

ROCKPOOL

BEACH ROAD · CAPE TOWN

BREAKFAST

Saturdays & Sundays only, served until 11h45

✓ Freshly Baked Croissant	65
served with homemade berry mojito jam and cheese	
✓ Veg benedict	79
mushrooms, poached eggs topped with hollandaise on sweet potato discs	
Breakfast Bagel <i>served all day</i>	92
sweet chilli & cream cheese topped with bacon & fresh rocket	
<i>add egg</i>	10
Salmon Bagel <i>served all day</i>	99
cream cheese, smoked salmon trout, deep fried capers & rocket	
✓ Avo Smash	102
ciabatta toast, smashed avo, mushrooms & poached eggs	
<i>add bacon</i>	42
Beach Breakfast	105
eggs to your liking, bacon, grilled mushrooms, roasted tomatoes & ciabatta toast	
<i>add pork sausage</i>	30
<i>add avo</i>	42
Eggs Benedict	125
poached eggs, bacon, baby spinach & hollandaise on ciabatta	
<i>swap bacon for smoked salmon trout</i>	136
Croissant Melt	125
emmental cheese, scrambled eggs, bacon & fresh rocket	
Babalas Benedict	125
spicy curry mince, cheddar cheese, poached eggs, paprika & hollandaise	

BURGERS

Ryan Boon grass fed beef patties

La Vie <i>vegan option available, add 25</i>	132
garnish & tomato relish	
Smashed Avo Burger <i>vegan option available, add 25</i>	136
garnish, smashed avo & fresh coriander	
Cheeseburger	142
garnish with sliced cheddar cheese	
Nacho	155
crème fraiche, smashed avo, cheddar & mozzarella mix, nachos, jalapeños & salsa	
Cheesy Mushroom	159
garnish, onion marmalade, emmental & thyme butter brown mushrooms	
Hake Burger <i>New!</i>	160
tempura battered hake, rocket, pickled onion, sesame seeds & miso mayo	

SEAFOOD

Fish & Chips	159
craft beer battered hake	
Full Pint Tempura Prawns <i>New!</i>	169
tempura battered prawns served with miso mayo	
Grilled Hake & Salad	175
seasoned grilled hake & a fresh garden salad	
Calamari & Chips	192
calamari strips dusted with cajun spices, grilled or fried	
Hake & Calamari Combo	199
cajun style calamari strips grilled or fried & choice of grilled or craft beer battered hake	
Frutti di Mare <i>New! Platter for one</i>	235
beer battered hake, tempura prawns, fried calamari strips, chips served with tar-tar and miso mayo	

TAPAS AND SHARING

✓ Deep Fried Onion Rings	28
✓ Roasted Veg	42
beetroot, carrots, butternut & red onion topped with toasted seeds	
Spicy Rice	42
brown rice, corn, sautéed red onion and red peppers, black beans & hint of chilli	
✓ Hand Cut Fries	
bbq spice	
	35
sweet potato fries	
	38
roasted garlic mayo	
	40
parmesan and truffle oil	
	45
✓ Jalapeño Poppers	95
cream cheese & cheddar	
Hake Bites	98
deep fried served with garlic aioli	
✓ Mini Nachos	105
salsa, jalapeños, cheese, crème fraiche & guacamole	
<i>add chicken / bacon</i>	42
Half Pint Tempura Prawns <i>New!</i>	110
tempura battered prawns served with miso mayo	
Crispy Calamari	189
cajun dusted patagonian calamari, deep fried served with tartar sauce	

CAFÉ STYLE

Club Sandwich	89
chicken, streaky bacon, lettuce, fresh tomato with a jalapeño, coriander & lime dressing	
Chicken Mayo hot press	89
chicken mayo & red onion on ciabatta	
Crumbed Chicken Tenders <i>New!</i>	
small with chips & sweet chilli sauce	
	95
large with chips & sweet chilli sauce	
	145
Argentinian Bowl	95
chicken, corn, brown rice, sautéed red onion and red peppers, black beans with a jalapeño, coriander & lime dressing	
Chicken & Avo Wrap	129
chicken breast, avo, lettuce, carrot, tomato, cucumber, cabbage & lemon mayo	
<i>add feta</i>	33
Harissa Chicken Smash <i>New!</i>	135
crumbed chicken, avo, leaves, tomato, cheddar, red onion, harissa mayo on turkish bun	
Caesar Chicken Schnitzel	138
crumbed chicken fillet topped with cos, croutons, caesar dressing, grana padano shavings and a poached egg	
Steak & Onion Marmalade Sandwich <i>New!</i>	139
sirloin, onion marmalade, anchovy cream, emmental, rocket on turkish bun	
Mediterranean Chicken Skewers	149
marinated chicken skewered with red onion, red cabbage, red pepper with side of spicy rice	
Calamari Wrap <i>New!</i>	149
calamari strips, avo, leaves, cherry tomatoes, cucumber, spring onion, soy & miso mayo	
Nachos Grande	176
santa anna organic corn chips with salsa, jalapeños, cheese, crème fraiche & guacamole	
<i>add chicken / bacon</i>	42
Grilled Sirloin & Fries	199
mushroom sauce	
	46

PIZZA

V Focaccia garlic, olive oil & herbs	69
V Margherita tomato, mozzarella & origanum	98
V Focaccia Caprese garlic focaccia, sliced tomatoes, mozzarella & basil pesto	112
V The Greek spinach, feta, mozzarella & olives	125
Hawaiian ham, mozzarella & pineapple	138
Roast Veggie <i>(vegan)</i> tomato base, roasted veg, mushrooms, sundried tomato, fresh rocket & vegan basil mayo	145
Pompeii BBQ chicken, mozzarella, peppadew, smokeynaise, spring onions & peach slices	149
Danish Blue <i>New!</i> anchovy cream base, mozzarella, onion marmalade, green chilli, danish blue cheese, sesame seeds & fresh rocket	152
La Vie bacon, feta, mozzarella & avo	158
Pepperoni salami, mushrooms, feta, mozzarella, olives, spinach & sundried tomato	160
Prego Chicken spicy chicken, mozzarella, onion marmalade, cherry tomatoes, prego sauce & fresh rocket	160
Carne Pizza pulled bbq chicken, shaved ham, mozzarella, peppadew & salami	162

ADD TO YOUR PIZZA

rocket / fresh basil / olives / onion marmalade	30
feta / cheddar / mozzarella / anchovies	33
avo / ham / salami / bacon / chicken	42
gluten free base	50

SALADS

V Greek cucumber, onions, tomatoes, feta, origanum & olives with greek dressing	80
V Roast Veg Salad baby spinach, roast veg, basil pesto, pumpkin seeds & sunflower seeds <i>add feta</i>	89 33
V Classic Caesar cos, croutons, egg & parmesan with caesar dressing <i>add anchovies</i> <i>add avo / chicken / bacon</i>	89 33 42
Salmon Bowl smoked salmon, rocket, avo, pickled red onion topped with miso mayo, mixed seeds & deep-fried capers	138
Tempura Bowl <i>New!</i> fried tempura prawns, quinoa, cherry tomato, coriander, cucumber, anchovy cream served miso mayo	148
Crispy Calamari patagonian calamari avo, leaves, cherry tomatoes, cucumber, spring onion & pickled ginger with soy vinaigrette	168

DESSERTS

Vanilla Ice Cream & Chocolate or Peppermint Crisp sauce	50
Chocolate mud pie with butterscotch sauce and vanilla ice cream	69
Cassata vanilla ice cream, mixed nuts, cherries & turkish delight	95

COFFEE

double shot standard

Babycino (with hot chocolate sprinkles)	15
Espresso	27
Americano	34
Cortado	35
Magic Flat White	36
Flat White	37
Latte	41

<i>swap dairy for oat milk</i>	10
<i>swap dairy for almond milk</i>	10
<i>glass of milk</i>	12

OTHER CAFE DRINKS

Ceylon Tea	30
Rooibos	30
Green Tea	30
Earl Grey	30
Organic Rooibos - <i>The Connoisseur</i>	30
Chai Latte	44
Red Cappuccino	44
Hot Chocolate	44
Iced Coffee	45
Mocha	48
Chai Freezo	50
Freezochino	55

FRESH JUICES

One - orange juice	55
Two - apple, cucumber, spinach, celery	55
Three - apple, ginger	55
Four - carrot, orange	55
Five - beetroot, carrot	55
Six - ginger, apple, carrot, orange, beetroot <i>add ginger shot</i>	55 25

SOFT DRINKS

Still / Sparkling Water 500ml	29
Still / Sparkling Water 750ml	33
Coke, Fanta, Sprite, Crème Soda	33
Appletiser / Grapetiser	43
Home-made Ice Tea	45
Rock Shandy	43
Red Bull / Sugarfree / Red Edition Watermelon	47

FITCH & LEEDES BESPOKE MIXERS

Club Soda, Bitter Lemon	30
Lemonade, Ginger Ale	30
Indian Tonic/ Sugar Free Tonic / Pink Tonic / Grapefruit Tonic	30

MILKSHAKES & SMOOTHIES

Mixed Berry Smoothie	69
Mango Smoothie <i>New!</i>	69
Classic Milkshakes vanilla, chocolate, coffee, strawberry	70
Peanut Butter Banana Smoothie	70
Rockpool Gourmet Milkshakes salted caramel popcorn / oreo / lemon cheesecake / peppermint crisp / brownie / berries & cream	79

DON PEDROS

frangelico, kahlua, jameson, amarula	80
--------------------------------------	----

COCKTAILS

**non alcoholic option available*

Cosmopolitan skyy citrus, triple sec & cranberry juice	85
Pimm's Cocktail pimm's, fitch & leedes ginger ale & lemonade	85
Classic Mojito* rum, fitch & leedes club soda, fresh lime & mint	85
Aperol Spritz cinzano to spritz, aperol & fitch & leedes club soda <i>Aperol Tree</i>	95 495
Bloody Mary* vodka, tomato juice & seasoning	98
Long Island Iced Tea five white spirits, sour mix & coke <i>Served with coke / cranberry juice</i> <i>Served with red bull / red bull sugar free</i>	95 115
Margarita shaken or frozen	98
Strawberry Daiquiri* frozen	118
Piña Colada* frozen	118

SIGNATURE COCKTAILS

Naughty Milktart skyy vodka, condensed milk, cinnamon, nutmeg & vanilla extract	79
Rockpool Fizz disaronno, earl grey syrup, orange juice, lemon juice & fitch & leedes club soda	85
Aperol Sours aperol, aquafaba, lime & honey	85
Watermelon Gin Bull red bull red edition: watermelon & gin with fresh lime	85
Juneberry Mojito Bull red bull summer edition: juneberry & rum, fresh lime & mint	89
Aperol Surprise aperol, mixed berry, pineapple juice & fresh lime	89
Watermelon Cosmo skyy citrus, cinzano bianco, watermelon puree, basil	89
Elderfashioned ballantine's, elderflower, granny smith apple, triple sec	89
Rockspresso coffee, kahlua, vodka & coconut	95
Bellini cinzano to spritz with granadilla, peach liqueur & lemon	95
Brutal Mangeri <i>New!</i> upside down brutal fruit litchi sèche served in a mango daiquiri	99
Berry Mojito hope rum agricole, mixed berry, mint leaves & limes	102
La Vie Daiquiri* rum, basil, coconut, pineapple, honey & black pepper	115
Coronarita upside down corona extra served in a frozen margarita	115
Teatime Paloma espolon reposado, connoisseur tea, grapefruit	120
Aperol XL frozen aperol spritz with mango & honey	135

TEQUILA

El Jimador Reposado	46
Cabrito Reposado <i>New!</i>	52
Espolon Reposado / Blanco	58
Don Julio Reposado	105

WHITE WINE

	glass	bottle
Solange Chardonnay Pinot Noir <i>New!</i>	45	110
Wolftrap White Blend	68	185
Buitenverwachting Buiten Blanc	69	202
MAN Chardonnay	70	222
Kleine Zalze Chenin Blanc	75	228
Neil Ellis West Coast Sauvignon Blanc	75	242
Groote Post Seasalter Sauvignon Blanc		395

ROSE WINE

	glass	bottle
Vondeling Rosé	72	228
Leeuwenkuil Reserve Rosé	75	239
Neil Ellis Rosé	78	245
Lievlend Liefkoos Rosé		490

RED WINE

	glass	bottle
Wolftrap Red Blend	68	185
Weltevrede Merlot	75	235
Bosman Cabernet Sauvignon	75	242
Beyerskloof Pinotage	80	259
Raats Jasper Red Blend		590

SPARKLING WINE - MCC

	glass	bottle
Darling Blanc De Blanc Brut	89	305
Kleine Zalze Brut Rosé	95	399
Le Lude MCC Brut		425

ICE COLD DRAUGHT & BOTTLED BEER

On Tap	
Tribute Lager <i>Newlands Spring</i>	58
Black Label	58
Castle Lite	59
Passionate Blonde <i>Newlands Spring</i>	62
Mountain Weiss <i>Newlands Spring</i>	62
Stella	65
Bottled Beer	
Black Label	39
Castle Lite	39
Flying Fish Dry Apple	45
Heineken 0.0%	45
Heineken	45
Windhoek draught	47
Corona Extra	54
Corona Bucket	262

FRUIT SPRITZER

Brutal Fruit Litchi Sèche	42
Brutal Fruit Ruby Apple	42

CIDERS

Bottled Cider	
Hunters Dry / Gold	45
Savanna Dry / Light / Lemon	49