

ROCKPOOL

BEACH ROAD · CAPE TOWN

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BREAKFAST

Saturdays & Sundays only, served until 11h45

✓ Freshly Baked Croissant	65
with preserves and cheese	
✓ Veg benedict	75
mushroom, poached eggs topped with hollandaise on sweet potato discs	
Breakfast Bagel	85
sweet chilli & cream cheese topped with bacon & fresh rocket	
<i>add egg</i>	<i>10</i>
Salmon Bagel	95
cream cheese, smoked salmon trout, deep fried capers & rocket	
✓ Avo Smash	95
ciabatta toast, smashed avo, mushrooms & poached eggs	
<i>add bacon</i>	<i>40</i>
Beach Breakfast	105
eggs to your liking, bacon, grilled mushrooms, roasted tomatoes & ciabatta toast	
<i>add pork sausage</i>	<i>30</i>
<i>add avo</i>	<i>40</i>
Eggs Benedict	125
poached eggs, bacon, baby spinach & hollandaise on ciabatta	
<i>swap bacon for smoked salmon trout</i>	<i>135</i>
Croissant Melt	120
emmental cheese, scrambled eggs, bacon & fresh rocket	

CAFÉ STYLE

Breakfast Bagel	85
cream cheese, sweet chilli topped with bacon & fresh rocket	
<i>add egg</i>	<i>10</i>
Club Sandwich	85
chicken, streaky bacon, lettuce, fresh tomato with a jalapeno, coriander & lime dressing	
Chicken Mayo hot press	89
chicken mayo & red onion on ciabatta	
Crumbed Chicken Strips <i>New!</i>	
small with chips & sweet chilli sauce	89
large with chips & sweet chilli sauce	139
Argentinian Bowl	95
chicken, corn, brown rice, sautéed red onion and red peppers, black beans with a jalapeño, coriander & lime dressing	
Salmon Bagel	95
cream cheese, smoked salmon trout, deep fried capers & rocket	
Crumbed Chicken Schnitzel	120
crumbed chicken fillet served with coleslaw	
<i>add mustard mayo/ mushroom sauce</i>	<i>25 / 45</i>
Chicken & Avo Wrap	125
chicken breast, lettuce, carrot, tomato, cucumber, cabbage & lemon mayo	
<i>add feta</i>	<i>32</i>
Chicken Skewers	138
bbq or peri-peri chicken fillet, red onion & red pepper with a side of coleslaw	
Nachos Grande	169
santa anna organic corn chip with salsa, jalapeños, cheese, crème fraiche & guacamole	
<i>add chicken / bacon</i>	<i>40</i>
Grilled Sirloin & Fries	185
mushroom sauce	<i>45</i>

TAPAS AND SKILLETTS

✓ Deep Fried Onion Rings	25
✓ Roasted Veg	35
beetroot, sweet potato, butternut & red onion topped with toasted seeds	
✓ Hand Cut Fries	
bbq spice	30
sweet potato fries	30
roasted garlic mayo	35
parmesan and truffle oil	38
Hake Bites	89
deep fried served with garlic aioli	
✓ Jalapeño Poppers	89
cream cheese & cheddar	
✓ Mini Nachos	99
salsa, jalapeños, cheese, crème fraiche & guacamole	
<i>add chicken / bacon</i>	<i>40</i>
Half Pint Prawns	105
fried prawns served with miso mayo	
Crispy Calamari	185
cajun dusted patagonian calamari & deep fried with tartar sauce	

BURGERS

Ryan Boon grass fed beef patties

La Vie <i>vegan option available, add 25</i>	129
garnish & spicy tomato relish	
Smashed Avo Burger <i>vegan option available, add 25</i>	135
garnish, smashed avo & fresh coriander	
Cheeseburger	139
mayo, shredded lettuce & gherkin, with sliced cheddar cheese	
Nacho	152
crème fraiche, smashed avo, sliced cheddar, nachos, jalapeños & salsa	
Cheesy Mushroom	159
garnish, caramelized onion, emmental & thyme butter brown mushrooms	

SEAFOOD

Fish & Chips	155
craft beer battered hake	
Full Pint Prawns	159
fried prawns served with miso mayo	
Grilled Hake & Salad	165
seasoned grilled hake & a fresh garden salad	
Calamari & Chips	190
calamari strips dusted with cajun spices, grilled or fried	
Hake & Calamari Combo	195
cajun style calamari strips grilled or fried & choice of grilled or craft beer battered hake	

PLATTERS

OCEAN VIEW	280
crumbed chicken strips, calamari strips & full pint prawns	
ROCKLANDS	295
jalapeño poppers, hake bites & chicken skewers	
BEACH	345
chicken skewers, hake bites, crumbed chicken strips & calamari strips with hand cut fries	

PIZZA

✓ Focaccia	65
garlic, olive oil & herbs	
✓ Margherita	92
tomato, mozzarella & origanum	
✓ Focaccia Caprese	105
garlic focaccia, sliced tomatoes, mozzarella & basil pesto	
✓ The Greek	115
spinach, feta, mozzarella & olives	
Hawaiian	129
ham, mozzarella & pineapple	
Regina	129
ham, mozzarella & mushroom	
✓ Roast Veggie	135
tomato base, roasted veg, mushrooms, sundried tomato, fresh rocket & vegan basil mayo	
Pompeii New!	145
BBQ chicken, peppadew, smokeynaise, spring onions & peach slices	
La Vie	152
bacon, feta, mozzarella & avo	
Pepperoni	152
salami, mushrooms, feta, mozzarella, olives, spinach & sundried tomato	
Prego Chicken	155
spicy chicken, mozzarella, caramelized onion, cherry tomatoes & fresh rocket	

ADD TO YOUR PIZZA

rocket/ fresh basil / olives/ caramelised onions	29
feta / cheddar / mozzarella / anchovies	32
avocado / ham / salami / bacon / chicken	40
gluten free base	45

SALADS

✓ Roast Veg Salad	78
baby spinach, roast veg, basil pesto, pumpkin seeds & sunflower seeds	
<i>add feta</i>	32
✓ Greek	78
cucumber, onions, tomatoes, feta, origanum & olives with greek dressing	
✓ Classic Caesar	85
cos, croutons, egg & parmesan with caesar dressing	
<i>add anchovies</i>	32
<i>add avo / chicken / bacon</i>	40
✓ Chickpea Arugula	99
rocket, leaves, quinoa, chickpeas, avocado & orange topped with crème fraîche dressing & mixed seeds	
<i>add chicken</i>	40
Salmon Bowl	129
smoked salmon, rocket, avocado, pickled red onion topped with miso mayo, mixed seeds & deep-fried capers	
Crispy Calamari	162
patagonian calamari avo, leaves, cherry tomatoes, cucumber, spring onion & pickled ginger with soy vinaigrette	

DESSERTS

Vanilla Ice Cream & Chocolate or Peppermint Crisp sauce	45
Chocolate mud pie with butterscotch sauce and vanilla ice cream	68
Cassata	95
vanilla ice cream, mixed nuts, cherries & turkish delight	
Croissant bread & butter pudding	95
banana, nutella & mini marshmallow with vanilla ice cream	

DON PEDROS

frangelico, kahlua, jameson, amarula	75
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COFFEE

double shot standard

Babycino (with hot chocolate sprinkles)	10
Espresso	26
Americano	33
Cortado	34
Magic Flat White	35
Flat White	36
Latte	39
Irish Coffee	50

<i>swap dairy for oat m*lk</i>	5
<i>swap dairy for almond m*lk</i>	10
<i>glass of milk</i>	12

OTHER CAFE DRINKS

Ceylon Tea	27
Rooibos	27
Green Tea	27
Earl Grey	27
Organic Rooibos - <i>The Connoisseur</i>	27
Hot Chocolate	39
Chai Latte	41
Red Cappuccino	41
Iced Coffee	44
Mocha	44
Chai Freezo	48
Freezochino	55

FRESH JUICES

One - orange juice	52
Two - apple, cucumber, spinach, celery	52
Three - apple, ginger	52
Four - carrot, orange	52
Five - beetroot, carrot	52
Six - ginger, apple, carrot, orange, beetroot	52
<i>add ginger shot</i>	25

SOFT DRINKS

Still / Sparkling Water 500ml	26
Still / Sparkling Water 750ml	30
Coke, Fanta, Sprite, Crème Soda	32
Appletiser / Grapetiser	38
Home-made Ice Tea	42
Rock Shandy	41
Red Bull / Sugarfree / Red Edition Watermelon	45

FITCH & LEEDES BESPOKE MIXERS

Club Soda, Bitter Lemon	28
Lemonade, Ginger Ale	28
Indian Tonic/ Sugar Free Tonic / Pink Tonic / Grapefruit Tonic	28

MILKSHAKES & SMOOTHIES

Mixed Berry Smoothie	65
Classic Milkshakes	65
vanilla, chocolate, strawberry, coffee	
Peanut Butter Banana Smoothie	70
Rockpool Gourmet Milkshakes	77
salted caramel popcorn / oreo / coconut / peppermint crisp / lemon cheesecake / brownie	

COCKTAILS

**non alcoholic option available*

Cosmopolitan skyy citrus, triple sec & cranberry juice	75
Pimm's Cocktail pimm's, fitch & leedes ginger ale & lemonade	79
Classic Mojito* rum, fitch & leedes club soda, fresh lime & mint	85
Bloody Mary* vodka, tomato juice & seasoning	89
Long Island Iced Tea five white spirits, sour mix & coke <i>Served with coke / cranberry juice</i> 95 <i>Served with red bull / red bull sugar free</i> 110	
Margarita shaken or frozen	95
Aperol Spritz cinzano pro spritz, aperol & fitch & leedes club soda <i>Aperol Tree</i> 495	95
Strawberry Daiquiri* frozen	110
Piña Colada* frozen	110

SIGNATURE COCKTAILS

Naughty Milktart skyy vodka, condensed milk, cinnamon, nutmeg & vanilla extract	69
Sunset Sours hobbs cape dry gin, grapefruit, aquafaba, lemon & lime	80
Rockpool Fizz disaronno, earl grey syrup, orange juice, lemon juice & fitch & leedes club soda	82
Watermelon Gin Bull red bull red edition: watermelon & gin with fresh lime	85
Bellini cinzano pro spritz with granadilla, peach liqueur & lemon	85
Aperol Surprise aperol, mixed berry, pineapple juice & fresh lime	85
Coronarita upside down coronita served in a frozen margarita <i>Upgrade to upside down Corona Extra</i> 15	89
Espolicious espolon blanco, blood orange, grapefruit juice, fresh lime & orange	95
Riffed Negroni hope navy strength gin, cinzanno rosso, campari, strawberry & orange	95
Berry Mojito hope rum agricole, mixed berry, mint leaves & limes	95
Tennessee-Tini jack daniels, skyy vodka, aquafaba, chai & vanilla	99
The Sugarbird sugarbird juniper unfiltered gin, mixed berries, fitch & leedes tonic, fresh basil	105
La Vie Daiquiri* Bacardi Carta Blanca rum, basil, coconut, pineapple, honey & black pepper	110

WHITE WINE

	glass	bottle
Wolftrap White Blend	59	175
MAN Chardonnay	69	215
Buitenverwachting Buiten Blanc	69	195
Kleine Zalze Chenin Blanc	72	215
Journey's End Sauvignon Blanc <i>Weather Station</i>	75	225
Neill Ellis West Coast Sauvignon Blanc	75	239

ROSE WINE

	glass	bottle
Vondeling Rosé	65	225
Leeuwenkuil Reserve Rosé	75	239
Neil Ellis Rosé	78	245

RED WINE

	glass	bottle
Wolftrap Red Blend	59	175
Bosman Cabernet Sauvignon	75	235
Weltevrede Merlot	75	225
Beyerskloof Pinotage	80	245

SPARKLING WINE - MCC

	glass	bottle
Darling Blanc De Blanc Brut	89	299
Kleine Zalze Brut Rosé	95	395
Le Lude MCC Brut		415

TEQUILA

El Jimador Reposado	42
Espolon Reposado / Blanco	55
Don Julio Reposado	89

ICE COLD BEER & SPRITZER

On Tap	
Cape Town Lager	54
Cape Spritz	55
Castle Lite	57
Heineken	62
Stella	62
CBC Amber Weiss	65
Bottled Beer	
Coronita	35
Black Label	38
Castle Lite	38
Heineken 0.0%	43
Heineken	45
Corona Extra	51
Corona Bucket	259

CIDERS

Bottled Cider	
Hunters Dry / Gold	42
Savanna Dry / Light	45