

ROCKPOOL

BEACH ROAD · CAPE TOWN

ROCKPOOL

BEACH ROAD · CAPE TOWN

BREAKFAST

Saturdays & Sundays only, served until 11h45

Freshly Baked Croissant with preserves and cheese	55
Veg benedict mushroom, poached eggs topped with hollandaise on sweet potato discs	60
Home-Made Granola cinnamon, banana, honey, yogurt	65
Breakfast Bagel sweet chilli & cream cheese topped with bacon & fresh rocket <i>add egg</i>	75 10
Salmon Bagel cream cheese, smoked salmon trout, deep fried capers & rocket	85
Avo Smash ciabatta toast, smashed avo, mushrooms & poached eggs <i>add bacon</i>	85 35
Eggs Benedict poached eggs, bacon, baby spinach & hollandaise on ciabatta <i>swap bacon for smoked salmon trout</i>	90 98
Beach Breakfast eggs to your liking, bacon, grilled mushrooms, roasted tomatoes & ciabatta toast <i>add pork / chicken sausage</i> <i>add avo</i>	95 25 35
Croissant Melt emmental cheese, scrambled eggs, bacon & fresh rocket	98
Breakfast Pizza bacon, mince, chilli & mixed cheese with hollandaise	99

CAFÉ STYLE

Crumbed Chicken Strips small with chips & sweet chilli sauce large with chips & sweet chilli sauce	79 130
Chicken Skewers BBQ or Peri-Peri chicken fillet, red onion & red pepper with a side of coleslaw	135
Crumbed Chicken Schnitzel crumbed chicken fillet & coleslaw served with mustard mayo or mushroom sauce	138
Nachos Grande salsa, jalapeños, cheese, crème fraiche & guacamole <i>add chicken / bacon</i>	155 35
Grilled Sirloin & Fries <i>New!</i> Chimichurri or mushroom sauce	175 30 / 38

HOT PRESSED SANDWICHES & WRAPS

Breakfast Bagel cream cheese, sweet chilli topped with bacon & fresh rocket <i>add egg</i>	75 10
PCM Croissant <i>New!</i> prego chicken mayo, shredded lettuce, red onion & gherkin	85
Salmon Bagel cream cheese, smoked salmon trout, deep fried capers & rocket	85
Chicken & Avo Wrap chicken breast, lettuce, carrot, tomato, cucumber, cabbage & lemon mayo <i>add feta</i>	105 25

TAPAS AND SKILLETTS

Deep Fried Onion Rings	20
Roasted Veg <i>New!</i> beetroot, sweet potato, butternut & red onion topped with toasted seeds	30
Hand Cut Fries BBQ spice sweet potato fries roasted garlic mayo parmesan and truffle oil	30 30 35 38
Pepperoni Pizza Roses <i>New!</i> Mozzarella, tomato & pepperoni	55
Hake Bites deep fried served with garlic aioli	68
Mini Chicken Skewers BBQ or Peri Peri chicken fillet, red onion & red pepper	70
Jalapeño Poppers cream cheese & cheddar <i>with bacon</i>	79 99
Mini Nachos salsa, jalapeños, cheese, crème fraiche & guacamole <i>add chicken / bacon</i>	89 35
Half Pint Prawns <i>New!</i> fried prawns served with miso mayo	99
Crispy Calamari cajun dusted & deep fried with tartar sauce	135

BURGERS

La Vie <i>vegan option available, add 20</i> garnish & spicy tomato relish	110
Smashed Avo Burger <i>vegan option available, add 20</i> garnish, smashed avo & fresh coriander	115
Cheeseburger <i>New!</i> mayo, shredded lettuce & gherkin, with sliced cheddar cheese	120
Nacho crème fraiche, smashed avo, sliced cheddar, nachos, jalapeños & salsa	140
Cheesy Mushroom garnish, caramelized onion, emmental & thyme butter brown mushrooms	150

SEAFOOD

Fish & Chips craft beer battered hake	130
Full Pint Prawns <i>New!</i> fried prawns served with miso mayo	149
Grilled Hake & Salad seasoned grilled hake & a fresh garden salad	155
Calamari & Chips dusted with cajun spices, grilled or fried	170
Hake & Calamari Combo cajun style calamari grilled or fried & choice of grilled or craft beer battered hake	185

PLATTERS

OCEAN VIEW <i>New!</i> crumbed chicken strips, calamari & pizza roses	215
ROCKLANDS <i>New!</i> jalapeño poppers, hake bites & chicken skewers	280
BEACH <i>New!</i> chicken skewers, pizza roses, hake bites, crumbed chicken strips & calamari	345

PIZZA

Focaccia garlic, olive oil & herbs	55
Margherita tomato, mozzarella & origanum	79
Focaccia Caprese garlic focaccia, sliced tomatoes, mozzarella & basil pesto	89
The Greek spinach, feta, mozzarella & olives	105
Hawaiian ham, mozzarella & pineapple	109
Regina ham, mozzarella & mushroom	109
Roast Veggie <i>New!</i> tomato base, roasted veg, mushrooms, sundried tomato, fresh rocket & vegan basil mayo	130
La Vie bacon, feta, mozzarella & avo	135
Prego Chicken spicy chicken, mozzarella, caramelized onion, cherry tomatoes & fresh rocket	145
Pepperoni salami, mushrooms, feta, mozzarella, olives, spinach & sundried tomato	145

ADD TO YOUR PIZZA

cheddar / mozzarella / fresh basil / onions olives / feta / rocket / anchovies	25
avocado / ham / salami / bacon / chicken	35
gluten free base	30
salmon trout	50

SALADS

Roast Veg Salad baby spinach, roast veg, basil pesto, pumpkin seeds & sunflower seeds <i>add feta</i>	65 25
Greek cucumber, onions, tomatoes, feta, origanum & olives with greek dressing	68
Classic Caesar cos, croutons, egg & parmesan with caesar dressing <i>add anchovies</i> <i>add avo / chicken / bacon</i>	75 25 35
Chickpea Arugula <i>New!</i> rocket, leaves, quinoa, chickpeas, avocado & orange topped with crème fraîche dressing & mixed seeds <i>add chicken</i>	95 35
Salmon Bowl <i>New!</i> smoked salmon, rocket, avocado, pickled red onion topped with miso mayo, mixed seeds & deep-fried capers	105
Crispy Calamari avo, leaves, cherry tomatoes, cucumber, spring onion & pickled ginger with soy vinaigrette	145

DESSERTS

Vanilla Ice Cream & Chocolate or Peppermint Crisp	45
Cassata vanilla ice cream, mixed nuts, cherries & turkish delight	79
Croissant bread & butter pudding banana, nutella & mini marshmallow with vanilla ice cream	89

DON PEDROS

Frangelico, Kahlua, Jameson, Amarula	69
--------------------------------------	----

COFFEE

double shot standard

Babycino (with hot chocolate sprinkles)	10
Espresso	23
Macchiato	29
Americano	30
Cortado	32
Magic Flat White	33
Flat White	34
Latte	37

<i>swap dairy for oat m*lk</i>	5
<i>swap dairy for almond m*lk</i>	5
<i>glass of milk</i>	12

OTHER CAFE DRINKS

Ceylon Tea	25
Rooibos	25
Green Tea	25
Earl Grey	25
Organic Rooibos - <i>The Connoisseur</i>	30
Hot Chocolate	37
Chai Latte	41
Red Cappuccino	41
Iced Coffee	41
Mocha	42
Chai Freezo	42
Freezochino	51

FRESH JUICES

One - orange juice	50
Two - apple, cucumber, spinach, celery	50
Three - apple, ginger	50
Four - carrot, orange	50
Five - beetroot, carrot	50
Six - ginger, apple, carrot, orange, beetroot <i>add ginger shot</i>	50 22

SOFT DRINKS

Coke, Fanta, Sprite, Crème Soda	30
Appletiser / Grapetiser	32
Home-made Ice Tea	39
Rock Shandy	41
Red Bull / Sugarfree / Red Edition Watermelon	45
Still / Sparkling Water 500ml	22
Still / Sparkling Water 750ml	28

FITCH & LEEDES BESPOKE MIXERS

Club Soda, Bitter Lemon	25
Lemonade, Ginger Ale	25
Indian Tonic/ Sugar Free Tonic / Pink Tonic / Grapefruit Tonic	25
Energy Mixer	25

MILKSHAKES & SMOOTHIES

Mixed Berry Smoothie	55
Classic Milkshakes vanilla, chocolate, strawberry, coffee	55
Peanut Butter Banana Smoothie	70
Rockpool Milkshakes salted caramel popcorn / oreo / coconut / peppermint crisp / lemon cheesecake	68

COCKTAILS

**non alcoholic option available*

Classic Mojito *rum, fitch & leedes club soda, fresh lime & mint	75
Pimm's Cocktail pimm's, fitch & leedes ginger ale & lemonade	75
Cosmopolitan skyy citrus, triple sec & cranberry juice	75
Long Island Iced Tea five white spirits, sour mix & coke	85
Margarita shaken or frozen	85
Aperol Spritz cinzano pro spritz, aperol & fitch & leedes club soda	89
Bloody Mary *vodka, tomato juice & seasoning	89
Strawberry Daiquiri *frozen	95
Piña Colada *frozen	98

SUNCAMINO

rum based cocktails

Suncamino Kisses rum, kahlua, amarula, ice cream	50
The Light & Sunny rum, ginger ale, disaronno, fresh orange & cucumber	75
Skinny Dip rum, fresh lime & granadilla pulp	75
The Green Camino Suncamino, soda, fresh mint & lime wedges	80

WHITE WINE

	glass	bottle
Wolftrap White Blend	55	160
MAN Chardonnay	67	200
Buitenverwachting Buiten Blanc	67	190
Journey's End Sauvignon Blanc <i>Weather Station</i>	70	210
Kleine Zalze Chenin Blanc	70	210
Blaauwklippen Sauvignon Blanc	72	215

ROSE WINE

	glass	bottle
Vondeling Rosé	59	190
Lanzerac Pinotage Rose	75	225
Delaire Rose	80	275

RED WINE

	glass	bottle
Wolftrap Red Blend	55	160
Weltevrede Merlot	65	199
Anura Pinotage Shiraz	70	205
Warwick First Lady Cabernet Sauvignon	75	235

SPARKLING WINE - MCC

	glass	bottle
Darling Blanc De Blanc Brut	80	270
Baglietti No10 Prosecco	95	350
Le Lude MCC Brut		395

SIGNATURE COCKTAILS

Naughty Milktart skyy vodka, condensed milk, cinnamon, nutmeg & vanilla essence	65
Rockpool 75 baglietti No10, elderflower, hobbs cape dry gin & lemon	70
Rockpool Fizz disaronno, earl grey syrup, orange juice, lemon juice & fitch & leedes club soda	75
Sunset Sours Hobbs cape dry gin, grapefruit, aquafaba, lemon & lime	80
Watermelon Gin Bull red bull red edition: watermelon & gin with fresh lime	80
Bellini cinzano pro spritz with granadilla, peach liqueur & lemon	85
Coronarita upside down coronita served in a frozen margarita	85
Aperol Surprise aperol, mixed berry, pineapple juice & fresh lime	85
La Vie Daiquiri *havana club 3yo rum, basil, coconut, pineapple, honey & black pepper	90
Berry Mojito hope rum Agricole, mixed berry, mint leaves & limes	90
The Sugarbird sugarbird juniper unfiltered gin, mixed berries, fitch & leedes tonic, fresh basil	95
Espolicious espolon Blanco, blood orange, grapefruit juice, fresh lime & orange	95
Riffed Negroni hope navy strength gin, cinzanno rosso, campari, strawberry & orange	95

TEQUILA

El Jimador Reposado	39
Rooster Rojo Reposado / Anejo	42 / 46
Espolon Reposado / Blanco	45
Olmeca Altos Reposado / Blanco	45
Don Julio Reposado	65

BEERS

On Tap	
Cape Town Lager	49
CBC Light Lager	52
Castle Lite	53
Heineken	55
Stella	55
CBC Amber Weiss	59
Bottled Beer	
Castle Free	33
Black Label	35
Castle Lite	35
Windhoek Lager / Light	35
Heineken	39
Heineken 0.0%	39
Stellenbrau Craven Craft Lager	42
Corona Extra	49

CIDERS

Bottled Cider	
Hunters Dry / Gold	38
Savanna Dry / Light / Jean	42
Strongbow Red berries	42