

RESTAURANT

Recome to haves

WAVES Restaurant, along with its Executive Chef, **Duncan Pontac**, has put together an Italian-inspired menu that will enchant every foodie.

We have created a relaxing atmosphere that welcomes both those suited up, and those wet-suited up.

With our wood-fired pizza oven and live show kitchen, we encourage you to sit back, take in the views an enjoy your time with us.

Using locally sourced, fresh ingredients, our team aims to create wholesome dishes that will satisfy every craving.

Whether you are in the mood for a hearty breakfast or wholesome lunch with colleagues, friends or family, **WAVES** Restaurant is able to cater for any occasion.

We would love to hear all about your experience with us, so share your **WAVES** moments on any of our social media platforms using the hashtag.

#WAVESrestaurant #blaauwbergbeachhotel #lifesabeach7daysaweek #lifeisbetterinflipflops











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Champagne & Wines Page 25 - 35

(v) - Vegetarian



(n) - Nuts

() - Alcohol

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, wheat or pork. While we take steps to minimize risk & safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.

All images used are for illustration purposes only.

Breakfast

BBH Buffet Breakfast

WAVES

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R 285

Includes bottomless self-service Ronnefeldt tea/speciality coffee & juice of the day

Biscoff Oats R 190

Full cream milk, oats, Biscoff biscuits, Biscoff spread

Breakfast Pizza R 215

Pizza dough, Napolitan sauce, woodfired Rosa tomatoes, fried eggs, chorizo sausage, bacon, avocado, mozzarella cheese

Breakfast Wrap R 190

Toasted tortilla wrap, scrambled eggs, crispy bacon, avocado, coriander smooth cottage cheese

Milk Tart inspired Oats (melkkos) (n) R 115

Full cream milk, oats, butter, ground cinnamon, roasted cinnamon sugar pecan nuts

Oats (n) R 170

Plain oats, stewed apples, stewed prunes, roasted cinnamon sugar pecan nuts

WAVES Eggs Benedict R 225

Banana bread WAVES toast, pancetta, eggs your way, hollandaise sauce

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Breakfast

WAVES Beach House Breakfast

2 x Eggs your way, 3 slices bacon, 100g minute steak, 2 x grilled pork bangers, woodfired tomato, oven roasted mushrooms, spicy beans, skinny fries, ciabatta toast, butter & preserves, bottomless self-service - Tea / Coffee / Juice

WAVES Eggs Florentine (v) (n)

Sundried tomato waffle, wilted spinach, zesty smashed avocado, eggs your way, basil pesto hollandaise

WAVES Eggs Royale

Crispy fried potato rostis, beetroot cured salmon, eggs your way, fennel & lemon hollandaise

WAVES Toast

Banana bread WAVES toast, crispy bacon, maple flavored syrup, mascarpone cheese

WAVES Waffle (n)

Fluffy waffle, crispy bacon, peanut butter, roasted pecan nuts, sliced banana, maple flavored syrup

R 305

R 220

R 230

R 140

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Breakfast Toasties

Brown or white sliced bread, served with skinny fries

Bacon, Egg & Cheese

Bacon, fried eggs, Gouda cheese

Cheese & Tomato (v)

Gouda cheese & tomato

Chicken Mayo

Chicken, creamy mayo

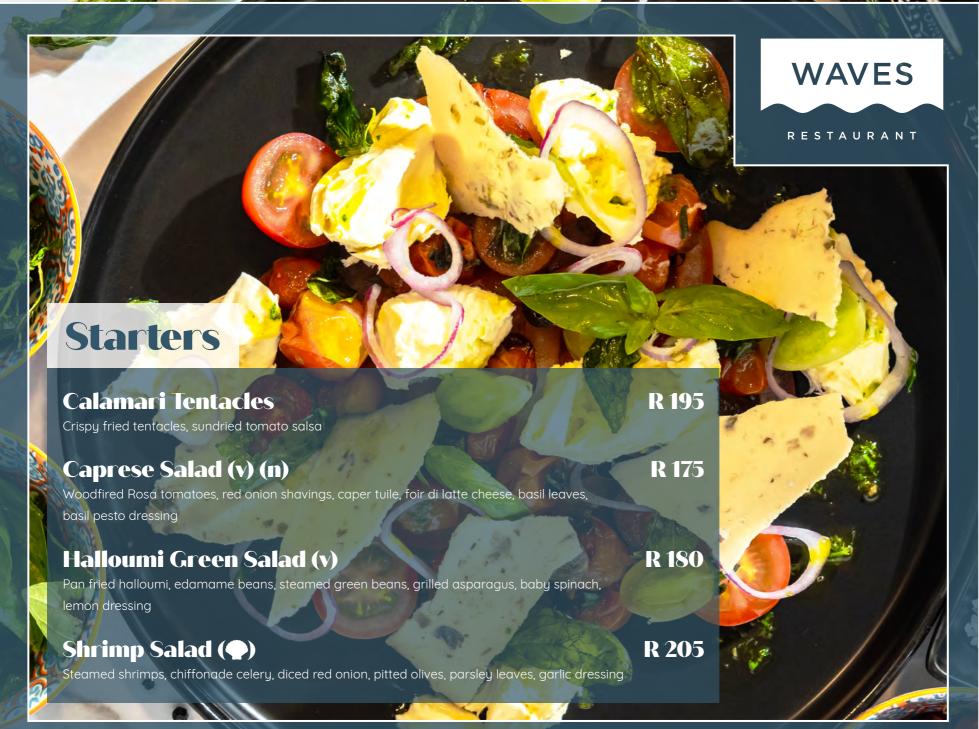
Club Sandwich

Crispy bacon, fried eggs, tempura batter chicken breast, roasted garlic aioli, lettuce & sliced tomato

R 130

R 110

R 115



Burgers

WAVES

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Our burgers are served with skinny fries or WAVES side salad

Beef & Onion

R 205

2 x 150g grilled beef burger, Gouda cheese, caramalised onion, crispy fried onion rings, onion, lettuce, tomato, gherkin, sesame bun

Chicken & Bacon

R 205

Grilled chicken breast, crispy bacon, onion, lettuce, tomato, gherkin, sesame bun

Chicken & Jalapeño

R 185

Grilled chicken breast, 2 x jalapeño poppers, onion, lettuce, tomato, gherkin, sesame bun

R 195

Double Beef Burger

2 x 150g grilled beef burger, Gouda cheese, onion, lettuce, tomato, gherkin, sesame bun

Fungi

R 180

Woodfired brown mushrooms, avocado, crispy onion, sprouts, onion, lettuce, tomato, gherkin, sesame bun

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Wraps

Falafel (v)

Crispy fried falafel, hummus, avocado, sprouts, beetroot, spinach

Chicken Pecorino

Crispy fried chicken, cos lettuce, pecorino cheese, garlic aioli

Nacho your cheese

Cumin beef, coriander cottage cheese, Dorito chips, avocado, shredded lettuce, tomato salsa

R 175

R 145

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Pizzas

Carne

Napolitana sauce, Italian sausage, chorizo, salami, onion, chili, roasted capsicum, mozzarella

Cozze Affumicate (**P**)

Garlic & fennel butter, smoked mussels, crispy capers, mozzarella

Pollo

Napolitana sauce, pan fried chicken strips, onion marmalade, barbeque sauce, mozzarella

Pomodoro Secco (v)

Sundried tomato, roasted butternut, wild rocket, avocado, pecorino, mozzarella

Surf e Erba (🌪)

Napolitana sauce, steak strips, pan fried prawns, chili, garlic, mozzarella

R 230

R 240

R 230

R 205

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Pastas

Cacio e Pepe (v)

Black pepper, butter & pecorino, spaghetti

Pistachio Pasta (v)

Raw garlic, tomato, herb & lemon sauce, roasted pistachio, rigatoni

Prawn Linguini (n) ()

Pan fried prawns, caramalised red onion, anchovies, roasted pistachio, pecorino, saffron butter, linguini

Waves Carbonara

Smoked pancetta, porcini mushrooms, egg yolk pecorino sauce, panko rosemary pecorino crumb, linguini

R 125

R 195

R 295

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Mains

Beef Curry Pan seared sirloin, mild curry sauce, steamed basmati rice, crispy condiments	R 210
Butternut Arancini (v) Crispy fried butternut rice, butternut purée, butternut croutons, micro herb parmesan salad	R 190
Chicken Supreme Butter poached chicken supreme, smoked potatoes, carrot purée, glazed baby carrots, thyme jus	R 260
Hake Crispy fried hake, waffle fries, lemon fennel aioli	R 255
Lamb Chops 300g butter basted lamb loin chops, pecorino duck fat layered potatoes, roasted pearl onions,	R 350
pea purée, thyme jus Ribs & Chips (Ţ) 750g sticky pork ribs, thyme basting, crispy fries, Boston lager battered onion rings	R 390

Sides

EACH R 50

- Fries
- Onion rings
- Roasted vegetables
- Pecorino mash

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Desserts

Affogato

Vanilla bean ice cream, dark roasted espresso

Almond Semifreddo (n)

Roasted almond honey semifreddo, sticky toffee apple, almond crumble

Cheese Platter (n)

Locally sourced South African cheese, bacon jam, fruit preserves, a variety of crackers & bruschetta

Poached Pear (1)

Marsala poached pear, marsala syrup, almond crumble, marsala ice cream

R 145

R 165

R 280

RESTAURANT

Milkshakes

Vanilla / Strawberry / Chocolate

KIDDIES

R 45 R 60

Gourmet Milkshakes

Salted Cameral / Turkish Delight / Cookies & Cream / Speckled Eggs / Unicorn KIDDIES

R 55



R 95

Frezzo

Classic Coffee / Caramel Fudge / White Chocolate Pistachio / Coconut Matacha

RESTAURANT

Coffee

Americano Regular / Decaf Coffee
Alternative Milk (Almond/ Soy/ Oat) Extra
Baby Chino
Caffe Latte
Cappuccino
Chai Late
Double Espresso
Espresso
Hot Chocolate
Macchiato
Red Latte

R 32 R 12 R 18 R 36 R 34 R 32 R 30 R 28

R 36

R 34

RESTAURANT

Tea

Selection of Teas
English Breakfast
Rooibos Tea
Chamomile
Peppermint
Earl Grey
Lemon
Classic Green

Soft Drinks

R 55
R 38
R 38
R 38
R 45
R 55
R 38
R 38
R 68
R8
R 32
R 42
R 30

Bitter Lemon / Blue Tonic/ Coca Cola/ Coca Cola Zero / Ginger Ale / Grapefruit Tonic /

Indian Tonic Water / Lemonade / Pink Tonic / Soda Water

WAVES

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MSTEL

RA MATURED

Beers & Ciders

Amstel
Black Label
Boston Beach Lager 330ml - (on Tap)
Boston Beach Lager 500ml - (on Tap)

Castle Castle Lite Corona

Flying Fish

Heineken

Heineken Zero

Hunters Dry

Savanna Dry

Savanna Lite

Stella

Windhoek Draft 440ml

Windhoek Lager 440ml

STELLA

LA BIÈRE FINE DE LUXE **WAVES**

RESTAURANT

R 46

R 45

R 35

R 60

R 45

R 48

R 56

R 48

R 50

R 48

R 50

R 58

R 58

R 50

R 56

17

RESTAURANT

Brandy

Klipdrift
Klipdrift Premium
KWV 10yr
KWV 3yr
KWV 5yr
Richelieu

R 25 R 30 R 42 R 25 R 30 R 25

MY MARTIN AC FINE CHAMPAGNE

Hennessy VS Hennessy VSOP Remy Matin 1738 Remy Matin VSOP

Cognac

R 67 R 115 R 160 R 120

WAVES Gin RESTAURANT **Bombay Sapphire** R 40 Gordons R 25 Hendrick's R 60 **Inverroche Amber** R 56 **Strettons Orignal** R 25 **Strettons Double Cut** R 25 R 24 **Strettons Triple Berry Tanqueray R** 37 Tanqueray No.Ten Rum **Bacardi Rum R30 Bacardi Rum Spiced** R 28 **Captain Morgan Spice Gold** R 24 **Captain Morgan R 26**

RESTAURANT

Tequila

Don Julio Blanco
Don Julio Resposado
El Jimador Blanco
El Jimador Reposado
Patron Tequila Silver

Vodka

Smirnoff

Absolut Blue Belvedere Cruz Watermelon Grey Goose Skyy



HAND-HARVESTED

100% BLUE AGAVE

NOM 1119 CRT

TEQUILA REPOSADO:

R 95
R 110
R 46
R 42
R 84

BELVEDERE

R36

R 60

R 34

R 66

DISTILLED AND BOTTLED BY

R 32 POLMOS ZYRARDÓW IN

R24POLAND

alc. 43% vol. 750 ml

B421



TRIPLE DISTILLED

SMOOTH IRISH WHISKEY MADE THE

BLENDED IRISH WHISKEY

WAVES

RESTAURANT

Glenfiddich.

Whiskey COTCH WHISK

Bains Robert R 36
Bells R 30
Chivas Regal 12yr
Famous Grouse R 30
Glenfiddich 12yr
Glenlivet 12yr
Glenmorangie 10yr
R 72

R 36

R 52

Grants Triple Wood

Grants 12yr

PRODUCT OF IRELAR 28 J&B **Jack Daniels** R 42 Jameson R 46 **Jameson Select** R 62 Johnnie Walker Black R 52 Johnnie Walker Red **R** 36 **Lagavulen 16yr** R 180 Talisker 10yr R 110 **R** 42 Tullamore Dew

RESTAURANT

Mocktails

Berry Cooler	R 90
Pomegranate, shaken with fresh lime juice, cranberry juice, frozen berries & charged with soda wate	r
Malawi Shandy	R 55
Ginger ale, soda water, bitters	
Rock Shandy	R 55
Lemonade, soda water, bitters	
Steel Works	R 55
Ginger beer, cola tonic, lime cordial, bitters	
Table Mountain Mojito	R 85
Non-alcoholic variation of the classic, made with muddled fresh lime, torn mint leaves & natural extracts churned with crushed ice & soda water	
extracts that hed with trashed ite & soud water	- 1
Virgin Daquiri - (Strawberry or Mango)	R 90
Non-alcoholic variation of the classic	
Watermelon & Apple	R 80
Watermelon syrup, soda water, green apple syrup, lime juice	N OU



R 75

R 100

R 95

R 95

R 95

WAVES

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Cocktails

Cosmopolitan

Premium vodka shaken with fresh lime, triple sec & cranberry juice, garnished with a citrus twist

Classic Mojito

Cuban light rum muddled with fresh lime, torn mint leaves & wild mint syrup.

Churned with crushed ice & charged with soda water

Daquiri - (Strawberry or Mango)

Cuban light rum based cocktails blended smooth with a choice of two fruit flavours

Margarita

Premium tequila with freshly squeezed lime juice & Triple sec. Served straight up or frozen

Piña Colada

Most famous tropical cocktail, Cuban light rum blended with fresh pineapple pieces & natural coconut extracts

Long Island Ice Tea

Variation of the classic, made with five white spirits & charged with a choice of coke, cranberry or redbull

Coke - R 95

Cranberry - R 90

Redbull - R 120



RESTAURANT

Champagne

Moët & Chandon

The delicious sumptuousness of white-fleshed fruits (pear, peach, apple). The alluring caress of fine bubbles; The soft vivacity of citrus fruit & nuances of gooseberry

Prosecco

CINZANO

Cinzano Spritz

Crisp & well-balanced acidity, with just enough residual sugar to add a touch of pleasantness. Light & refreshing, with fruity, flora & herbaceous traces of white flowers, pears, apples & banana, with some hints of almond & ripe plum, with mineral notes.

R 75 R 345

R 2 050

RESTAURANT

Method Cap Classique

Durbanville Hills Sauv Blanc Sparkling R 80 R 315

Delightful bouquet of green pepper, kiwi fruit, passion fruit, melon, ripe figs & gooseberries

Love Song Sparkling Shiraz Rosé

A fresh & fragrant salmon colored Brut sparkling rose wine. Enjoying the stone fruit & strawberry aromas, followed by notes of red berries with hints of rose petals.

Pongracz Brut Mcc

Crisp acidity & fragrant green apples, finished off with subtle brioche

Pop Song Sparkling Sauvignon Blanc

A delicious brut Sauvignon Blanc bubbly with plenty of guava, melon, lemon grass & gooseberry aromas & flavors

Van Loveren Papillon Non Alcoholic Sparkling

A delightful sparkling white with festive flavours of sun-kissed grapes

ries 9700 D'AI

R75 LR320 E SONO

R 525 SHIRAZ ROSÉ

R 75 R 320

RESTAURANT

Sauvignon Blanc

Contreberg Darling

This sauvignon Blanc, crafted from bush vines & cooled by the Atlantic Sea breeze, offers aromas of gooseberries, green asparagus & pineapple. Its pale straw color mirrors its bright, refreshing character while the palate delivers a fruity, zesty acidity.

D'Aria

A dry sauvignon Blanc that lingers between a green & tropical style. Elegant aromas of guava, gooseberry, asparagus & cherry blossom with well-balanced palate & fruits forward after taste.

Durbanville Hills Sauy Blanc

Lively aromas of zesty lime, ripe guava, passionfruit & Cape gooseberry are prominent on the nose with subtle hints of kiwi fruit

Post House Mailing May

A nose of passionfruit, green fig & gooseberry. Fruity & crisp upfront wine with a well-balanced acidity, made for easy drinking.

R 75 R 280

R 80 R 320

CONTREBER

D R 70 L R 260

R 70 R 300

White Blend

R 245

R 60

R 70

WAVES

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Buitenverwachting Buiten Blanc

(85%) Sauvignon Blanc & (15%) Chenin Blanc blend Pleasant harmonious complexity with a grassy nose & fruity hints of fig

D'Aria Summer Anthem

Dry-style white wine, well balanced & easy drinking. Savvignon Blanc aromas of gooseberries & grapefruit. Rounded palate with lingering acidity & flavors of stone fruits is derived from Chenin.

R 70 R 270

Chenin Blanc

Durbanville Hills

Ripe quince, pineapple, stone fruit & savoury undertones Lightly textured palate, hints of sweetness & balancing crunchy acidic finish

Post House Cameo (Unwooded)

An unwooded Chenin Blanc with a fresh nose of green apple, guava & citrus. Full refreshing mouth feel with a long finish.

Spier Signature

Crisp & fruity with green guava, pear, apple & hints of litchi on the nose

A well-balanced palate & a strong finish BOTTLED BY

D'ARIA MUSIC



R 260

R 65 R 235



RESTAURANT

Chardonnay

Durbanville Hills

Mouth-filling with well-balanced acidity. The aromas of fresh orange & apricots lingers on the aftertaste ending with a sweet sensation

Franschoek Cellar LE

This wine gives off beautiful pure & bright pineapple & lemon & lime fruit purity & intensity on both nose & palate with a perky balancing acidity to the frisky finish making this a gracious & engaging wine even without oak.

Spier Signature

Grape fruit, lime, yellow apple, pear & hints of vanilla & butterscotch on the nose, 2024 creamy palate with layered fruit, pleasant acidity & good balance

R 75

R 65

R 270

R 270

R 240

29

RESTAURANT

Rosé & Blush

Contreberg Darling Rosé

A delicate blend of Shiraz & Clairette Blanche. This Rosé exudes notes of strawberries, watermelon & pomegranate. Its pale rose-gold color hints at its elegance, while the palate is dry with a balanced acidity, making it a perfect pairing for light, summery dishes.

D'Aria Blush

A refreshing blend with aromas & flavors derived from four different cultivars to create a complex wine. This dry-rose style wine has hints of white pear, rose, cherry & strawberry on the nose.

Post House Three Pearls (Grenache)

Crisp, easy drinking & bursting with strawberries & raspberries on the nose along with fresh acidity & a dry finish.



R 90

R 75

R 75

R 330

R 290

R 300

CONTREBERG

ROSÉ 2024

RESTAURANT

D'ARIA MUSIC

Red Blends

D'Aria Winter Ballad

Music red is a composition of Shiraz, Cabernet Sauvignon & Merlot blended to an accessible, easy drinking wine for anytime. Juicy red fruit & berries with just a hint of oakiness.

Fairview Backs Blend AFRICA

A blend of Malbec & Shiraz, boasting the best from Darling & Paarl grapes. A delicious mouthful of raspberries, wild berries, plum & a hint of lavender. Concluding in a lingering velvety finish.

Post House Golden Monkey

Lighter bodied red blend of Shiraz, Grenache & Mourvèdre. Fruity & spicy wine to be served lightly chilled for summer drinking

R 280 R 75

R 60 R 220

R 75 **R 300**



RESTAURANT



DURBANVILLE HILLS

MERLOT 2023

Merlot

Durbanville Hills

Red cherries & raspberries are prominent, giving the impression of juicy, ripe fruit on the palate with lingering sweet baking spices on the finish

Franschoek Cellar

Soft & juicy with attractive plum & black cherry aromas. Intertwined with herbal tea, liquorice & gentle oak spice.

R 65 R 265

R 280



RESTAURANT





CABERNET SAUVIGNON 20

Cabernet Sauvignon

Contreberg Darling

R 85 R 330 Deep crimson with intense blackcurrants & violets on the nose. Providing a suitable

introduction to concentrated currants & mulberry fruit flavors. Elaborated by attractive savory oak spice to a smooth & lingering juicy fruit finish

Durbanville Hills

An elegant full-bodied wine with prominent cinnamon, red-fleshed plums, blackberries & red cherries accompanied by lingering sweet baking spices

Franschoek Cellar

A deep crimson color with intense blackcurrants & violets on the nose providing a suitable introduction to concentrated currants & mulberry fruit flavors. The flavors are elaborated by attractive savory oak spice to a smooth & lingering juicy fruit finish. R 255

R 290

R 65



RESTAURANT

A FATHER & SON TRADITION



BEYERSKLOOF

PINOTAGE 2023

CRAFTED & BOTTLED SINCE 1989

Beyerskloof

Pinotage

Strong berry & plum flavours with elegant tannins.

Well balanced, medium-bodied wine with a fresh finish

Durbanville Hills

Prominent aromas of ripe red plums, dark cherries & mulberries with subtle hints of oriental spice & juniper berries adding to the fuller dark fruit bouquet.

Old Road Wine Co.

Apricot, peach, hints of tropical fruit & floral aromas fresh & upfront on the nose. More layers follow on the palate with soft vanilla, canned peaches & a lingering peardrop finish OLD ROAD WINE

R 325

R 260

R 260

R 80

R 70

R 80

PINOTAGE

20000022

46 MILES TO CAPE TOWN

KAAPSCHE HOEK



RESTAURANT

Shiraz

CIRCA 2018

Anvil

R 70 R 290 The Anvil is powerful & captivating on the nose, with peppery spice & dark fruit flavors.

This is backed up by a bright, juicy palate bathed in oak spice, anise, black berries & savory all spice finish.

Contreberg Darling

R 330 R 90

With a bouquet full of warm spices, including cloves & pepper. This Shiraz is matured in French oak barrels for a smooth, full-bodied finish. The palate is rich, with soft, ripe tannins & a long fruity, dry finish.

Durbanville Hills

R 250 R 65

An elegant, medium-bodied red wine that displays prominent ripe strawberry flavours with a spicy white pepper & baking spice undertone