

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 #blaaubergbeachhotel #lifesabeach7daysaweek #lifeisbetterinflipflops

WAVES

RESTAURANT

Clues to Choose



Breakfast



Burgers



Desserts



Breakfast
Toasties



Pizzas



Beverages



Wraps &
Sides



Pastas



Beers &
Spirits



Starters



Mains



Champagne
& Wines

(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.



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Breakfast

BBH buffet breakfast

Including bottomless self-service tea / coffee / juice.

R 285

Breakfast wrap

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

R 190

Biscoff oats

Full cream milk, oats, Biscoff biscuits, Biscoff spread.

R 190

Oats (n)

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

R 170

● Monday - Friday (06h00 - 10h30) ● Weekends & Public Holidays (06h00 - 11h00)



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Breakfast

WAVES beach house breakfast

R 305

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 royale

R 230

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

WAVES toast

R 140

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

WAVES waffle (n)

R 165

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

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Breakfast Toasties

Brown or white sliced bread, served with skinny fries

Bacon, egg & cheese

Bacon, fried eggs, Gouda cheese.

R 125

Chicken mayo

Chicken, creamy mayo.

R 115

Cheese & tomato (v)

Gouda cheese & tomato.

R 110

Club Sandwich

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

R 185

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Wraps

Chicken Pecorino

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

R 145

Falafel wrap (v)

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

R 175

Nacho your cheese wrap

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

R 155

Sides

**Fries / Onion rings / Roasted vegetables /
Pecorino mash**

R 50 each

● Monday - Sunday (11h00 - 17h30)



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Starters

Carrot & ginger (v) (n)

A velvety blend of roasted carrots & ginger, crispy onion, honey roasted whole almonds.

R 155

Pearl barley beef soup

Dark rich beef broth, shredded beef brisket, brunoise vegetables, steamed pearl barley, parsley leaves.

R 135

Mussels & clams (🍷) (🍷)

White wine fennel butter steamed mussels & clams, garlic woodfired flatbread.

R 265

Spinach ravioli (v)

Steamed pasta parcel, chiffonade spinach & ricotta filling, cream spinach.

R 115

● Monday - Sunday (11h00 - 17h30)



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Burgers

Our burgers are served with skinny fries or WAVES side salad

Beef & onion

R 205

2 x 150g grilled beef burger, Gouda cheese, caramelized onion, crispy fried onion rings.

Double beef burger

R 195

2 x 150g grilled beef burger, Gouda cheese, 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.

Fungi (v)

R 180

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

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Pizzas

Bacon & avo

Napolitana sauce, crispy streaky bacon, avocado slices, mozzarella cheese.

R 210

Caprese (v) (n)

Napolitana sauce, woodfired garlic Rosa tomatoes, basil pesto, basil leaves, Fior di latte.

R 260

Chicken & pineapple

Napolitana sauce, woodfired shredded chicken, caramelized pineapple, mozzarella cheese.

R 175

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Pastas

Caprese rigatoni (v)

Tomato chutney, woodfired Rosa tomatoes, basil leaves, crispy onion, Fior di latte, steamed rigatoni.

R 165

Chicken gnocchi shell pasta (n)

Pan seared deboned chicken thighs, woodfired Rosa tomatoes, sundried tomato pesto, confit garlic butter cream sauce, pecorino shavings.

R 215

Seafood linguini (🍷)

Prawns, mussels, clams, smoked haddock goujons, lemon fennel cream sauce, steamed fennel linguini.

R 330

● Monday - Sunday (11h00 - 17h30)



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Mains

Beef curry

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

R 210

Beef sirloin – the Ziphozenkhosi

250g grilled beef sirloin steak, celeriac purée, pan fried brussels sprouts, crispy bacon, pink peppercorn sauce.

R 295

Confit chicken

Confit chicken quarter, garlic potatoes, braised leeks, mustard jus.

R 285

● Monday - Sunday (11h00 - 17h30)



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Mains

Hake

Butter seared hake, fennel butter tender stem broccoli, potato croustons, caper butter emulsion.

R 235

Ribs & waffle fries

750g grilled barbeque pork ribs, crispy waffle fries, onion rings.

R 390

● Monday - Sunday (11h00 - 17h30)



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Desserts

Carrot & walnut (n) (🍷)

Spiced carrot cake, crunchy toasted walnuts, Amarula ice cream.

R 170

Rooibos poached pear

Cinnamon, star anise, rooibos tea poached pear, rooibos tea reduction, mascarpone ice cream.

R 135

Sticky toffee

Dark dense, moist sponge cake, finely chopped dates, decadent caramel sauce, dark roast caramel coffee ice cream.

R 150

● Monday - Sunday (11h00 - 17h30)



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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 Latte	R 36
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 lid and a spout is partially visible. To its left, a yellow ceramic cup is filled with a dark red liquid, likely tea. Behind the cup, a yellow ceramic bowl contains several walnuts. To the left of the bowl, a black pot holds fresh green mint leaves. In the bottom left corner, a slice of a lemon is visible. The background is a plain, light-colored wall.

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Tea

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

R 30

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Soft Drinks

Appletiser / Grapetiser Red	R 56
Coca Cola / Coca Cola Lite / Coca Cola Zero - (300ml)	R 40
Cream Soda - (300ml)	R 40
Fanta Orange - (300ml)	R 40
Ice Tea Lemon / Peach - (300ml)	R 50
Red Bull / Sugar Free	R 58
Sprite / Sprite Zero - (300ml)	R 40
Stoney (Ginger Beer) - (300ml)	R 40
Tomato Juice (Cocktail) - (300ml)	R 75

Cordials

Kola Tonic / Lime/ Passion Fruit

R 8

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

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

Mixes - (200ml) **R 32**

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

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Beers & Ciders

Amstel	R 48
Black Label	R 46
Boston Beach Lager 330ml - (on Tap)	R 45
Boston Beach Lager 500ml - (on Tap)	R 60
Castle	R 46
Castle Lite	R 50
Corona	R 58
Corona Zero	R 58
Flying Fish	R 48
Heineken	R 52
Heineken Zero	R 52
Hunters Dry	R 52
Savanna Dry	R 60
Savanna Lite	R 60
Stella	R 50
Windhoek Draft 440ml	R 58
Windhoek Lager 440ml	R 58

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Brandy

Klipdrift	R 25
Klipdrift Premium	R 32
KWV 3yr	R 25
KWV 5yr	R 32
KWV 10yr	R 44
Richelieu	R 25

Cognac

Hennessy VS	R 68
Hennessy VSOP	R 120
Remy Martin 1738	R 165
Remy Martin VSOP	R 125

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Gin

Bombay Sapphire	R 42
Gordons	R 25
Hendrick's	R 60
Inverroche Amber	R 54
Strettons Original	R 25
Strettons Double Cut	R 25
Strettons Triple Berry	R 24
Tanqueray	R 38
Tanqueray No.Ten	R 62

Rum

Bacardi Rum	R 30
Bacardi Rum Spiced	R 30
Captain Morgan Spice Gold	R 24
Captain Morgan	R 26

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Tequila

Don Julio Blanco	R 96
Don Julio Reposado	R 115
El Jimador Blanco	R 44
El Jimador Reposado	R 44
Patron Tequila Silver	R 86
Patron Tequila Reposado	R 115

Vodka

Absolut Blue	R 38
Belvedere	R 64
Cruz Watermelon	R 36
Grey Goose	R 65
Skyy	R 34
Smirnoff	R 24

● Monday - Sunday (11h00 - 02h00)

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Glenfiddich®
SINGLE MALT SCOTCH WHISKY

OUR ORIGINAL TWELVE
Whiskey
malt is matured
for 12 years in
bourbon casks

JAMESON



ESTD

1780

TRIPLE DISTILLED

SMOOTH IRISH WHISKEY MADE THE
JOHN JAMESON WAY SINCE 1780

— BLENDED IRISH WHISKEY —

PRODUCT OF IRELAND

Bains	R 36
Bells	R 30
Chivas Regal 12yr	R 52
Famous Grouse	R 30
Glenfiddich 12yr	R 74
Glenlivet 12yr	R 82
Glenmorangie 10yr	R 74
J&B	R 30

Jack Daniels	R 44
Jameson	R 48
Jameson Select	R 60
Johnnie Walker Black	R 54
Johnnie Walker Red	R 36
Lagavulen 16yr	R 185
Talisker 10yr	R 115
Tullamore Dew	R 44

● Monday - Sunday (11h00 - 02h00)

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Liquers

Amaretto Disaronno	R 46
Amarula	R 22
Aperol	R 36
Baileys	R 34
Cointreau	R 55
Drambuie	R 52
Frangelico	R 36

Grand Marnier	R 72
Kahlua	R 36
Malibu	R 28
Sambuca Black	R 30
Sambuca White	R 37
Southern Comfort	R 29
Tia Maria	R 44

Port & Sherry

Allesverloren Port

R 35

Shots

Jagermeister

R 38

Lovoka Caramel

R 32

● Monday - Sunday (11h00 - 02h00)



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Cocktails

Cosmopolitan

R 80

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

Classic Mojito

R 105

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 100

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

Margarita

R 100

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

Piña Colada

R 100

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 100

Cranberry - R 95

Redbull - R 130

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Mocktails

Berry Cooler

R 90

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

Malawi Shandy

R 60

Ginger ale, soda water, bitters.

Rock Shandy

R 60

Lemonade, soda water, bitters.

Steel Works

R 60

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.

Virgin Daquiri - (Strawberry or Mango)

R 85

Non-alcoholic variation of the classic.

Watermelon & Apple

R 80

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

● Monday - Sunday (11h00 - 02h00)



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Champagne



Moët and Chandon Brut

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

R 2 200

Prosecco



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 80

R 350

● Monday - Sunday (11h00 - 02h00)

The background features a close-up of two wine bottles and two glasses. On the left is a green bottle of sparkling wine next to a flute glass filled with white bubbly. On the right is a brown bottle of sparkling wine next to a flute glass filled with pink bubbly. The bottles have decorative labels with a crest and the words 'LOVE SONG'.

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Sparkling Wine

Durbanville Hills Sauvignon Blanc Sparkling R 80 R 325

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

Pop Song Sparkling Sauvignon Blanc R 90 R 370

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

Love Song Sparkling Shiraz Rosé R 90 R 370

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

Annabella Sparkling Non-Alcoholic Sparkling R 350

This easy-drinking sweet white has upfront tropical fruit aromas with hints of guava, florals & spice. The wine is soft and smooth with a sweet, enduring finish.

● Monday - Sunday (11h00 - 02h00)



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Sauvignon Blanc



Contreberg Darling

R 85

R 320

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.

Durbanville Hills

R 75

R 275

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

D'Aria

R 340

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.

Fairview

R 345

Pale straw with a green tinge in the glass. Potent aromas of grapefruit, lemon & lime with ripe figs & granadilla & more. The palate is fresh with lengthy acidity, expressive of the cool climate in Darling. Mid-palate sweetness with tropical fruit flavours, & a salivating dry finish.

● Monday - Sunday (11h00 - 02h00)

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Chardonnay

Durbanville Hills

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

Fairview

Clear, bright & pale gold colour. Aromas of orange peel, citrus blossom & blushed apricots. A whiff of cloves & cedar too. Firm structure & integrated acidity with flavours of kumquat, green pineapple & underpinned with salinity. Silky texture from extended lees contact & a lingering taste of lightly toasted nuts. A layered & complex wine. Drink now or leave to rest for 2 to 3 years.

KWV Cape Blend

Aromatic layers of white peach & tropical fruit beautifully infused with kiwi. Creamy texture on the palate, complemented by a steely minerality. The crisp acidity ensures a long-lasting zesty lime & floral finish.



R 75

R 280

R 110

R 400

R 290

● Monday - Sunday (11h00 - 02h00)

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Chenin Blanc



Ayama

R 290

A straw appearance. Very intense aromas, which range from country hay, floral, tropical fruit & spice. Medium body wine. The freshness & minerality enhance fragrant notes of ripe white fruit such as pear and quince.

Durbanville Hills

R 75 R 280

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

White Blend



Ayama Vermentino

R 270

The colour is straw-yellow with golden & greenish reflexes; on the nose it recalls white flowers, with light & fragrant notes of yeast & hazelnut. Flavour is silky & velvety, fresh and soft, with a remarkable structure and power.

D'Aria Summer Anthem

R 75 R 285

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.

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Rosé & Blush



Ayama Grenache Noir

Delicate pink colour. Fresh & vibrant on the nose with notes of passion fruit & lychee. Delicately fruity with citrus hints & notes of grapefruit, orange peel, strawberry & roses. Mineral & refreshing.

CIRCA

R 275

Contreberg Darling

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 95

R 335

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 80

R 310

ROSE 2024

● Monday - Sunday (11h00 - 02h00)

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Cabernet Sauvignon



Durbanville Hills

R 70

R 265

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

Franschoek Cellar

R 80

R 300

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.

Ayama

R 340

Intense ruby-red colour, ample bouquet with scents of spices & notes of cloves & sour cherry. The mouthfeel recalls the “marasca” cherry under spirit with notes of pepper. Tannins are very elegant & balanced.

● Monday - Sunday (11h00 - 02h00)

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Merlot

Ayama

The colour is purple red, the aromas of plum blend with warm hints of coffee & chocolate. The taste is complex with an elegant, soft & creamy tannin.

The length leaves notes of cinnamon & coffee.

Backsberg Plum Vallery

Plump & well-rounded, this smooth red Merlot is a bundle of vinous energy with prominent notes of plum, cherry, chocolate & raspberry soaring from the glass.

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 330

R 420

R 70 R 275

R 75 R 285

● Monday - Sunday (11h00 - 02h00)

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A FATHER & SON TRADITION



BEYERSKLOOF

PINOTAGE
2024

CRAFTED & BOTTLED SINCE 1989
2ND GENERATION WINEMAKING

Pinotage



Ayama

Intense ruby-red colour, ample bouquet with scents of spices & notes of sour cherry & plum. The mouthfeel recalls the “marasca” cherry under spirit with notes of pepper. Tannins are very elegant & balanced.

R 285

Beyerskloof

Strong berry & plum flavours with elegant tannins. Well balanced, medium-bodied wine with a fresh finish.

R 90 R 345

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.

R 75 R 270

● Monday - Sunday (11h00 - 02h00)

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Shiraz

Ayama

Elegant, medium-bodied red wine with notes of fresh cherry combined with ripe berry & spicy flavours. On the palate is fruity with soft integrated tannins.

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.

Durbanville Hills

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



R 285

R 90

R 335

R 70

R 265

● Monday - Sunday (11h00 - 02h00)

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Red Blends

D'ARIA
MUSIC



Ayama Petite Sirah

R 85 R 330

Deep, dark & rich colour. On the nose has black berry fruit, blueberry, chocolate & spices. On the palate it's rich & round with fresh berry notes, leather, cocoa & anise.

D'Aria Winter Ballad

R 75 R 285

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

R 65 R 225

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.

Waterford Antigo

R 350

The Waterford Antigo is a tribute to the red clay-based soils on the estate. It boasts plush red currants, subtle tobacco, & creamy oak sweetness on the nose. The palate mirrors the generous nose, with acidity balancing the exceptional structure; a characteristic of all Helderberg-grown Cabernet Sauvignon. Gentle tannins provide a base for the decadent red fruit, leading to a lingering textured finish.

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