



WAVES

RESTAURANT

Welcome to Waves

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 and 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

WAVES

RESTAURANT

Clues to Choose



Salads

Page 3



Pastas

Page 7 & 8



Beverages

Page 12 - 15



Starters

Page 4



Pizzas

Page 9 & 10



Beers & Spirits

Page 16 - 23



Mains

Page 5 & 6



Desserts

Page 11



Champagne & Wines

Page 24 - 34

(v) - Vegetarian

(🐚) - Shellfish

(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.



WAVES

RESTAURANT

Salads

Caprese Salad (v) (n)

R 175

Woodfired Rosa tomatoes, red onion shavings, caper tuile, foir di latte cheese, basil leaves, basil pesto dressing

Fennel Citrus Salad (v)

R 120

Fennel bulb, orange segments, grapefruit segments, fennel leaves, mint dressing

Halloumi Green Salad (v)

R 180

Pan fried halloumi, edamame beans, steamed green beans, grilled asparagus, baby spinach, lemon dressing

Quinoa Salad (v)

R 170

Steamed quinoa, steamed green vegetables, balsamic reduction

Shrimp Salad (🌱)

R 205

Steamed shrimps, chiffonade celery, diced red onion, pitted olives, parsley leaves, garlic dressing



WAVES

RESTAURANT

Starters

Cacio e Pepe Chicken Winglets

Pan fried chicken winglets, crushed black pepper, parmesan cheese

R 195

Calamari Tentacles

Crispy fried tentacles, sundried tomato salsa

R 195

Melon & Pancetta

Cubed melon, pancetta shavings, mint dressing

R 205

Peach Panzanella

Woodfired peaches, exotic tomatoes, red onion shavings, pancetta shavings, foir di latte cheese, garlic croutons, mint, basil leave salad

R 195

Mains

WAVES

RESTAURANT

Butternut Arancini (v)

Crispy fried butternut rice, butternut purée, butternut croutons, micro herb parmesan salad

R 190

Beef Curry

Pan seared sirloin, mild curry sauce, steamed basmati rice, crispy condiments

R 210

Chicken Curry

Pan seared chicken breast, mild curry sauce, steamed basmati rice, crispy condiments

R 235

Cauliflower (v)

Grilled cauliflower steak, butterbean purée, smoked potatoes, steamed asparagus, salsa verde

R 195

Chicken Supreme

Butter poached chicken supreme, smoked potatoes, carrot purée, glazed baby carrots, thyme jus

R 260

Confit Duck

Confit duck leg, shiitake risotto, steamed asparagus, cherry jus

R 350

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, pea purée, thyme jus

R 350

Mains

WAVES

RESTAURANT

Lamb Shank

Woodfired braised lamb shank, pecorino mash, buttered peas, rosemary onion jus

R 310

Norwegian Salmon

Seared Norwegian salmon, pea risotto, steamed asparagus, caper fennel butter

R 305

Pork Fillet

Black pepper crusted pork fillet, thyme apple crumble, steamed asparagus, whole grain mustard jus

R 190

Prawn Curry (🍲)

12 x prince pan seared prawns, mild curry sauce, steamed basmati rice, crispy condiments

R 395

Ribs & Chips (🍷)

750g sticky pork ribs, thyme basting, crispy fries, Boston lager battered onion rings

R 390

Rib Eye Steak

300g grilled rib eye steak, baked potato, onion rings, pickled onion, chive mayonnaise, rosemary jus

R 330

Sirloin Steak

300g butter basted sirloin steak, caramelised onion purée, steamed tender stem broccoli, crispy fried beef tallow potato batons, mushroom sauce

R 300

Tomato Risotto (v)

Vegetable stock cooked risotto, smoked tomato, sundried tomato, parmesan dust, parmesan crisp, parsley oil

R 215



WAVES

RESTAURANT

Pastas

Arrabiata (v)

R 125

Tomato chutney, pitted olives, woodfired tomatoes, fresh chili, crispy fried potato gnocchi

Cacio e Pepe (v)

R 125

Black pepper, butter & pecorino, spaghetti

Pistachio Pasta (v)

R 195

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

Prawn Linguini (n) (🍷)

R 295

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

Sausage Gnocchi

R 180

Crispy fried potato gnocchi, spicy sausage, plum tomatoes, red capsicums, pecorino



WAVES

RESTAURANT

Pastas

Strozzapreti

Mini pork meatballs, baked cherry tomato sauce, gnocchi shell

R 185

Squid Tagliatelle (V) (GF)

Mussels, squid tentacles, anchovy fillets, fresh chili, garlic purée, butter, white wine

R 275

Tortiglioni

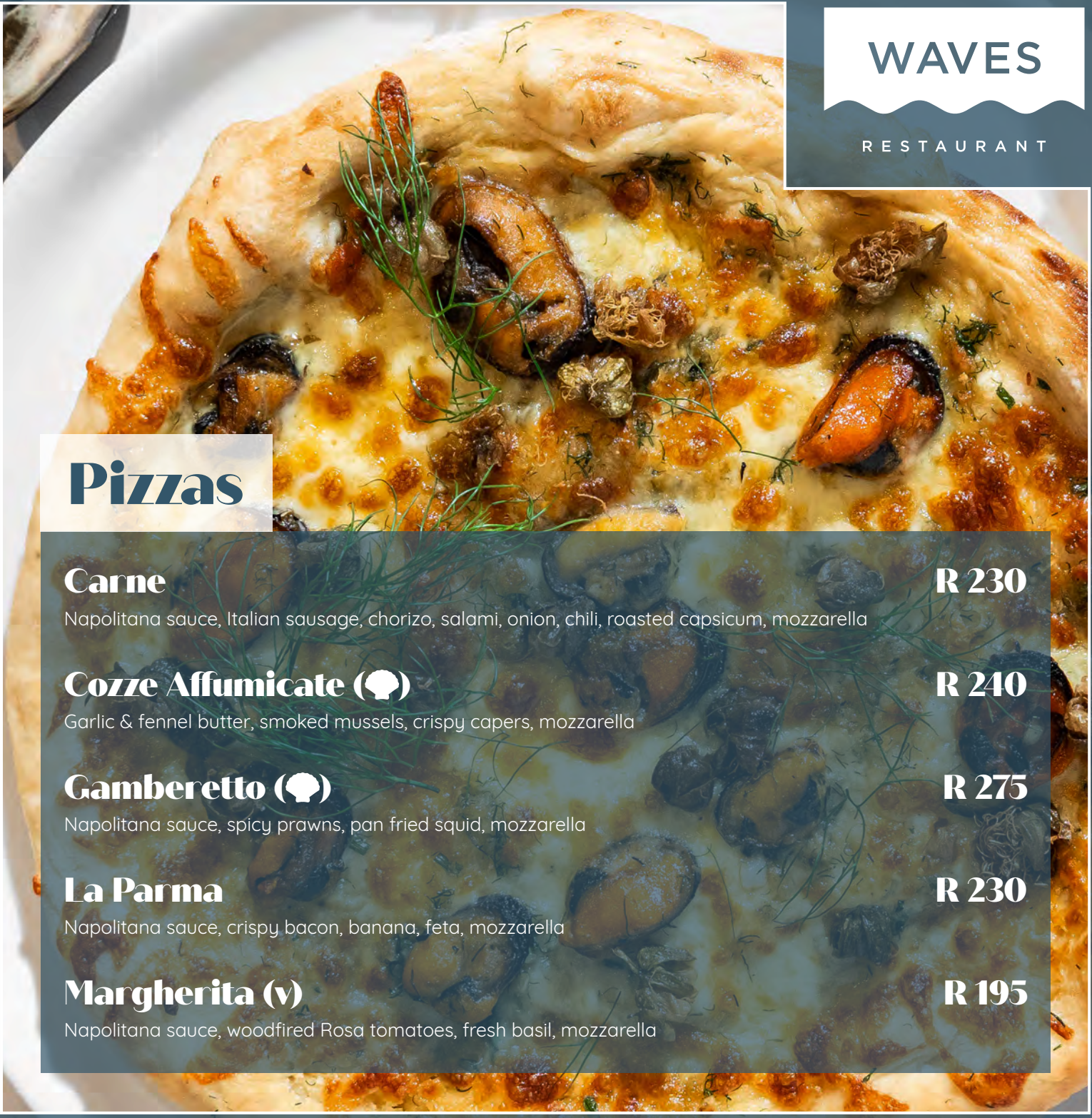
Peas, smoked pancetta, mint, pecorino, Tortiglioni

R 215

Waves Carbonara

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

R 210



WAVES

RESTAURANT

Pizzas

Carne

R 230

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

Cozze Affumicate (🍷)

R 240

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

Gamberetto (🍷)

R 275

Napolitana sauce, spicy prawns, pan fried squid, mozzarella

La Parma

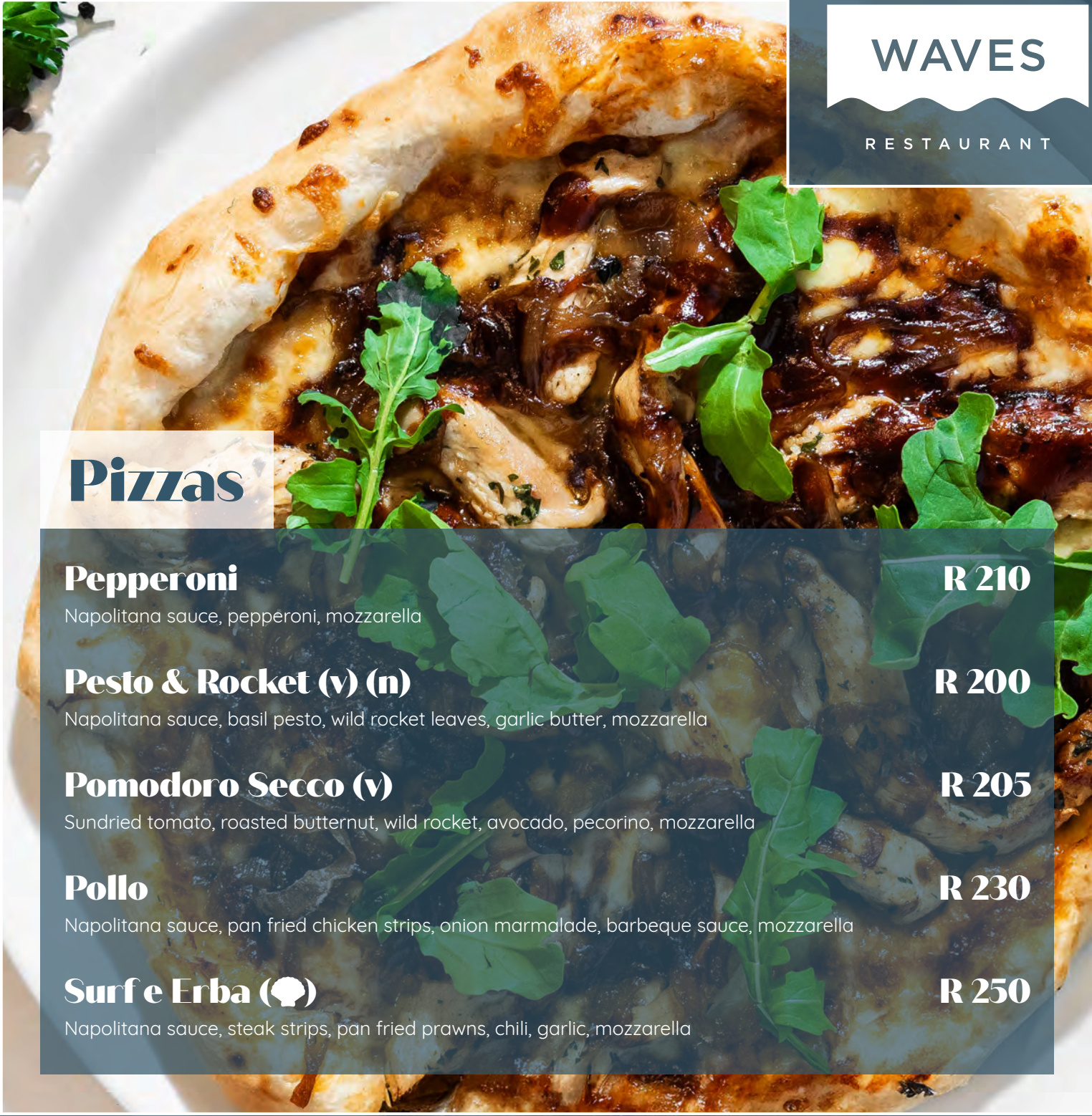
R 230

Napolitana sauce, crispy bacon, banana, feta, mozzarella

Margherita (v)

R 195

Napolitana sauce, woodfired Rosa tomatoes, fresh basil, mozzarella



WAVES

RESTAURANT

Pizzas

Pepperoni

Napolitana sauce, pepperoni, mozzarella

R 210

Pesto & Rocket (v) (n)

Napolitana sauce, basil pesto, wild rocket leaves, garlic butter, mozzarella

R 200

Pomodoro Secco (v)

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

R 205

Pollo

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

R 230

Surf e Erba (🌱)

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

R 250

Desserts

Affogato

Vanilla bean ice cream, dark roasted espresso

R 145

Almond Semifreddo (n)

Roasted almond honey semifreddo, sticky toffee apple, almond crumble

R 165

Cheese Platter (n)

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

R 280

Chocolate Panna Cotta

Soft set chocolate panna cotta, woodfired roasted figs, roasted white sesame ice cream

R 175

Orange Polenta Cake (1)

Orange scented polenta sponge, orange syrup, amaretto ice cream

R 155

Poached Pear (1)

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

R 160

Plum Cake

Caramelised pitted plums, flaky sweet pastry, honey & mascarpone ice cream

R 145

Tiramisu (1)

Coffee sponge, coffee gel, mascarpone mousse, cocoa brittle, amaretto ice cream

R 175

WAVES

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



R 60



WAVES

RESTAURANT

Coffee

Americano Regular / Decaf Coffee	R 32
Alternative Milk (Almond/ Soy/ Oat) Extra	R 12
Baby Chino	R 18
Caffe Latte	R 36
Cappuccino	R 34
Chai Late	R 32
Double Espresso	R 30
Espresso	R 28
Hot Chocolate	R 36
Macchiato	R 34
Red Latte	R 37

A photograph of a tea set on a white surface. In the foreground, a grey ceramic teapot with a textured finish and a grey cup on a matching saucer. Behind the teapot, a yellow cup filled with a dark red liquid (likely rooibos tea). To the left of the yellow cup, a small yellow bowl filled with walnuts. In the background, a dark bowl filled with fresh green mint leaves. The entire scene is set against a light, neutral background.

WAVES

RESTAURANT

Tea

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

R 30

Soft Drinks

Appletiser / Grapetiser Red	R 55
Coca Cola / Coca Cola Lite / Coca Cola Zero - (300ml)	R 38
Cream Soda - (300ml)	R 38
Fanta Orange - (300ml)	R 38
Ice Tea Lemon / Peach - (300ml)	R 45
Red Bull / Sugar Free	R 55
Sprite / Sprite Zero - (300ml)	R 38
Stoney (Ginger Beer) - (300ml)	R 38
Tomato Juice (Cocktail) - (300ml)	R 68

Cordials **R 8**

Kola Tonic / Lime/ Passion Fruit

Mineral Water Still / Sparkling - (500ml) **R 32**

Mineral Water Still / Sparkling - (1Lt) **R 42**

Mixes - (200ml) **R 30**

Bitter Lemon / Blue Tonic/ Coca Cola/ Coca Cola Zero / Ginger Ale / Grapefruit Tonic /
Indian Tonic Water / Lemonade / Pink Tonic / Soda Water

Beers & Ciders

WAVES

RESTAURANT

Amstel	R 46
Black Label	R 45
Boston Beach Lager 330ml - (on Tap)	R 35
Boston Beach Lager 500ml - (on Tap)	R 60
Castle	R 45
Castle Lite	R 48
Corona	R 56
Flying Fish	R 48
Heineken	R 50
Heineken Zero	R 48
Hunters Dry	R 50
Savanna Dry	R 58
Savanna Lite	R 58
Stella	R 50
Windhoek Draft 440ml	R 56
Windhoek Lager 440ml	R 56

A bottle of Remy Martin V.S.O.P. Cognac is shown next to a glass of brandy. The bottle is dark with a gold label that reads "REMY MARTIN", "COGNAC FINE CHAMPAGNE", and "V.S.O.P.". A glass is pouring brandy from the bottle. The background is a light, textured surface.

WAVES

RESTAURANT

Brandy

Klipdrift

R 25

Klipdrift Premium

R 30

KWV 10yr

R 42

KWV 3yr

R 25

KWV 5yr

R 30

Richelieu

R 25

Cognac

Hennessy VS

R 67

Hennessy VSOP

R 115

Remy Martin 1738

R 160

Remy Martin VSOP

R 120

Gin

WAVES

RESTAURANT

Bombay Sapphire

R 40

Gordons

R 25

Hendrick's

R 60

Inverroche Amber

R 56

Strettons Original

R 25

Strettons Double Cut

R 25

Strettons Triple Berry

R 24

Tanqueray

R 37

Tanqueray No.Ten

R 62

Rum

Bacardi Rum

R 30

Bacardi Rum Spiced

R 28

Captain Morgan Spice Gold

R 24

Captain Morgan

R 26

WAVES

RESTAURANT

Tequila

Don Julio Blanco

R 95

Don Julio Reposado

R 110

El Jimador Blanco

R 46

El Jimador Reposado

R 42

Patron Tequila Silver

R 84

Vodka

Absolut Blue

R 36

Belvedere

R 60

Cruz Watermelon

R 34

Grey Goose

R 66

Skyy

R 32

Smirnoff

R 24

el Jimador®
HAND-HARVESTED
100% BLUE AGAVE

100% BLUE AGAVE

NOM 1119 CRT

PRODUCED & BOTTLED IN MEXICO

TEQUILA REPOSADO

750 ml • 40% ALC. • SPIRIT APERITIF • B421

BELVEDER
VODKA

DISTILLED AND BOTTLED BY
POLSKA WODKA

PORCIN D

alc. 43% 750 ml

B421

WAVES

RESTAURANT

Glenfiddich®

SINGLE MALT SCOTCH WHISKY

Whiskey

Bains	R 36
Bells	R 30
Chivas Regal 12yr	R 50
Famous Grouse	R 30
Glenfiddich 12yr	R 80
Glenlivet 12yr	R 80
Glenmorangie 10yr	R 72
Grants Triple Wood	R 36
Grants 12yr	R 52

J&B	R 28
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
Tullamore Dew	R 42



WAVES

RESTAURANT

Mocktails

Berry Cooler

Pomegranate, shaken with fresh lime juice, cranberry juice, frozen berries & charged with soda water

R 90

Malawi Shandy

Ginger ale, soda water, bitters

R 55

Rock Shandy

Lemonade, soda water, bitters

R 55

Steel Works

Ginger beer, cola tonic, lime cordial, bitters

R 55

Table Mountain Mojito

Non-alcoholic variation of the classic, made with muddled fresh lime, torn mint leaves & natural extracts churned with crushed ice & soda water

R 85

Virgin Daquiri - (Strawberry or Mango)

Non-alcoholic variation of the classic

R 90

Watermelon & Apple

Watermelon syrup, soda water, green apple syrup, lime juice

R 80



WAVES

RESTAURANT

Cocktails

Cosmopolitan

R 75

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

Classic Mojito

R 100

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)

R 95

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

Margarita

R 95

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

Piña Colada

R 95

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

WAVES

RESTAURANT

Liquers

Amaretto Disaronno R 46

Amarula R 22

Aperol R 35

Baileys R 34

Cointreau R 52

Drambuie R 50

Frangelico R 34

Grand Marnier R 70

Kahlua R 34

Malibu R 26

Sambuca Black R 28

Sambuca White R 25

Southern Comfort R 27

Tia Maria R 42

Port & Sherry

Allesverloren Port

R 35



WAVES

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

R 2 050

Prosecco

CINZANO
To Spritz
VINO SPUMANTE
DRY



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



WAVES

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

R 75

R 320

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

R 525

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

Pop Song Sparkling Sauvignon Blanc

R 75

R 320

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

Van Loveren Papillon Non Alcoholic Sparkling

R 230

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



WAVES

RESTAURANT

Sauvignon Blanc



Contreberg Darling

R 75

R 280

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

R 80⁸

R 320

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 Sauv Blanc

R 70

R 260

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

R 70

R 300

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

WAVES

RESTAURANT

White Blend

Buitenverwachting Buiten Blanc

(85%) Sauvignon Blanc & (15%) Chenin Blanc blend

Pleasant harmonious complexity with a grassy nose & fruity hints of fig

R 60 R 245

D'Aria Summer Anthem

Dry-style white wine, well balanced & easy drinking. Sauvignon 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

R 70 R 260

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.

R 75 R 300

Spier Signature

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

A well-balanced palate & a strong finish

R 65 R 235

D'ARIA
MUSIC



2024
SUMMER ANTHEM
SOUTH AFRICA

WAVES

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

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, creamy palate with layered fruit, pleasant acidity & good balance



R 75

R 270

R 65

R 270

R 65

R 240



WAVES

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.

R 90 R 330

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.

R 75 R 290

Post House Three Pearls (Grenache)

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

R 75 R 300

The background of the entire page is a photograph of a wine bottle and several glasses filled with red wine. The bottle is in the center, with a light-colored label that reads 'D'ARIA MUSIC'. To the left and right of the bottle are glasses filled with red wine. The overall color palette is dark and moody, with deep reds and blues.

WAVES

RESTAURANT

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.

R 75

R 280

Fairview Backs Blend

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.

R 60

R 220

Post House Golden Monkey

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

R 75

R 300

WAVES

RESTAURANT

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 65

R 280

WAVES

RESTAURANT

Cabernet Sauvignon

Contreberg Darling

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.

R 85 R 330

Durbanville Hills

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

R 65 R 255

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 75 R 290

WAVES

RESTAURANT

A FATHER & SON TRADITION



BEYERSKLOOF

PINOTAGE

2023

Pinotage

Beyerskloof

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



R 80



R 325

OLD ROAD WINE CO

The
Fat Man

PINOTAGE

2022

46 MILES TO CAPETOWN

MADE IN THE

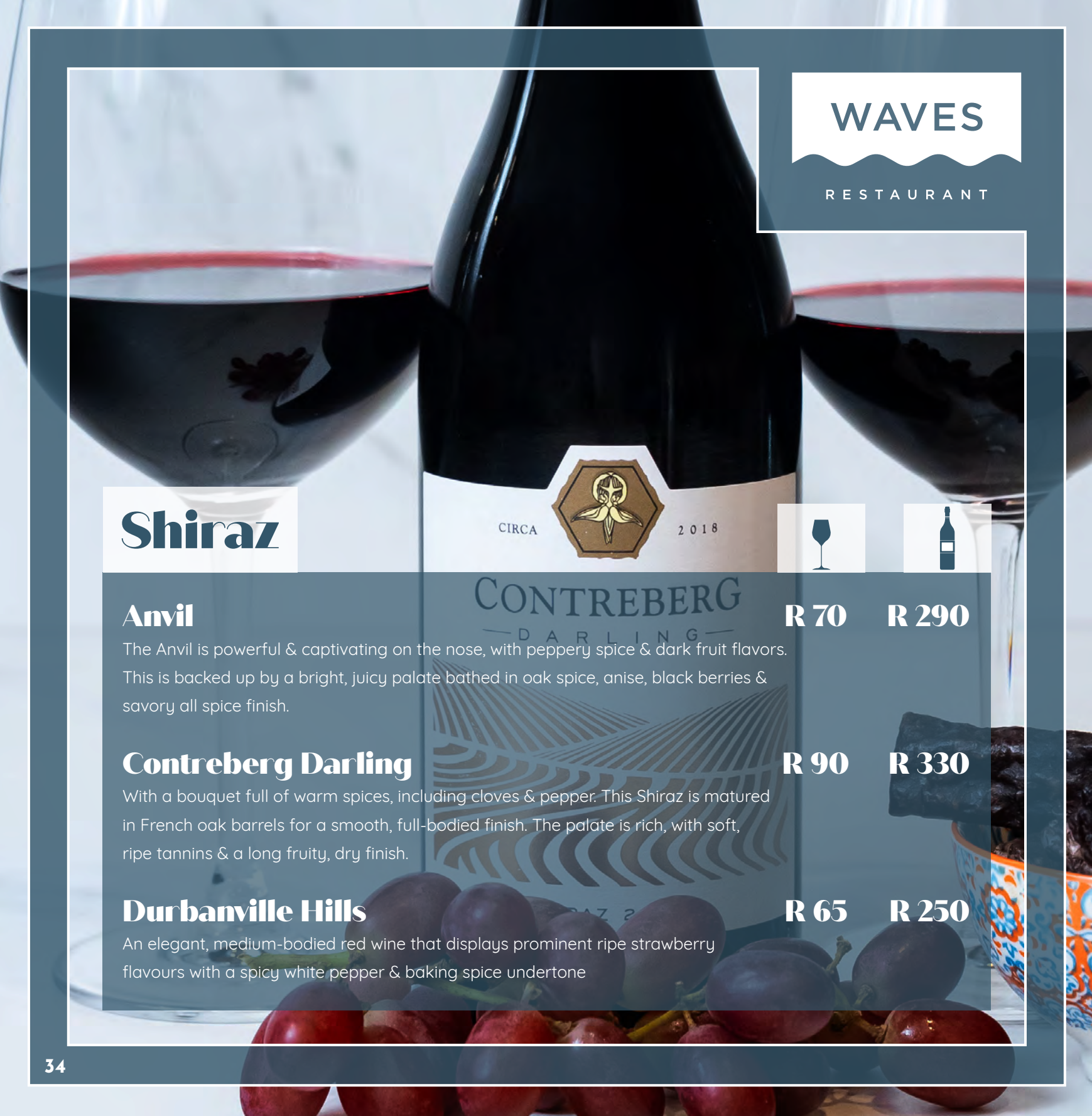
KAAPSCHE HOEK

R 70

R 260

R 80

R 260



WAVES

RESTAURANT

Shiraz

CIRCA



2018



Anvil

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.

R 70

R 290

Contreberg Darling

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.

R 90

R 330

Durbanville Hills

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

R 65

R 250