

BREAKFAST

- Traditional** R60
Bacon, 2 fried eggs, tomato, mushroom, sausage and toast
- Sunshine Breakfast** R40
1 egg, bacon, tomato and toast
- Omelette** R66
Choice of 2 fillings
Bacon, ham, cheese, mushrooms, tomato, onion

STARTERS

- Chilli Poppers** R55
Jalepeno chillies stuffed with feta and cheddar
- Crumbed Mushrooms** R52
- Mussels** R55
Smothered in a creamy garlic sauce
- Halloumi Cheese** R76
Served with preserved figs
- Chicken Livers** R60
In spicy peri peri sauce
- Calamari Tubes** R60
(Fried, Grilled or Cajun)
Served with a nibble of chips
- Calamari Heads** R65
(Fried or Grilled)
Served with a nibble of chips

SALAD

- Greek Salad** R65
Garden salad topped with feta and olives
- Chicken Salad** R75
Garden salad topped with spicy chicken strips and avocado *(seasonal)*
- Side Salad** R30
Small garden salad

MEAT

- Rump Steak** R125
300g succulent rump
- Old Man Rump** R165
300g succulent rump smothered in mushroom, whole grain mustard and Jack Daniels sauce
- Spare Ribs** R115
400g ribs grilled to perfection and basted in our famous basting sauce
- T-Bone Steak** R148
Matured 400g T-bone
- Sirloin Steak** R105
250g sirloin steak
- Steak, Egg and Chips** R100
200g rump steak topped with a fried egg
- Steak Sauces** R20
Monkey Gland, Cheese, Pepper, Mushroom, Garlic
Served with chips or rice & salad or vegetables

BURGERS

- Prego Roll** R97
Served hot or mild, 150g sirloin in a spicy sauce
- Burger** R80
Pure beef burger on a garnished roll
- Saucy Burger** R98
Burger topped with a choice of Blue Cheese, Mushroom, Pepper, Monkey Gland or Cheese sauce
- Cheese Burger** R85
Burger topped with grated cheddar cheese
- Chicken Burger** R78
Grilled or Crumbed
Chicken breast served on a garnished roll
- Jo Burger** R89
Burger topped with bacon, cheese and egg
Served with chips

CHICKEN

Chicken Schnitzel R90
Crumbed chicken schnitzel topped with mushroom sauce

Chicken Breast R95
Grilled chicken breast smothered in a white wine and mushroom sauce, topped with grated cheddar cheese

Served with chips or rice & salad or vegetables

SEAFOOD

Scampi SQ
Deep fried crispy coated whole prawns

Legendary Prawns SQ
8 Succulent prawns butterflied and grilled in lemon butter

Fresh Line Fish SQ
Ask your waitron for today's catch and specials

Kingklip SQ
Grilled in lemon butter

Calamari *fried, grilled or cajun style*
Patagonica tubes R98
Heads R102

Fish and Chips R90
Crispy fried or grilled hake

Calamari Strips R95
Tender and lightly fried

Served with chips or rice & salad or vegetables

COMBOS & PLATTERS

Hake & Calamari R130
Grilled or fried hake & *calamari

Fisherman's Platter R290
3 King prawns, fried halloumi, 6 mussels, *calamari and line fish

Captain's Quarters R202
Line fish, *calamari & 3 prawns

Skipper's Feast R195
Grilled or fried hake, 4 mussels and 3 prawns

Lighthouse Meal R190
150g Sirloin steak, *calamari and 3 prawns

Surf and Turf R140
200g Rump steak and *calamari

** starter portion calamari - fried, grilled or Cajun*

PIZZA

Focaccia R48
Herb R48
Garlic R65
Cheese

Margarita R66
Tomato Paste, mozzarella and herbs

Regina R81
Mushrooms and ham

Beach R85
Ham and pineapple

Tide R83
Spicy chicken and bacon

Reef R83
Salami, mushroom and garlic

Dune R90
Bacon, olives and onion

Breaker R104
Salami, bacon, green pepper, chilli and onion

Coral R94
Bacon, banana and pineapple

Shark R99
Fresh tomato, peppadews, basil pesto and fresh rocket

Blue Pizza R108
Chicken, blue cheese and green figs (seasonal)

FAB R90
Feta, avocado (seasonal), bacon

Kelp R110
Chicken, mushroom, green pepper, feta and olives

Neptune R135
Anchovies, mussels, calamari heads and peppadews

Wave R103
Feta, olives, sundried tomatoes, garlic and avocado (seasonal)

Rock R100
Ham, bacon, salami and chicken

Extra Toppings on back page