

ATLANTIC  BEACH
Golf Club *Cape Town*

Sunset Terrace Menu

BREAKFAST

Available daily from 09h00 – 12h00

Health Breakfast R22.00
Bowl of muesli served with low fat yoghurt, fresh fruits, and a glass of fruit juice

Birdie Breakfast R27.00
Two Eggs Fried or scrambled, Crispy Bacon, Grilled Tomato and Hash Brown

Eagle Breakfast R34.00
Two Fried Eggs, Crispy Bacon, Mushrooms, Grilled Tomato and Hash Brown

Farmhouse Omelette R31.50
Filled with Bacon, Mushroom & Cheese

Put-Put (Kiddies) Breakfast R19.50
One Egg any Style on Toast with Grilled Bacon

LIGHT MEALS

Cajun Wrap	R32.00
Beef or Chicken strips grilled and wrapped in a flour tortilla with salsa and a rosemary feta dressing	
Sesame Chicken Skewer	R25.00
Tender chicken fillet skewers laced with honey and crumbed in sesame seeds, grilled till golden brown and served with a sweet chilli sauce	
Calamari	R40.00
Deep fried calamari steak strips served with chips and a salad garnish accompanied by tartar sauce	
Bacon & Blue Cheese Salad	R37.00
Crispy bacon bits and grilled peppers served on fresh garden greens and laced with a roquefort dressing	
Spicy Chicken Salad	R37.00
Spicy chicken strips on a bed of fresh greens served with a sweet chilli relish	
Greek Salad	R32.00
Traditional greek styled salad with olives and feta cheese, served with a olive oil and balsamic dressing	
Fish & Chips	R50.00
Grilled or deep fried hake with chips or salad	
Spud Skins	R25.00
Deep fried potato skins smothered with cheese and topped with crispy bacon bits	
4 Ball Platter	R85.00
A selection of beef samosas, vegetable spring rolls, chicken strips and fries all served with a sweet chili dipping sauce	
Plate of Chips	R25.00
French fries served with 2 dipping sauces	
Grilled Rump Steak	R65.00
200g Matured rump steak grilled to your liking and served with chips and a salad garnish	
Chicken Schnitzel	R65.00
Crumbed chicken fillet accompanied by fries and seasonal veggies	

BURGERS

Beef or Chicken burger served with chips R35.00

Extra toppings:

pineapple – R8.00
bacon – R9.50
cheese – R9.50
egg – R5.00
extra patty – R15.00

Sauces:

R12.95
Cheese, Mushroom
Garlic, Pepper

DESSERTS

Cinnamon Roll R30.00

A warm, soft cinnamon bun with a rich vanilla topping

Hot Malva Pudding R30.00

Traditional malva pudding served with cream

Warm Apple Crumble R30.00

Warm tangy apple surrounded by crumbled sugar pastry

Ice Cream and Chocolate Sauce R30.00
