey gland	Creamy garlic
V Chilli relish	Garlic Butter
V Sautéed Mushrooms	(served cold for you to melt on your burger)

GOURMET BURGERS

Crunchy onion, cheese & atchar	R152
Chilli cheese - served with atchar	R152
Camembert and sautéed mushrooms	R152
Deluxe burger (Any burger, topped with grilled halloumi, Patha, sautéed onions)	ADD R40

VEGAN & VEGETARIAN

V *Romeo's Burger with chips and sautéed onions	R165
Halloumi burger with sautéed onions and Patha	R98
V Tofu burger	R98
V The Other Vegetarian burger (our own recipe with sautéed onions)	R105
ADD a Sauce to your burger R25 - Gourmet burgers (see above) Add R30	
V Naked Leaf Burger - Choose from mushroom & lentil or beetroot & bean, or try one of each!	R115

THE BIG VEGAN STUFF

V *Romeo's Vegan Steak - with roast veg and your choice of starch	R165
V *Romeo's Vegan kebabs - with roast veg and your choice of starch	R175
V The Beyond Burger - Revolutionary Plant-based burger, served with chips & sautéed onions	
Plain	R150
With sauce	R170
V Rudi's Potato Stroganoff - with mushrooms (his mother's Austrian recipe)	R140
V Beyond Sausage - served with veg, peas, Avenue onions,	R175
crushed potato & Neapolitan sauce on the side	

*Romeo's products are made here in Cape Town from dehydrated mushrooms and chickpea flour



THE AVENUE

Restaurant & Grill

OUR AMAZING STAFF

