

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 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

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

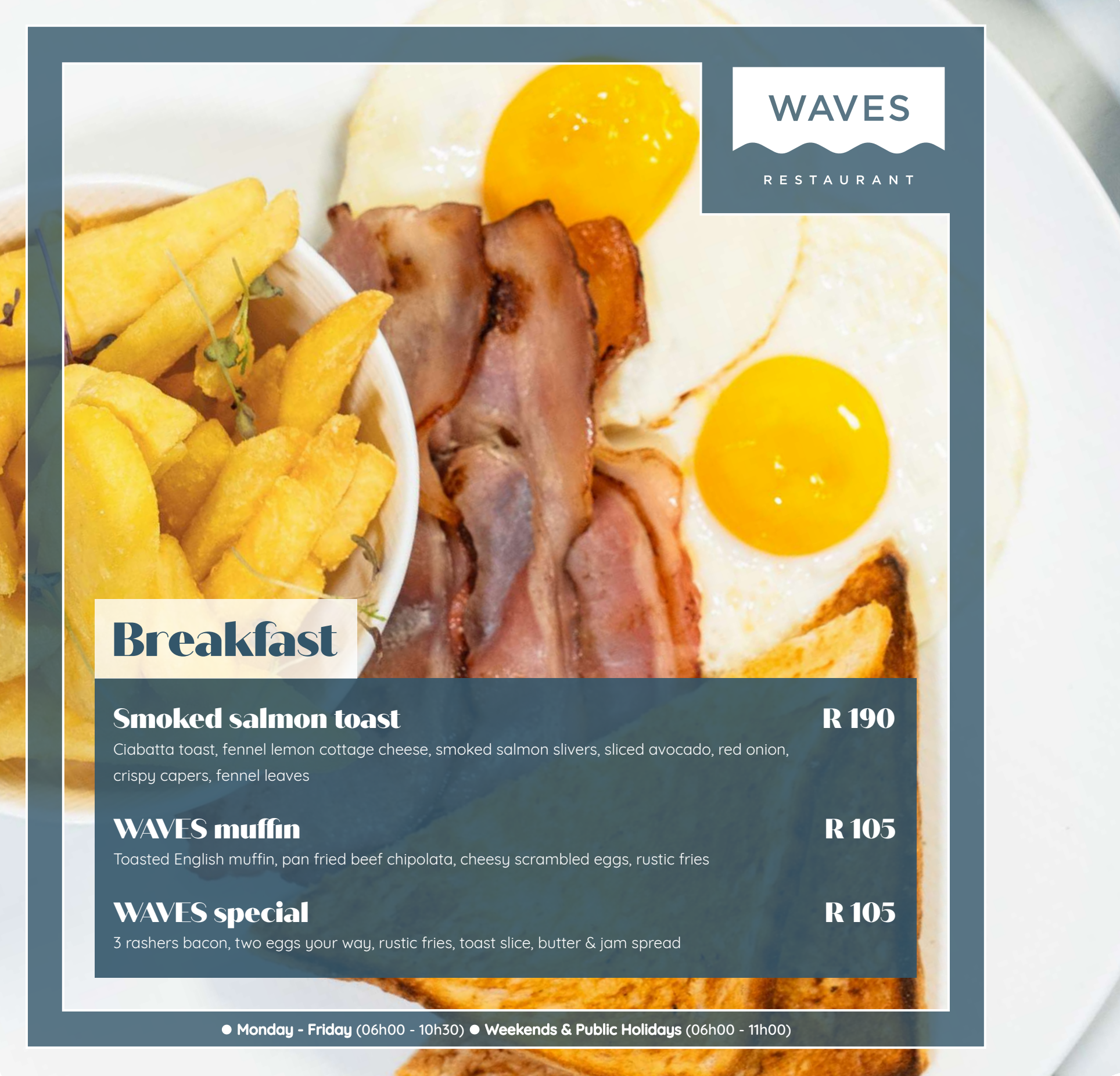
Avocado & egg toast (n) — R 155
Ciabatta toast, chive butter, smashed avocado, egg mayo, chili crunch

Breakfast burger — R 175
Grilled beef patty, bacon, fried egg, rosti potato, tomato relish, toasted burger bun, rustic fries

Chakalaka & eggs — R 165
Two eggs your way, spicy chakalaka, grilled boerewors, rustic fries, toast slice, butter

Flapjack stack (n) — R 170
3 fluffy flapjacks, Brule banana, berries, toasted pecans, maple syrup

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



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Breakfast

Smoked salmon toast — R 190

Ciabatta toast, fennel lemon cottage cheese, smoked salmon slivers, sliced avocado, red onion, crispy capers, fennel leaves

WAVES muffin — R 105

Toasted English muffin, pan fried beef chipolata, cheesy scrambled eggs, rustic fries

WAVES special — R 105

3 rashers bacon, two eggs your way, rustic fries, toast slice, butter & jam spread

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Breakfast Toasties

Brown or white sliced bread, served with rustic fries

Bacon, egg & cheese — R 125
Bacon, fried eggs, Gouda cheese

Chicken mayo — R 105
Chicken, creamy mayo

Cheese & tomato (v) — R 95
Gouda cheese & tomato

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Wraps

Beef — R 225

Grilled steak strips, caramelised onion, rocket leaves, chimichurri sauce, rustic fries

Chicken — R 215

Crispy fried chicken, bacon, shredded lettuce, avocado, hot honey, rustic fries

Hake — R 195

Tempura hake, fennel & lemon slaw, shredded lettuce, caper aioli, rustic fries

● **Monday - Sunday** (11h00 - 17h30)

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Starters

Caprese salad (v) — R 190

Roasted tomato steak, salted exotic tomatoes, bocconcini, cucumber & basil sorbet, balsamic reduction

Cauliflower (v) — R 125

Charred cumin cauliflower, spicy harissa sauce

Prawn bowl (🍤) — R 205

Succulent prawns, mango & avocado salsa, roasted coconut flakes, chili lime dressing

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Burgers

Our burgers are served with rustic fries or WAVES side salad

Beef & bacon — R 215

200g grilled beef patty, Gouda cheese, crispy bacon, onion jam, toasted bun

Chicken — R 160

Crispy fried deboned paprika chicken quarter, hot honey, pickle slaw, toasted bun

Chicken & avocado — R 215

Grilled chicken breast, sliced avocado, roasted garlic mayonnaise, toasted bun

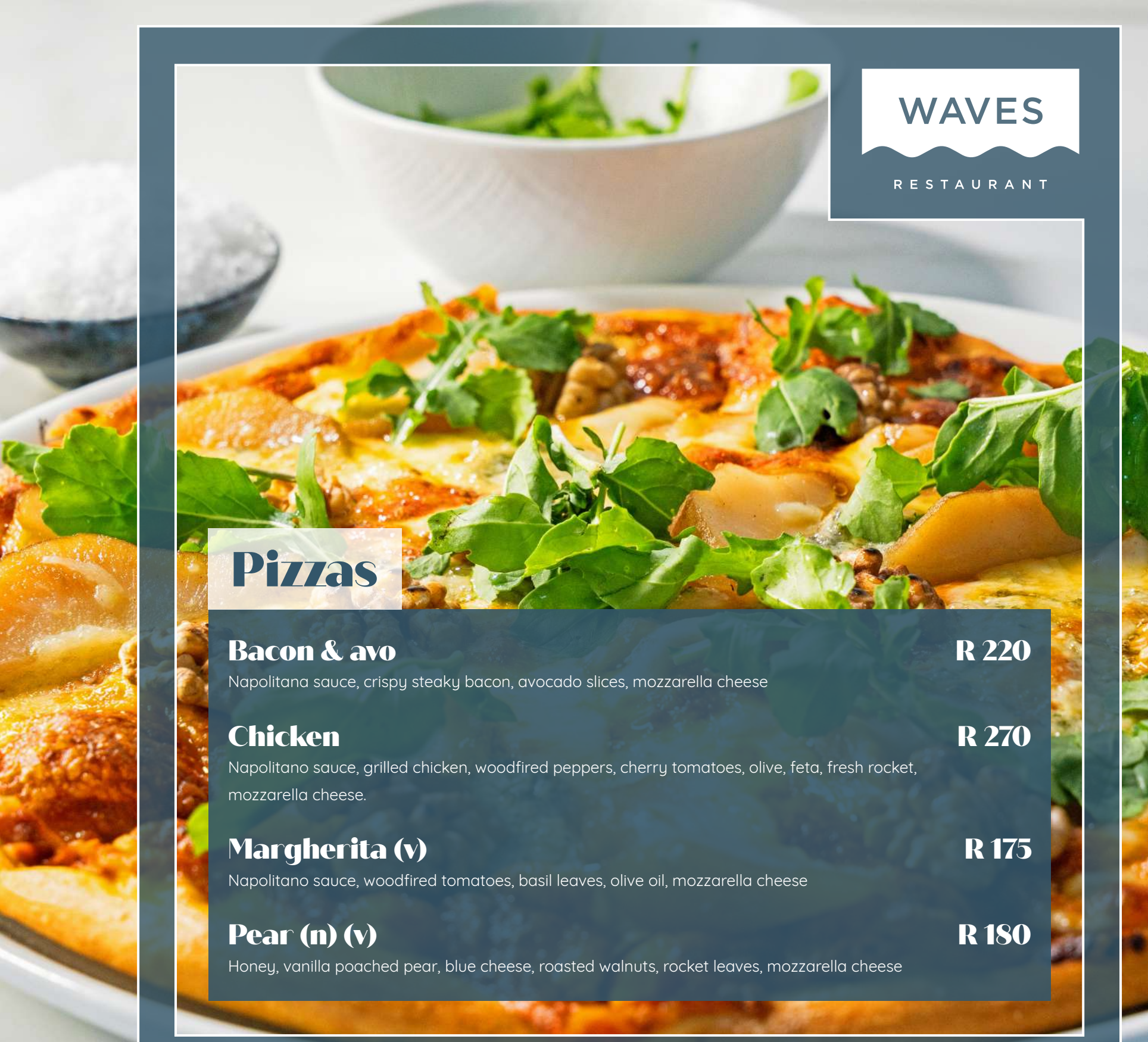
Chili & beef — R 185

200g grilled beef patty, jalapeño slices, Gouda cheese, chili mayo, tomato salsa, toasted bun

● **Monday - Sunday** (11h00 - 17h30)

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Pizzas

Bacon & avo — R 220
Napolitana sauce, crispy steaky bacon, avocado slices, mozzarella cheese

Chicken — R 270
Napolitano sauce, grilled chicken, woodfired peppers, cherry tomatoes, olive, feta, fresh rocket, mozzarella cheese.

Margherita (v) — R 175
Napolitano sauce, woodfired tomatoes, basil leaves, olive oil, mozzarella cheese

Pear (n) (v) — R 180
Honey, vanilla poached pear, blue cheese, roasted walnuts, rocket leaves, mozzarella cheese

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Pastas

Gnocchi shell Sicilian eggplant (v) — R 150

Crispy aubergine, woodfired Rosa tomatoes, basil, chili, whipped feta

Linguini smoked salmon — R 195

Smoked salmon, lemon crème fraiche, parmesan, capers, dill, rocket leaves, crushed black pepper

Spaghetti pork belly — R 210

Crispy pork belly, charred pineapple, woodfired chili, coriander leaves, lime

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Desserts

Mango & coconut — R 195

Mango mousse, passion fruit gel, coconut sponge, toasted coconut flakes, lime sorbet

Panna Cotta (n) — R 135

Rooibos infused panna cotta, orange gel, citrus segments, almond tuile

Pavlova — R 155

Crisp meringue, vanilla mascarpone, fresh berries, berry coulis, elderflower syrup

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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 Late	R 36
Double Espresso	R 30
Espresso	R 28
Hot Chocolate	R 36
Macchiato	R 34
Red Latte	R 37



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Tea

Selection of Teas	R 30
English Breakfast	
Rooibos Tea	
Chamomile	
Peppermint	
Earl Grey	
Lemon	
Classic Green	

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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 — R 8

Kola Tonic / Lime/ Passion Fruit

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
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 Draught 300ml - (on Tap)	R 40
Windhoek Draught 500ml - (on Tap)	R 65
Windhoek Draft 440ml	R 58
Windhoek Lager 440ml	R 58

● **Monday - Sunday** (11h00 - 02h00)

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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 Matin 1738	R 165
Remy Matin VSOP	R 125

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Gin

Bombay Sapphire	R 42
Gordons	R 25
Hendrick's	R 60
Inverroche Amber	R 54
Strettons Orignal	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 Resposado	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

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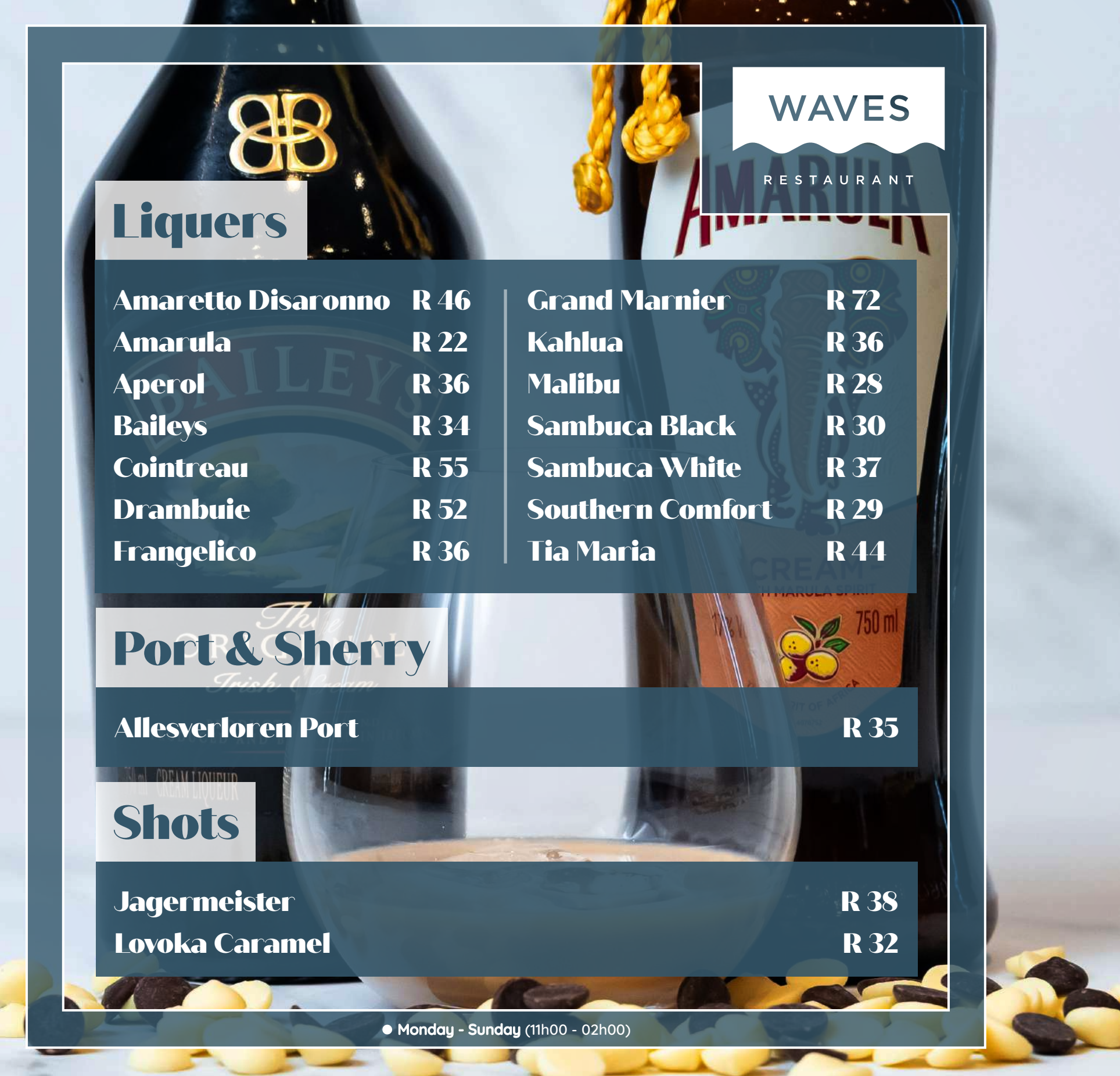
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Whiskey

Bains	R 36	Jack Daniels	R 44
Bells	R 30	Jameson	R 48
Chivas Regal 12yr	R 52	Jameson Select	R 60
Famous Grouse	R 30	Johnnie Walker Black	R 54
Glenfiddich 12yr	R 74	Johnnie Walker Red	R 36
Glenlivet 12yr	R 82	Lagavulen 16yr	R 185
Glenmorangie 10yr	R 74	Talisker 10yr	R 115
J&B	R 30	Tullamore Dew	R 44

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Liquers

Amaretto Disaronno	R 46	Grand Marnier	R 72
Amarula	R 22	Kahlua	R 36
Aperol	R 36	Malibu	R 28
Baileys	R 34	Sambuca Black	R 30
Cointreau	R 55	Sambuca White	R 37
Drambuie	R 52	Southern Comfort	R 29
Frangelico	R 36	Tia Maria	R 44

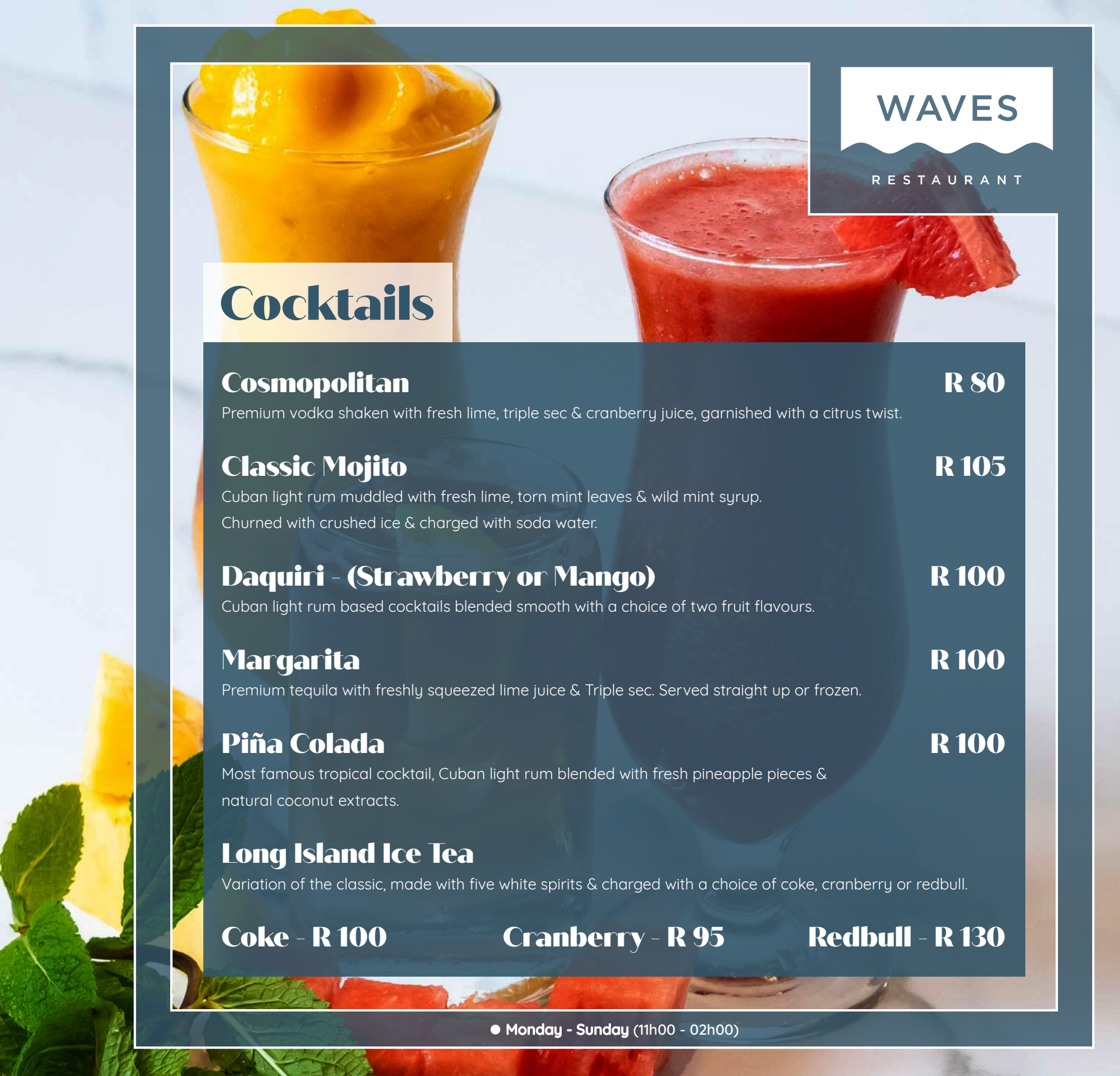
Port & Sherry

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.

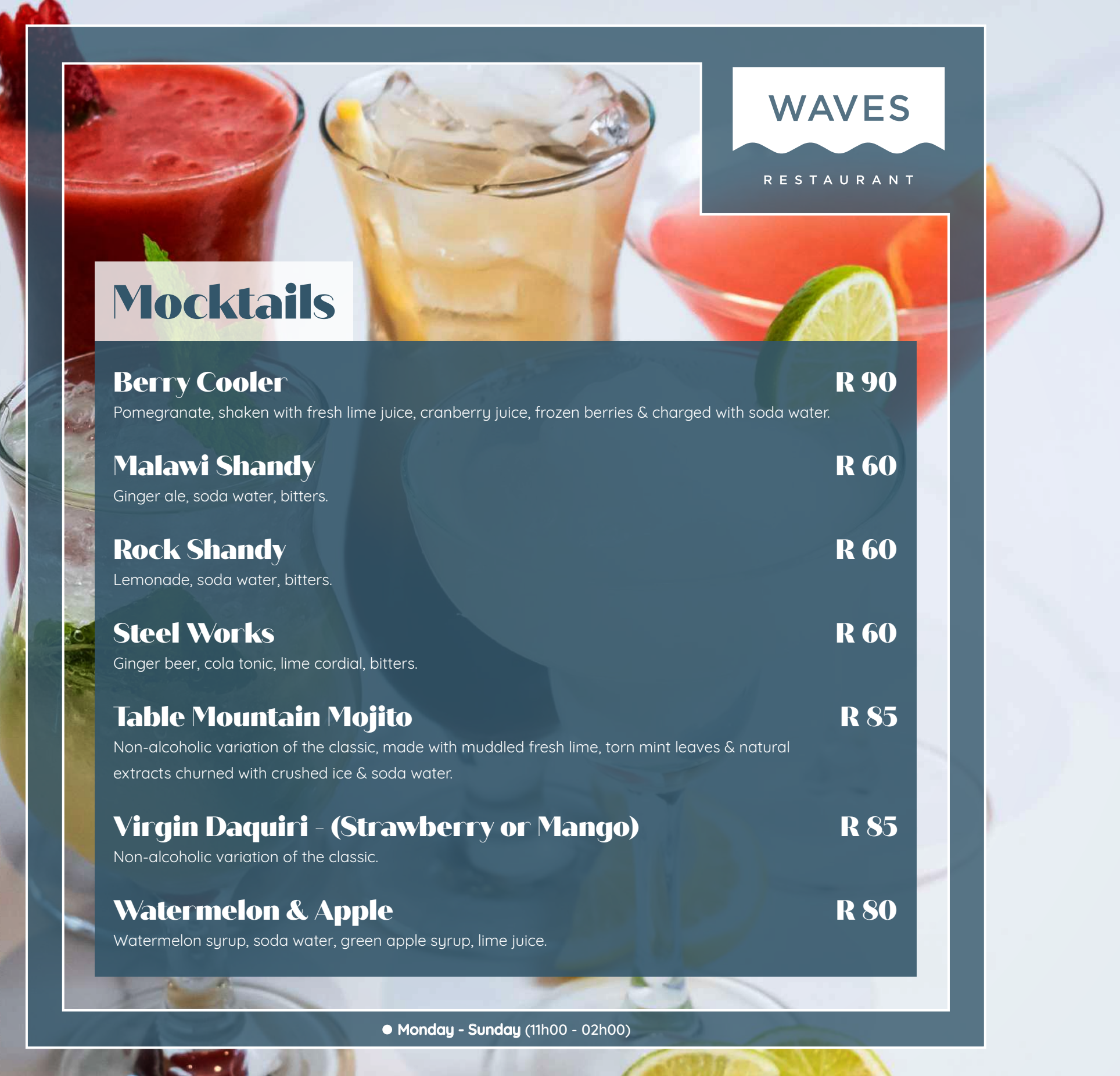
Margarita — R 100
Premium tequila with freshly squeezed lime juice & Triple sec. Served straight up or frozen.

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**

● **Monday - Sunday** (11h00 - 02h00)



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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 — R 2 200

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.



Prosecco

Spritz — R 80 — R 350

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.

● **Monday - Sunday** (11h00 - 02h00)



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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	R 75	R 280

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

Fairview	R 110	R 400

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	R 290

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.

● **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

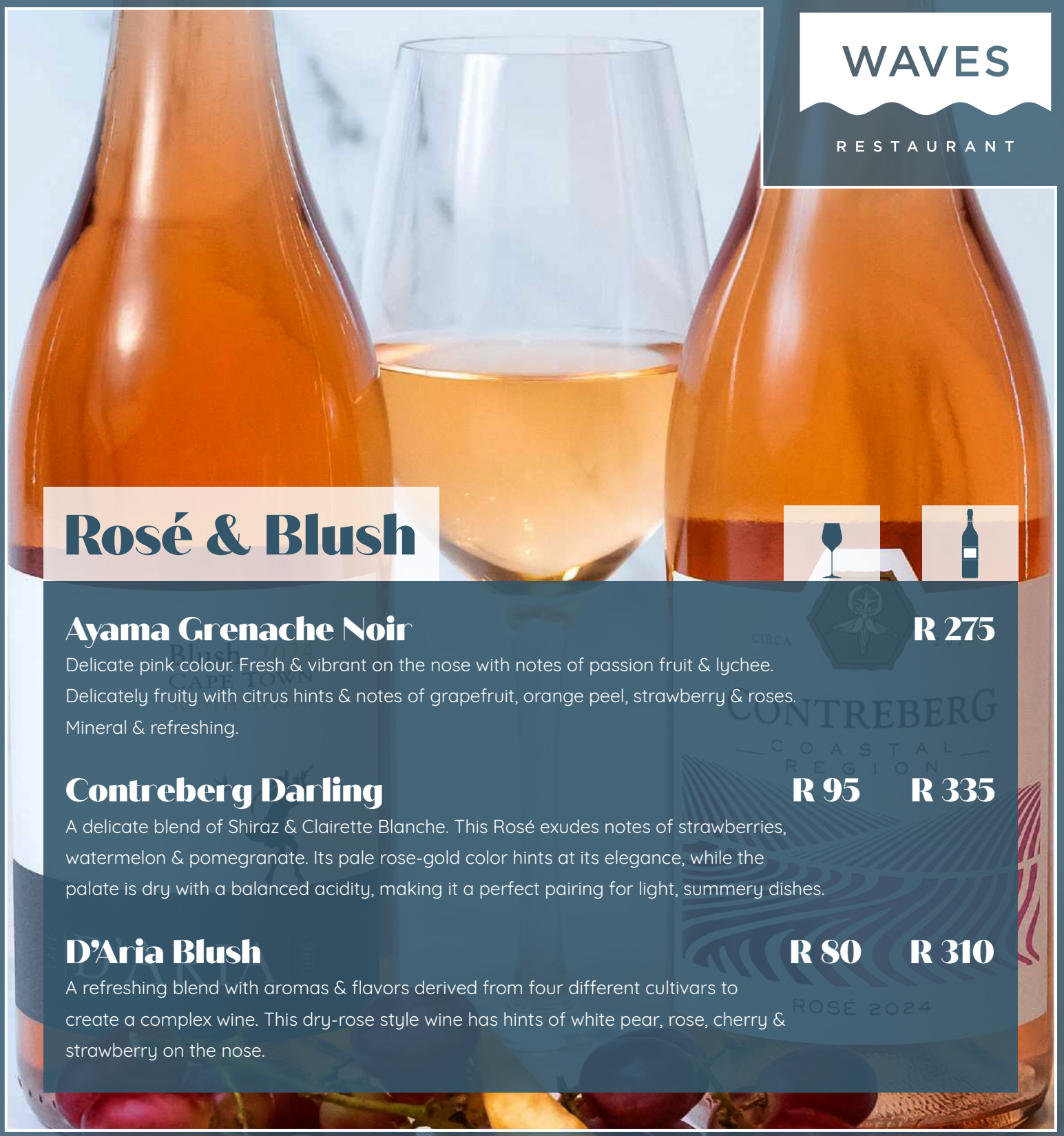
Ayama Vermentino — R 270

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.

● **Monday - Sunday** (11h00 - 02h00)



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Rosé & Blush

Ayama Grenache Noir — R 275

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.

Contreberg Darling — R 95 — R 335

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.

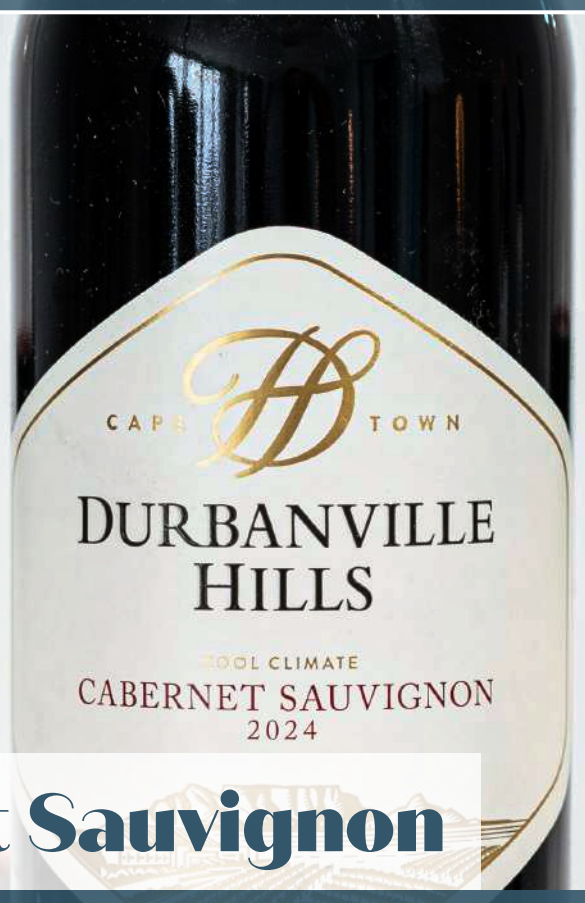
D'Aria Blush — R 80 — R 310

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.

● **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.

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Merlot

Ayama — R 330

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 — R 420

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 — R 70 — R 275

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 — R 75 — R 285

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

● **Monday - Sunday** (11h00 - 02h00)

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Pinotage

Ayama — R 285

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.

Beyerskloof — R 90 — R 345

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

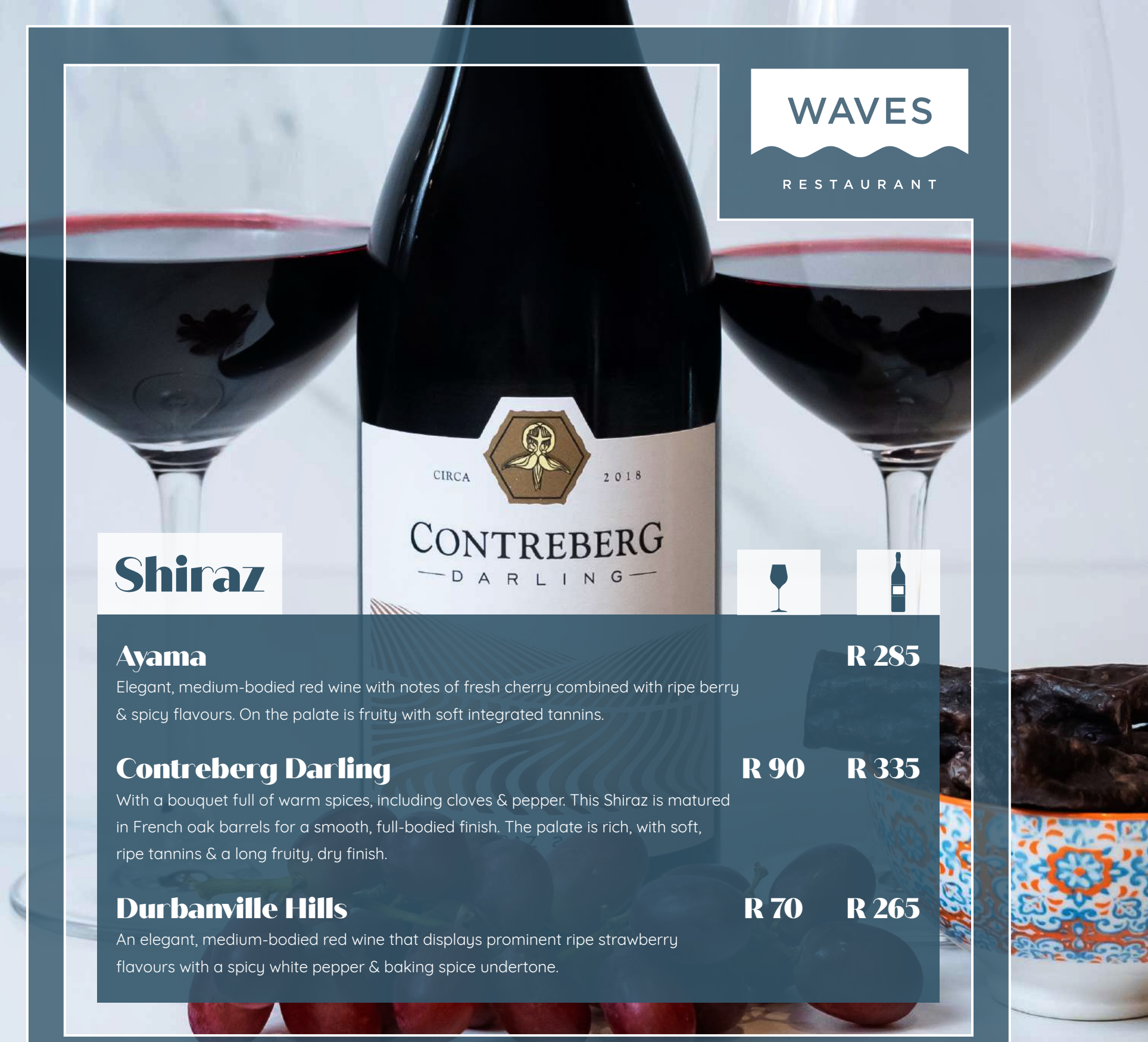
Durbanville Hills — R 75 — R 270

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

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Shiraz

Ayama — R 285

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 — R 90 — R 335

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 70 — R 265

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

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Red Blends

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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Exclusive White Wines

Benguela Cove Lighthouse Sauvignon Blanc — R 360

The aroma is explosive: gooseberry and citrus with hints of apple, box tree, and top notes of orange blossoms. The fruit intensity fills your mouth and finishes with salinity and an oyster shell-like minerality. Green melon, apple, and lemongrass notes persist on the palate.

Dornier Cocoa Hill Chenin Blanc — R 360

hint of lemon rind, leading to a zesty, lingering finish. With its vibrant fruit, this wine will pair well with salads, pasta dishes, and grilled line fish. It will also accompany calamari and scallops very well.

Vergenoegd Löw Runner Duck - Chenin Blanc R 80 — R 310

Juicy with notes of quince, citrus, stone fruit, litchi, and pineapple with a zesty, refreshing finish.

Vergenoegd Löw Chardonnay — R 720

Fragrant, crisp, green pear and mellow spice are evident on the nose and palate.

Vergenoegd Löw Runner Duck - Sauv Blanc — R 80 — R 310

A vibrant and zesty fruit-forward Sauvignon Blanc. Gooseberry and capsicum hints on the entry open into concentrated tropical fruit flavours on the palate.

● **Monday - Sunday** (11h00 - 02h00)

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Exclusive Red Wines

Bellevue Pinotage — R 300 — R 360

One of the first estates to plant this signature South African grape variety, Bellevue as guardians of Pinotage legacy produces this Pinotage in a hands-off way to allow the fruit to shine.

Eagles Nest Vineyards Shiraz — R 720

Grown in the cool Constantia Valley, the oldest wine growing region in the Cape. This Shiraz showcases a bright red colour. On the nose delicious dark fruit aromas are complimented by savoury, smoky notes.

Overgaauw Stellenbosch Merlot — R 410

Heritage is not just a concept; it is a soil, roots and fruit reality lived out daily on this century-old estate.

Vergenoegd Löw Runner Duck - Red Blend — R 80 — R 310

Berry perfume on the nose is underscored by deliciously subtle smoky undertones and rounded tannins.

Vergenoegd Löw Cabernet Sauvignon — R 720

A dark-hued red in the glass, damson plums and black berry fruit are framed by savoury cedar, warm spice and subtle fynbos undertones.

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