

starters



Soup of the Moment	8
Durban Samoosas	10
Lightly curried vegetables in a pastry triangle served with mango archaar	
Organic Chicken Wings Peri-Peri	10
Wings marinated in spicy dried pepper oil with garlic and vinegar	
Mom's Wild Salmon Cake	10 ½
Delma's recipe with caviar and pepperdew mayo	
Kerrie Vis	12
Pickled I&J fish cutlets served cold with warm pumpkin fritters	
Isopho – Cape Seafood Soup	14
Traditional Cape Town style with saffron and herbs	
Organic Chicken Livers Peri-Peri	12 ½
Flash sautéed with chilies and onion and served with 7-grain bread	
Calamari	14
Grilled & lightly sautéed with olive oil, lemon, parsley, garlic & white wine or lightly battered and fried in vegetable oil with a peri-peri mayo dip	
Safari Platter	14
Biltong & droewors [cured, salted and dried beef tenderloin] served with dried fruit & mixed salted nuts	
Farm-Raised Ostrich Carpaccio	15
Raw, paper thin slices served with shaved farm cheese and maché, and drizzled with olive oil	
Tristan Lobster Tail	18
Imported from the Tristan Islands 400 miles west of Cape Town, and served with seasonal vegetables from the Fort Greene Farmer's Market and lemon butter peach sauce	

salads

Traditional Salad	7
Tomato, egg & onions with chive dressing & fresh herbs	
Greek Salad	8
Made famous by South Africans	
Baby Beetroot Salad	8
With red onion, mint, cumin and garlic	
Shebeen Salad	10
Simply to die for. Chef's choice from the Fort Greene Farmer's Market.	

main course

From the Sea

all our seafood is sea-harvested in South Africa by I&J, and imported by Alba Speciality Seafood

Kalk Bay Fish Parcel	16 ½
Deep fried I & J hake filet, calamari & slap chips [fries] served with salt & vinegar	
Prawns Peri-Peri	22
Sautéed Mozambique-style prawns served with yellow rice	
I & J Sea Harvest Cape Capensis	24
Our catch of the day, head-off tail-on, served with a nectar lemon-butter sauce, roasted farmer's vegetables and yellow rice	

From the Backyard Braai

Braai: barbecue in the US, an extremely popular South African social pastime

Bushman Vegetable Platter	14
Fresh from the Fort Greene Farmer's Market. Ask your server for details.	
Yebo Burger & Chips	14
With Mary Rose peri-peri, mushrooms, caramelized onions, and baby greens	
Pap & Boerewors	17
Traditional beef tenderloin sausage served with tomato and onion gravy	
Confit of Corn-Fed Cornish Hen Peri-Peri	20 ½
Served on truffle-smashed potato and bisto gravy	
Baby Back Ribs	20 ½
Char-grilled, basted with monkey gland sauce, served with your choice of side	
Oxtail Potjiekos Bredie	22 ½
Slow-cooked rich stew cooked in a traditional South African three-legged cast iron pot, served with your choice of side	
Char-Grilled Steak	24
Char-grilled ribeye select with a mushroom, monkey gland, or garlic butter sauce and your choice of side	

Monkey gland sauce is the traditional South African BBQ sauce made of red wine, apricots, tomato, onion, and chutney.

Curries

complemented by a selection of sambals (condiments):

Mango Chutney, Banana Coconut & Milk, Cucumber Mint & Yogurt, and a combination of finely chopped onions, tomato, and parsley soaked in white wine vinegar

Vegetable 14

Organic Chicken 16

Halal Mutton 18

Seafood 20

Curry and Rice

Breyani (Cape Malay rice pilaf seasoned with curry, and cooked with boiled egg and lentils)

Durban Bunny Chow (Hollowed-out bread served with curry stews and bread topping. Mark and Denis's favorite!)

Roti (traditional Indian flatbread)

Bobotie

17

(Traditional cape malay curried mince bake with egg custard topping – served with yellow rice and raisins)

sides

Mielie (corn) in the husk 4

Garlic Bread 4

Grilled with garlic butter and parsley

Amagwinya / Vetkoek (fatcakes) 4

A doughnut-sized bread roll made from deep-fried yeast dough. Artery-clogging and delicious!

Uputhu / Pap 5

Boiled ground cornmeal with tomato-onion gravy.

The staple food of the Zulu.

Yellow Rice & Raisins 5

Basmati rice with saffron and turmeric, and yellow raisins

Slapchips 5

Twice-fried French fries, soaked in vinegar and then salted.

Chakalaka 5

Spicy mix of baked beans, carrots, tomato and onion

Couscous 5

Coarsely ground and well-spiced semolina

Baked Potato 5

With sour cream and butter

Mixed Greens 5

South African Cooked Vegetables 6

Smashed Potatoes 6

With white pepper and truffle oil

Umngqushu Stambu /Samp 6

Crushed corn and speckled bean stew. From the traditional Xhosa staple diet; Mandela's favorite!

20% gratuity will be added to parties of 6 or more.

Ask about our family style party menus.