



Lunch Menu

Starters

Sea Food Chowder R165

Sauté prawns, mussels, hake and calamari in creamy thicken corn, and potato broth

Cured Salmon, and Prawn Terrine R175

Gravadlax of Norwegian salmon delicately open closed in cucumber, and cream cheese, paired with mandolin sliced apple, fennel, and lemon herb vinaigrette

Chorizo Arancini with Arrabiatta Sauce R130

Rissoles filled with mozzarella cheese slightly crumbed, and deep fried, paired with creamy arrabiatta sauce, and fried chorizo

Pan fried Prawns R175

Complemented with white-wine risotto, curried lemon butter, tomato salsa, and confit of lemons

Cradle Aquaponic Fish Cakes R120

Our aquaponic cradle farmed rainbow trout, cooked then flaked, slightly rolled in panko crust, and deep fried, paired with caper dill aioli

Cajun Spicy Grilled Calamari R165

Grilled calamari tubes paired with Aubergine caviar, ratatouille of vegetables, confit of lemons, and dill lemon butter

Avocado, Black Mushroom, and Sundried Tomato Tian (Vegan) R130

Butterflied butter avocado layered on bulgur wheat, complimented with grilled mushroom, succulent sundried tomatoes, and drizzled with a fig mustard vinaigrette.

Smoked Springbok Carpaccio R145

Slices of smoked springbok carpaccio, potato shards, Japanese mayo, plum tomato salsa, and soya pearls garnished with mustard shoots & lime dressing.

Pulled Pork / Chicken Quesadilla R150

Encased in hand-made tortilla, complimented with sides of tomato salsa, guacamole, and sour cream

Grilled Artichoke (Vegan) R95

Char-grilled artichoke, beetroot variations, tomato, kalamata olives and dollop of hummus, purchased on a Bed of fresh rocket, dressed with sesame seeds, and Dijon dressing



Burgers

The Cradle Gourmet Cheeseburger R165

Pure ground beef topped with mozzarella, and mature cheddar cheese parred with tomato relish, pickled dill cucumber, crisp lettuce, and tangy garlic aioli.

Smokey Beef, and Chorizo Cheeseburger R175

Sliced chorizo sausage, pure beef, caramelized onions, fresh tomatoes, crisp lettuce, and chipotle mayo

Crispy Chicken Burger R165

Indulge with our juicy, tender, succulent crisp crumbed or grilled chicken breast fillet, complimented with honey mustard slaw, and potato chips

Stuffed Portobello Mushroom Burger (V) R165

Roasted delicious portobello mushrooms filled with gourmet cheese, slightly crusted, served with crisp lettuce, tomato chili relish, honey mustard slaw, and herb caper aioli

AQUAPONICS SALAD

Grilled Halloumi, Roasted Peach, and Baby Beet Salad R120

Grilled halloumi cheese, honey-glazed roasted peach, served with fresh garden greens and a citrus orange vinaigrette.

Grilled Chicken and Avocado Salad R165

Crisp cos lettuce, bell peppers, baby tomatoes, sweet red onion, complemented with honey mustard dressing and shaved Grana Padano.

Teriyaki Chicken Salad R165

Tender grilled chicken breast infused with teriyaki marinade, lemongrass, ginger, and lime, served with garden greens, plum tomatoes, cucumber, avocado, honey-roasted feta crumble, and crispy Asian noodles.

Classic Caesar Salad R125

Crisp cos lettuce, anchovies, shaved Parmesan, toasted garlic croutons, and our classic Caesar dressing.



Mains

Grilled or Beer-Battered Line Fish R275

Fresh hake served either grilled or in a crisp beer batter, with minted mushy peas, crispy chips, and classic tartare sauce.

Mozambican-Style Grilled Chicken R240

Grilled chicken breast fillet basted with either peri-peri or lemon and herbs, served with crispy chips, Tennessee Cajun slaw, and a house salad.

Teriyaki Pork Belly R295

Grilled pork belly set on a crown of potato and sweet potato dauphinoise, accompanied by apple and coconut velouté, pak choi, and spring onion and tomato salsa.

Grilled Lamb Loin Chops R325

Lemon and thyme-basted lamb loin chops, complemented with crushed potatoes, French green beans, red wine caramelised baby onions, and minted jus.

Traditional Red Wine Braised Oxtail R325

Braised in a mirepoix of vegetables and Merlot, complemented with creamy mashed potatoes and a roasted vegetable mélange.

Slow-Braised Beef Brisket R295

Served with glazed rainbow baby carrots, pomme purée, complemented by Chardonnay-creamed leeks and Korean BBQ sauce.

Rump Béarnaise R300

Grilled beef rump steak topped with Béarnaise butter, served with roasted seasonal vegetables and hand-cut potato chips.

Grilled 21-Day Aged Sirloin Steak R300

Crisp Hasselback potato and aquaponics-farmed vegetables, napped with our delicious Diane sauce.

Smoky BBQ Loin Pork Ribs R295

Flame-grilled loin pork ribs paired with crispy rustic chips, Asian slaw, and complemented by crispy fried onions.

Roasted Butternut and Almond Ragout (Vegan) R185

Coconut-roasted butternut served with carrot and herb potato mash, garnished with roasted coconut flakes, char-grilled broccolini stems, sautéed mushrooms, and chimichurri.

Roasted Chicken and Leek Pie R165

Slow roasted chicken, bacon, mushroom, tossed in creamed leek ragout incased in crispy puff pastry parcel, and paired with fresh garden salad.



Pastas

Roasted Stuffed Aubergine (V) R165

Paired with lentil casserole and chickpeas, roasted balsamic mushrooms, grilled zucchini, finished with herb tomato fondue and grated cheese.

Linguine Pescatore R195

Line fish, mussels, calamari, and prawns tossed in a fragrant herb marinara sauce.

Creamy Chicken and Mushroom Penne R165

Sautéed chicken strips tossed in a creamy mushroom and basil sauce.

Linguine Carbonara R165

Linguine pasta in a creamy bacon and egg sauce, drizzled with extra-virgin olive oil and complemented with grated Parmesan cheese.

Kids Menu for kids under 12

Kids Burger and Chips R140

Ground beef patty complimented with potato chips.

Chicken Strips and Chips R150

Chicken strips are slightly crumbed, and deep fried parred with creamy cheese sauce.

Spaghetti Bolognese R140

Spaghetti tossed in braised beef mince in tomato herb ragout.

Grilled chicken drumsticks and chips R140

Crumbed fish strips with chips, and tartare sauce R140

Platters

Chef Meat Platter R 595

(Proudly south African style eating)

Flame grilled beef boerewors, spicy chicken wings, beef steak kebabs, and loin pork ribs complimented with fried pap cheese balls, chakalaka, and Sishebo sauce.