



RESTAURANT | SUSHI | BAR

MENU



BREAKFAST

FULL VISTA BREAKFAST R85

Two eggs, crispy macon, beef sausage, sautéed mushrooms, roasted cherry tomato, toasted croissant

EGGS BENEDICT R75

The classic, toasted English muffin topped with macon, two soft poached eggs and topped with a hollandaise sauce, served with roasted cherry tomatoes

Norwegian salmon, toasted English muffins, two soft poached eggs and topped with a hollandaise sauce and roasted cherry tomatoes R95

SMOKED SALMON CROISSANT R75

Cream cheese, Norwegian salmon, rocket and cherry tomatoes

WATERFRONT BREAKFAST R85

Scrambled eggs, crispy macon, roasted cherry tomatoes, parmesan on a croissant

BREAKFAST BURGER R125

Eggs, macon, cheddar cheese

BASIC BREAKFAST R45

Two eggs, crispy macon and toasted English muffin

AMERICAN STYLE PANCAKES R75

Salted caramel, berry coulis, fresh strawberries

VISTA FRENCH TOAST R65

Crispy macon, fresh rocket, roasted baby tomatoes

JUNIOR'S BREAKFAST

Scrambled eggs and toast soldiers R25

Scrambled eggs, toast and macon R35

Mini eggs, English muffin, poached egg and hollandaise sauce R45

TO START

OYSTER

Served with Tabasco and lemon jelly

R30

GRILLED CALAMARI

Ponzu sauce, fresh bean sprouts, potato and leak purée

R75

ONE MINUTE FRIED CALAMARI

Fried baby Patagonia and pickled Pak Choi, coriander

R75

MUSSELS

Red curry sauce, mash balls, fresh herbs

R78

TEMPURA PRAWNS

Panko-crumbed prawns, sweet chilli sauce

R68

SOUP

Created daily, please ask for today's options

R55

ROCKET SALAD

Grana Padano, cherry tomatoes, balsamic reduction

R45

CALAMARI SALAD

Pickled baby Patagonia, avocado, hand-harvested baby leaves

R85

DEEP-FRIED CAMEMBERT

Fairview camembert, panko-crumbed, Ponzu reduction

R75

MISO PRAWNS

Chilly, garlic and coriander, sticky rice

R85

SEARED TUNA TATAKI

Garlic, ginger and spring onions

R90

TENDER BEEF TATAKI

Seared beef, garlic, sesame oil

R130

ASIAN EGG FRIED RICE

Brown short grain rice, Asian veg, a Sriracha and soya sauce

R75

CRUNCHY THAI PEANUT & AUSTRALIAN BROWN RICE SALAD

Asian herbs, spicy peanut dressing, soya

R85

FETA AND HERBS

Mixed leaves, olives, feta

R45



MAINS

CLASSIC BURGER R95

Karan beef, salted fries, spicy basting

TAMARIND AND YOGURT MARINATED CHICKEN R135

Brown rice, soy, garlic, ginger and garlic

FRIED CALAMARI R140

Fries, sauce tartare, grilled lemon

VISTA MARINA BURGER R190

Karan beef, 4 tiger prawns, mash balls

SIRLOIN STEAK R160

Karan beef, mash balls, Maldon salt, roasted cherry tomatoes

BABY FRIED CALAMARI R165

Fried baby Patagonia, pickled Pak Choi, coriander

LINE FISH R165

Citrus velouté, buttered mash, grilled lemon

GRILLED CALAMARI R170

Citrus velouté, fragrant rice, grilled lemon

PONZU CALAMARI R195

Ponzu-grilled, edamame beans, brown rice

SIRLOIN STEAK R185

XO basting, edamame beans, soya sauce

DOCK PLATTER R185

Grilled hake, 3 tiger prawns, creamy mussels, fragrant rice

SIRLOIN AND CALAMARI PLATE R200

Karan beef, mash balls, Maldon Salt, fried calamari

FILLET STEAK R190

Karan beef, mash balls, Maldon salt, roasted cherry tomatoes

KINGKLIP R195

Buttered mash, citrus velouté, fresh herbs

CLASSIC FISH AND CHIPS R95

Fries, sauce tartare, grilled lemon

TUNA STEAK R195

Pak Choi, brown rice, sesame-crusted

RED CURRY PASTE KINGKLIP R215

Australian brown rice, coriander, garlic

FILLET STEAK R225

XO basting, edamame beans, mash balls

MISO-MARINATED KINGKLIP R225

Yellow miso, mirin and Pak Choi

EIGHT LARGE PRAWNS R180

Pan-grilled, citrus velouté, fragrant rice

PONZU SALMON R220

Norwegian salmon, brown rice, reduced Ponzu, Asian veg

SEAFOOD PLATE FOR ONE R380

6 Medium & 4 large prawns in a citrus velouté, grilled kingklip, mussels, fried calamari and grilled calamari, fragrant rice, grilled lemon

ASIAN SEAFOOD PLATE FOR ONE R480

6 Medium prawn tempura's, 4 large prawns & mussels in a red curry sauce, grilled kingklip, fried calamari with Pak Choi and grilled Ponzu calamari, Australian brown rice, Asian herbs

CRAYFISH R90/100g

Citrus velouté, fragrant rice, fresh herbs

CRAYFISH R100/100g

Ponzu reduction, brown rice, edamame beans, Asian herbs

FETTUCCINE R125

Aged grana parmesan, basil pesto, rocket

AUSTRALIAN BROWN RICE R145

Pak Choi, bean curd, spicy peanut dressing, medley of vegetables

MUSHROOM FETTUCCINE R125

Creamy mushroom sauce, grilled mushroom, aged grana parmesan

SAUCES & MORE

Pepper velouté	R20
Hollandaise sauce	R20
Mushroom velouté	R20
Chopped chilli	R20
Pesto sauce	R20
Citrus velouté	R20
Asian paste	R20
Thai red curry sauce	R35

SIDES

Vista mash balls	R22
Buttered mash	R22
Fragrant rice	R20
Sticky rice	R30
Australian brown rice	R35
Side salad	R25
Pak Choi tossed in garlic & soy	R60
Fries	R20

JUNIOR'S SELECTION

FRESH FISH COUJONS <i>Fries, grilled lemon, sauce tartare</i>	R45
GOLDEN CHICKEN NUGGETS <i>Panko-crumbed, fries, citrus mayo</i>	R45
FISH AND CHIPS <i>Hake, fries, sauce tartare</i>	R53
BEFF BURGER <i>Basted, onion rings, fries</i>	R55
CHICKEN BURGER <i>Fries, onion rings, citrus mayo</i>	R55
SOUP OF THE DAY <i>Creations change daily</i>	R35
TOASTY <i>Cheddar cheese, mash balls</i>	R45
TUNA TOASTY <i>Yellowfin tuna, tangy mayo</i>	R45



DESSERTS

WHITE CHOCOLATE BALLS R55
*Choux pastry, sweet miso caramel,
vanilla ice cream*

THE ULTIMATE CHOCOLATE BROWNIE R60
*Flaked almonds, berry coulis,
70% couverture Belgian chocolate*

SEMI FREDDO R55
Salted popcorn, honey, caramel

ICE CREAM R55
*Vanilla ice cream, honeycomb,
flaked almonds, chocolate sauce*

CHOCOLATE FONDANT R65
*70% Couverture Belgian chocolate,
vanilla bean ice cream*

JUNIOR'S DESSERTS

ICE CREAM R35
*Daily flavours, marshmallows,
chocolate sauce*

WAFFLE R35
*Ice cream, chocolate sauce,
berry coulis*

COCKTAILS

Strawberry Daiquiri R75

Margarita R60

Pina Colada R69

Martini Original R50

Espresso Martini R60

White Chocolate Martini R50

Amarula Martini R55

Cosmopolitan R55

Bellini Passion Fruit R65

Kir Royale Cassis R70

Cranberry Royal R65

Mimosa R65

Long Island Cranberry R55

Long Island Ice Tea R55

Mojito R65

Blood Orange Coconut Mojito R65

Cuba Libre R40

Blackcurrant Collins R55

Wild Berry Brumble R50

Bloody Mary R45

Banana and White Chocolate R70

SUSHI PLATES

We are proud to still be able to offer you the following prices all day, every day.

VISTA PLATE

Salmon California (4), tuna California (4), tuna crunch (4), rainbow rolls (4)

Special Price R 175 | Normal Price R 272

MARINA PLATE

Salmon roses (4), California rolls (4), firecracker rolls (8), salmon and prawn nigiri (4)

Special Price R 195 | Normal Price R 378

GOLD PLATE

Salmon roses (4), seared tuna, salmon & tuna sashimi (6), rainbow rolls (6), California rolls (4)

Special Price R 235 | Normal Price R 480

VEGETARIAN PLATE

Bean curd nigiri (2), cucumber roses (6), vegetable California rolls (8), avo maki (4)

Special Price R 110 | Normal Price R 215

OTHER SUSHI

VOLCANO ROLLS (6)

Tempura salmon, avocado, spicy creamy prawn, cucumber on the outside, chilli bean sauce

R175

SNOW DRAGON ROLLS (8)

Tempura prawn California, wrapped in salmon & tuna, topped with creamy crab salad

R156

BAM BAM ROLLS (6)

Tempura prawn, avo, chilli bean mayo, sesame seeds, cucumber on the outside

R122

FIRECRACKER ROLLS (8)

Tempura tuna, avocado, mayo, sesame seeds

R104

CARIN'S ROLLS (8)

Prawn tempura, creamy seven spice prawn, spring onion, teriyaki glaze

R138

TUNA CRUNCH (8)

Tuna tempura, cream cheese, rolled, tempered again, mayo, sweet chili sauce

R118

VEGGIE HEAVEN (8)

Egg omelet, bean curd, cucumber, carrot with teriyaki mayo

R120

SIRACHA ROLL (8)

Salmon, cream cheese, cucumber, Salmon roe, teriyaki with Sriracha mayo

R120

SALADS SEARED

Tuna
Sashimi
Prawn

R140

R195

R145

FASHION SANDWICHES (4)

Tuna
Salmon
Prawn
Crabstick
Vegetarian

R54

R62

R65

R46

R46

ROSES (4)

Salmon roses
Tuna roses
Seared tuna roses

R90

R90

R90

CALIFORNIA ROLLS (8)

Prawn
Tuna
Salmon
Spicy tuna
Spicy salmon
Crabstick
Vegetarian

R92

R92

R92

R98

R98

R58

R45

NIGIRI (2)

Tuna
Salmon
Prawn
Bean curd

R58

R68

R68

R48

MAKI (4)

Prawn
Tuna
Avo
Salmon
Cucumber

R68

R60

R40

R72

R40

HAND ROLLS (1)

Prawn
Tuna
Spicy tuna
Spicy salmon
Salmon
Crabstick
Vegetarian
Seared tuna
Seared salmon
Tempura prawn

R80

R75

R75

R90

R90

R54

R48

R76

R80

R80

ASSORTED SASHIMI

10 Pieces
16 Pieces

R175

R220

SASHIMI (4)

Tuna
Salmon
Seared tuna
Seared salmon

R70

R70

R72

R72

RAINBOW ROLLS (4)

Salmon and tuna
Salmon only

R 90

R 95

BEAN CURD (2)

Creamy prawn
Vegetarian
Salmon
Seared tuna

R68

R56

R80

R68

EDAMAME BEANS

Soy-dressed edamame beans
Chilli & garlic edamame beans

R60

R60



BUBBLES

MCC

Pongrácz Brut	R295
Pongrácz Brut Rose	R295
Pongrácz Noble Nectar	R309
Plaisir De Merle Grand Brut	R478
Graham Beck Bliss Demi-Sec	R338
Graham Beck Brut Rosé	R338
Graham Beck Brut	R338
Pongrácz Desiderius	R900

CHAMPAGNE

Veuve Clicquot NV	R1000
Krug Grande Cuvée	R1100
Moët & Chandon Imperial 1.5lt	R5000
Dom Pérignon Brut 2006	R5000
Louis Roederer Cristal	R7900

SPARKLING WINE

Graham Beck Gorgeous Pinot Noir	R160
Chardonnay	
Nederburg Cuvée Brut	R180
Durbanville Hills Sparkling	R190
Sauvignon Blanc	
Steenberg Sparkling Sauvignon Blanc	R245
Martini Prosecco	R328

BY THE GLASS

Durbanville Hills Sparkling	R45
Sauvignon Blanc	
Graham Beck Gorgeous Pinot Noir	R57
Chardonnay	
Martini Prosecco	R70
Pongrácz Brut Rose MCC	R66
Pongrácz Brut MCC	R66

WHITE WINES

SAUVIGNON BLANC

'The Beachhouse'	R96
Zonnebloem	R115
Nederburg 56 Hundred	R115
Franschoek Cellar	R125
Nederburg WM	R140
Fleur Du Cap	R144
Durbanville Hills	R145
The Sophie (Iona)	R195
Vergelegen	R250
Durbanville Hills Collectors Reserve	R260
Steenberg Rattlesnake	R266
Plaisir de Merle	R280
Fleur Du Cap Unfiltered	R285
Fleur Du Cap Series Privée	R285
Iona	R320
Nederburg HH The Young Hawk (wooded)	R345
Vergelegen Reserve	R580

CHARDONNAY

Waterside Unoaked	R110
Franschoek Cellar Unoaked	R125
Nederburg WM	R123
Durbanville Hills	R145
Brampton Unoaked	R145
Boschendal	R210
Plaisir De Merle	R275
Fleur du Cap Unfiltered	R280
Durbanville Hills Collectors Reserve	R280
Vergelegen	R290
Iona	R575
Meerlust	R672
Vergelegen Reserve	R744

CHENIN BLANC

Nederburg 56 Hundred	R115
Fleur Du Cap Chenin Blanc	R145
Durbanville Hills Chenin Blanc	R145
Fleur Du Cap Unfiltered	R285

OTHER WHITES

Douglas Green (Chenin Blanc/ Sauvignon Blanc)	R89
Bellingham Pear Tree (Chenin/Viognier)	R95
Zonnebloem Blanc De Blanc	R100
Nederburg 56 Hundred Chenin Blanc	R115
Boschendal Blanc de Noir	R120
Boschendal Boschen Blanc Boschendal	R120
Boschendal Chardonnay Pinot Noir	R210
Haute Cabrière Pinot Chardonnay	R245

BY THE GLASS

Douglas Green Chenin Blanc/ Sauvignon Blanc	R37
Nederburg 56Hundred Sauvignon Blanc	R38
"The Beachhouse" Sauvignon Blanc	R38
Nederburg 56 Hundred Chenin Blanc	R38
Durbanville Hills Chardonnay	R45
Brampton Unoaked Chardonnay	R45
Nederburg WM Sauvignon Blanc	R47
Durbanville Hills Sauvignon Blanc	R48
Sophie le Rose Pinot Noir	R62
The Sophie (Iona) Sauvignon Blanc	R65
Boschendal Chardonnay Pinot Noir	R72
Plaisir De Merle Chardonnay	R72
Vergelegen Sauvignon Blanc	R85
Fleur du Cap Unfiltered Sauvignon Blanc	R95

ROSÉ

Nederburg Rosé	R95
Allesverloren Tina Rosé	R100
Durbanville Hills Merlot Rosé	R120
Brampton Rosé	R122
Sophie le Rose 2017	R180

BY THE GLASS

Nederburg Rosé	R37
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RED WINES

CABERNET SAUVIGNON

Nederburg 56 Hundred	R125
Brampton	R159
Durbanville Hills	R152
Zonnebloem	R175
Fleur Du Cap Unfiltered	R342
Alto	R442

SHIRAZ

Zonnebloem	R175
Fleur du Cap	R189
Allesverloren	R230
The Bernard Series Basket Press Syrah	R560

MERLOT

Durbanville Hills	R150
Flat Roof Manor	R150
Fleur du Cap	R189
Lourensford Classique Merlot	R198
Steenberg	R356

PINOT NOIR

Fleur Du Cap	R190
Lourensford The Dome	R227
Iona Mr P 2016	R285

PINOTAGE

Brampton	R160
Durbanville Hills	R180
Nederburg Pinotage	R185
Fleur Du Cap	R190
Durbanville Hills Collectors Reserve	R320

OTHER REDS

Zonnebloem Noir de Noir	R115
Alto Rouge	R192
Kanonkop Kadette	R216
Steenberg Statelty Cabernet Sauvignon	R259
Shiraz	
Nederburg HH The Brewmaster	R375
Bordeaux Blend	
Iona One Man Band Red 2012	R460
The Bernard Series Small Barrel SMV	R764
Fleur Du Cap Laszlo	R822
Meerlust Rubicon	R900

BY THE GLASS

Durbanville Hills Merlot	R50
Flat Roof Manor Merlot	R50
Brampton Pinotage	R53
Durbanville Hills	R53
Cabernet Sauvignon	
Durbanville Hills Pinotage	R60
Fleur Du Cap Pinot Noir	R65
Fleur Du Cap Pinotage	R65
Kanonkop Kadette	R75
Allesverloren Shiraz	R75
Iona Mr P Pinot Noir 2016	R95







BETTER THINGS ARE COMING



VISTA MARINA IS PROUDLY AN ENVIRONMENTALLY CONSCIOUS RESTAURANT

Please email us for more information regarding functions & events - events@vistamarina.co.za

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