

milk.

ON THE BEACH

# BREAKFAST

served until 11:30am

## FRESH SIMPLE VIBES **V | VV** 95

seasonal fruit, granola, yogurt, honey & seeds

## PEANUT & COCO SMOOTHIE BOWL **VV** 90

mixed berries, coco nibs, coconut, peanut, coco powder & banana

## MILK BREAKFAST 155

eggs, half roasted tomatoes, cheese griller, streaky bacon, mixed beans & toast

## WAFFLE CROISSANT 135

bacon, syrup, sesame & caramelized banana

## SHAKSHUKA 115

eggs, cheese griller, roasted peppers, tomato sauce & garlic ciabatta

## BLUEBERRY CHEESECAKE 115

### FRENCH TOAST

topped with maple syrup, bacon & waffle churros

# BENEDICT

**SERVED ON:**  
**CIABATTA / SEED LOAF**  
8 extra for **GLUTEN FREE**

## MUSHROOMS **V | VV** 160

goats cheese & truffle oil

## BACON & AVO 165

streaky bacon, sundried tomato & crushed avo

## BBOS SMOKED TROUT 170

fried capers & spring onion

# BREAKFAST TOAST

**SERVED ON:**  
**CIABATTA / SEED LOAF**  
8 extra for **GLUTEN FREE**

## AVO **V | VV** 90

poached egg, avo, hummus, & sesame

## SCRAMBLED 90

scrambled egg, anchovy butter, crumbled goats cheese & roasted peppers

## MED STYLE **V | WV** 90

feta, spring onion, sundried tomato, olives & rocket

## BACON & BEANS 95

poached egg, streaky bacon, mixed beans, goats cheese & crispy onion

## BBOS SMOKED TROUT 95

scrambled egg & spring onion

# SMALL PLATES

## SEARED TUNA 80

tomato, olives & edamame

## LOADED SWEET POTATO FRIES **VV** 70

wild mushrooms, spring onion & peppadew mayo

## CORNFLAKE CHICKEN STRIPS 78

crispy onion, sesame, aioli & ginger sauce

## THREE CHEESE & JALAPENO POPPERS **V** 78

sundried peppadew sauce

## TEMPURA PRAWNS 85

3 crispy prawns & sweet chilli ponzu sauce

## GRILLED PRAWNS 90

4 chimichurri garlic prawns

## POT STICKERS

served with soy ginger sauce chicken 90 | veg **V | VV** 80

# TOASTED WRAPS

**GLUTEN FREE | served with sweet potato fries**

## VEGGIE **V | VV** 135

feta, olive, half dried tomato, rocket, avo & hummus

## ROASTED CHICKEN 145

roasted peppers, matured cheese & sundried tomato

# ZEN BOWLS

**CHOOSE YOUR BASE:**  
Ginger Sushi Rice OR  
Cous Cous & Quinoa Mix

## SEARED TUNA 165

ginger, cucumber, avo,  
edamame, sesame & aioli

## HAWAIIAN CHICKEN 160

ginger, avo, pineapple,  
coconut, crispy onions  
& peppadew

## HARVEST VIBES **VV** 150

avo, shimeji, carrot,  
cucumber, edamame, cherry  
tomatoes & spring onion

## SALMON & MELON 165

avo, nori, peppadew,  
coriander, edamame &  
wasabi mayo

# SALADS

## MILK SALAD **V** | **VV** 130

half dried tomato, croutons, caesar  
style dressing, Kleinriver gruberg  
cheese, crushed avo & seeds  
*Add: chicken / smoked trout*

## GARDEN SALAD 95

quinoa, pickled carrot, apple, feta,  
onion, fried capers & seeds  
*Add: chicken / smoked trout*

# FRESH SEAFOOD

## BEER BATTERED 165

**HAKE & CHIPS**  
turmeric & ginger  
tartare sauce

## SPICED SESAME 180

**CALAMARI**  
peppadew mayo  
*served with chips/  
sweet potato fries*

## OYSTERS (EACH) 35

spiced apple & cucumber salsa

## FRESH MUSSELS 105 | 230

herb sour cream &  
roasted garlic ciabatta

## LOCAL FRESH 235

**LINE FISH**  
chickpea, sundried  
tomato, hummus & mint  
*served with chips/  
sweet potato fries*

## CALAMARI HAND ROLL 165

sushi rice, sesame, avo,  
wasabi mayo & pickled ginger

“ Good Food,  
Good Mood ”

# MEAT LOVERS

## HAND PRESSED BEEF 165

### BURGER

sundried tomato pureé & smoked  
cheese | *served with chips/sweet  
potato fries*

## STEAK, MUSHROOM 260

### & CHIPS

5 weeks matured sirloin, wild  
mushroom & crispy onions

# SOMETHING SWEET

## SELECTION OF CAKES 75

freshly baked & delicious!

## TIRAMISU 78

done the classic way

## APPLE CRUMBLE 78

custard & vanilla crunch

## COCONUT PANNA COTTA **V** 75

with a summer fruit salad

**V** VEGETARIAN | **VV** VEGAN

please notify us of any  
dietary requirements

# SUSHI

## TRADITIONAL

**MAKI (6)** 70

salmon / tuna / prawn

**SASHIMI (3)** 80

salmon / tuna / mixed

**SALMON ROSES (4)** 98

**PRAWN ROSES (4)** 105

**CALIFORNIA ROLL (4)** 75

salmon / tuna / prawn

**FASHION SANDWICH (4)** 75

salmon / tuna / prawn

**TEMPURA CRUNCH (5)** 95

salmon / tuna / prawn

**NIGIRI (2)** 68

salmon / tuna / prawn

## CHEFS SPECIAL

**RAINBOW ROLL (5)** 110

**ROCK SHRIMP (5)** 95

**RAINBOW TEMPURA**

**PRAWN ROLL (5)** 80

**PHILADELPHIA ROLL (5)** 95

**ABURI ROLL (5)** 85

salmon / tuna

**SANDWICH TOWER (4)** 75

salmon / tuna / prawn

# VEGAN

**MAKI (6)** 55

avo / cucumber

**CARROT ROSES (4)** 60

**BAMBOO ROLL (4)** 60

**RAINBOW ROLL (5)** 65

**FASHION SANDWICH (4)** 60

## PLATTERS

**PLATTER ONE (14)** 235

salmon roses (4) salmon maki (6)

rainbow roll (4)

**PLATTER TWO (10)** 220

rock shrimp (2) salmon

roses (4) california roll (4)

**PLATTER THREE (10)** 215

rock shrimp (5) rainbow roll (5)

**PLATTER FOUR (12)** 235

**TEMPURA CRUNCH**

salmon (4) tuna (4) prawn (4)

**PLATTER FIVE V (12)** 185

carrot roses (4) avo

maki (4) veg rainbow (4)

*Let the good times roll.*

please notify us of any  
dietary requirements

# WINE LIST

## WHITE

**7EVEN** 205|55

### SAUVIGNON BLANC

*Stellenbosch*

crisp & fresh the wine is bursting with green tropical fruit aromas

**OAK VALLEY** 280|65

### SAUVIGNON BLANC

*Elgin*

delicate fruit flavours of passionfruit, gooseberries & tart grapefruit

**ATARAXIA** 375

### SAUVIGNON BLANC

*Hemel en Aarde*

a taught mineral expression of sauvignon blanc with poise, length & charm

**VONDELING** 265

### CHENIN

#### (PETIT BLANC)

*Voor- Paardeberg*

enjoy white peach, kiwi fruit & pink lady apple on the palate

**PEAR TREE** 185|50

### CHENIN

*Western Cape*

yellow peach & zesty nectarine & orange on the palate

**BEAUMONT** 380

### CHENIN

*Bot Rivier*

fresh green apple & pear flavours

**7 SPRINGS** 285|70

### CHARDONNAY

*Hemel en Aarde*

a light & refreshing wine giving way to a zesty, clean, fresh & flinty finish

**BOUCHARD** 265

### FINLAYSON

#### BLANC DE MER

*Hemel en Aarde*

floral fragrance with impressions of pineapple, green fig & quince

**BOUCHARD** 315

### FINLAYSON SANS BARRIQUE

#### UNWOODED CHARDONNAY

*Elands Kloof*

intense ripe pear & zesty lemon peel aromas with floral overtones

# RED

**7 SPRINGS** 285|70

### PINOT NOIR

*Hemel en Aarde*

rich, complex yet balanced palate gives way to more restraint textures

**THELEMA** 290|75

### MOUNTAIN

*Stellenbosch*

the palate is soft & juicy with well rounded tannins & a long, delicious finish

**DURBANVILLE** 370

### HILLS COLLECTORS RESERVE LIGHTHOUSE

#### MERLOT

*Durbanville*

a medium bodied wine with flavors of dark cherries & ripe, red plums

**HPF** 310|85

### POSMEESTER

#### MERLOT

*Sondagskloof*

an elegant merlot offering fresh fruit & generous drinkability

**FALSE BAY** 195

### SHIRAZ

*False bay*

fantastic coastal fruit, naturally balanced grapes

**PEACOCK** 205

### CABERNET SAUVIGNON

*False Bay*

the palate has an elevated freshness & soft tannins

**FIRST SIGHTING** 285|70

### SHIRAZ

*Cape South Coast*

full, silky palate & long, spicy finish balanced by savoury tannins

**GABRIELSKLOOF** 360

### RED BLEND

*Bot Rivier*

complex fruit led by cherries, plums & black

**KLEINE ZALZE** 245

### CELLAR SELECTION

#### PINOTAGE

*Stellenbosch*

juicy, red fruit with floral & fynbos finish

# ROSÉ

**BLOOS** 280|70

### ROSÉ

*Sondagskloof*

supple & round freshness with a complex finish

**SALT ROCK** 230|60

### ROSÉ

*Western Cape*

light & refreshing with a beautiful fruit profile

**EENZAAMHEID** 330

### ROSÉ

*Agter-Paarl*

lingering flavours of red currant & watermelon

# BUBBLES

**ROMANS BAY** 245|55

### SPARKLING

#### SAUVIGNON BLANC

*Western Cape*

refreshing with a tropical fruit forward palate & a light acidity

**BOSCHENDAL** 485|98

### BRUT

*Franschoek*

lemon cream & almond biscotti preceding lovely layers of citrus with a finish appealing in length & freshness

**BOSCHENDAL** 485|98

### BRUT ROSÉ

*Franschoek*

intoxicating red fruit aromas which further delight the palate with hints of strawberry, raspberry & cherry flavours