

MILK.

ON THE BEACH

GET IN TOUCH: 028 316 1516 | info@milkonthebeach.co.za

**WELCOME TO MILK ON THE BEACH!
ENJOY STUNNING BEACH VIEWS, FRESH
SEAFOOD & DELICIOUS COCKTAILS IN
A LAID-BACK, FUN ATMOSPHERE**

*Come relax, sip, & savour
the best of the coast!*

BREAKFAST

served until 11:30am

FRESH SIMPLE VIBES V VV seasonal fruit, granola, yogurt, honey & seeds	95
MILK BREAKFAST eggs, half roasted tomatoes, cheese griller, streaky bacon, mixed beans & toast	155
WAFFLE CROISSANT bacon, syrup, sesame & caramelized banana	135
SHAKSHUKA eggs, cheese griller, roasted peppers, tomato sauce & garlic ciabatta	120
BLUEBERRY CHEESECAKE FRENCH TOAST with maple syrup, bacon & waffle churros	115
BREAKFAST CROISSANT scrambled egg, ham, cheese & rocket	120
SALMON CROISSANT salmon trout, scrambled egg, spring onion & pickle salad	135
OMLETTE bacon, mushrooms, tomato, cheddar, herb mayo & peppadew sauce	135

V VEGETARIAN | VV VEGAN

BENEDICT

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

MUSHROOMS V	160
goats cheese & truffle oil	
BACON & AVO	165
streaky bacon, sundried tomato & crushed avo	
SMOKED TROUT	170
fried capers & spring onion	

BREAKFAST TOAST

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

AVO V	90
poached egg, avo, hummus & sesame	
SCRAMBLED	90
scrambled egg, anchovy butter, crumbled goats cheese & roasted peppers	
MED STYLE V VV	90
feta, spring onion, sundried tomato, olives & rocket	
BACON & BEANS	95
poached egg, streaky bacon, mixed beans, goats cheese & crispy onion	
SMOKED TROUT	105
poached egg, avo & chimichurri	

SMALL PLATES

FISH CAKES 75
almond butter sauce & edamame

OYSTERS (EACH) 40
spiced apple & cucumber salsa

LOADED SWEET POTATO FRIES V | WV 75
wild mushrooms, spring onion & peppadew mayo

CORNFLAKE CHICKEN STRIPS 80
crispy onion, sesame, aioli & ginger sauce

THREE CHEESE & JALAPENO POPPERS V 78
sundried peppadew sauce

TEMPURA PRAWNS 85
3 crispy prawns & sweet chilli oriental sauce

GRILLED PRAWNS 90
4 chimichurri garlic prawns

POT STICKERS
served with soy ginger sauce
chicken 90 | veg **V | WV** 80

WRAPS

TOASTED | GLUTEN FREE
served with sweet potato fries

VEGGIE V | WV 135
feta, olive, half dried tomato, rocket, avo & hummus

TERIYAKI CHICKEN 145
pineapple, cheese & sesame

ZEN BOWLS

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

SEARED TUNA 165
ginger, cucumber, avo, edamame, sesame & aioli

HAWAIIAN CHICKEN 165
ginger, avo, pineapple, coconut, crispy onions & peppadew

HARVEST VIBES V | WV 150
cauliflower, broccoli, edamame, tomato, crispy onion, ginger & sriracha mayo

SALMON & MELON 170
avo, nori, peppadew, coriander, edamame & wasabi mayo

SALADS

MILK SALAD V | WV 130
half dried tomato, croutons, seeds, caesar style dressing, Kleinriver gruberg cheese & crushed avo

GARDEN SALAD V | WV 110
quinoa, pickled carrot, apple, feta, onion & seeds

SUMMER SALAD V | WV 120
strawberries, peas, walnuts, feta, mint & herb mayo dressing

Add: chicken / smoked trout 50

FRESH SEAFOOD

BEER BATTERED HAKE & CHIPS 170
turmeric & ginger tartare sauce

SPICED SESAME CALAMARI 180
peppadew mayo
served with chips / sweet potato fries

FRESH MUSSELS 105 | 230
herb sour cream &
roasted garlic ciabatta

LOCAL FRESH LINE FISH 240
chickpea, sundried
tomato, hummus & mint
served with chips / sweet potato fries

SEAFOOD PASTA 195
mussels (sq), prawns, linefish, light tomato
cream, pappardelle, gremolata & gruyere

MILKSHAKES

STRAWBERRY 75

CHOCOLATE BROWNIE 75

MIX BERRY AND BANANA 75

PEANUT BUTTER ESPRESSO 75

VANILLA 70

“ Good Food,
Good Mood ”

MEAT LOVERS

HAND PRESSED BEEF BURGER 165
crispy onion, sundried tomato
pureé & cheese
served with chips / sweet potato fries

CHICKEN BURGER 165
crumbed oriental dunked chicken patty,
sriracha herb mayo & mint yogurt
served with chips / sweet potato fries

STEAK, MUSHROOM & CHIPS 260
5 weeks matured sirloin, mushroom
sauce & crispy onions

SOMETHING SWEET

SELECTION OF CAKES 75
freshly baked & delicious!

TIRAMISU 78
done the classic way

APPLE CRUMBLE 78
custard & vanilla crunch

CREME BRULEE 78
cocoa bits, honeycomb & biscuit

please notify us of any dietary requirements

V VEGETARIAN | VV VEGAN

COCKTAILS

MILK ON THE BEACH 85
malibu, spiced gold, butlers blue,
pineapple & orange juice

MOJITO 85
bacardi, lime, slojo mojito mix & mint

APEROL SPRITZ 95
aperol, cinzano spritz & soda

STRAWBERRY BOOZY SLUSH 85
bacardi, strawberry slush & lime juice

LONG ISLAND ICE TEA 95
skyy vodka, bulldog gin, bacardi,
el jimador, triple sec & coke

MANGO MARGARITA 95
espolon blanco, triple sec,
lime juice & mango slush

CUBAN SUNSET 80
spiced gold, bacardi, captain morgan,
grenadine & orange juice

BEERS ON TAP

300ml

500ml

OLD HARBOUR 45 | 65

ONRUS ALE 45 | 65

STELLA ARTOIS 45 | 65

BLOEDLEMOEN GIN & TONIC 70

BEER BOTTLES

CASTLE LITE 38

HEINEKEN | HEINEKEN 0.0 43

WINDHOEK DRAUGHT 50

BLACK LABEL 38

CORONA 48

SAVANA 0.0 | DRY | LIGHT 50

HUNTERS DRY 43

CORONA BUCKET (6) 220

LIQUERS CIDERS

AMARETTO 42

AMARULA 20

FRANGELICO 32

KAHLUA 32

PEPPERMINT LIQUER 20

APEROL 30

BRANDY

OLOF BERGH 22

KLIPDRIFT 25

RICHELIEU 25

KWV 5 YEAR 25

GIN

TRIPLE 3 RASPBERRY 38

TRIPLE 3 CITRUS 38

BULLDOG 38

WHITE SPIRITS

SMIRNOFF 22

SKYY VODKA 28

MAINSTAY CANE 20

WHISKEY

J&B 26

BELLS 25

FAMOUSE GROUSE 28

SAVANNA 0.0 50

SAVANNA DRY 50

SAVANNA LIGHT 50

HUNTERS DRY 43

RUM

BACARDI 25

SPICED GOLD 25

CAPTAIN MORGAN DARK 25

MALIBU 25

TEQUILA

EL JIMADOR GOLD/SILVER 35

LEONISTA HONEY 60

ESPOLON REPOSADO 55

JAMESON 40

JOHNNIE WALKER BLACK 50

JACK DANIELS 37

OUR WINE LIST

WHITE

HOUSE SAUVIGNON BLANC 220 | 55

Cape Agulhas
white stone fruit & citrus with classic agulhas minerality

OAK VALLEY SAUVIGNON BLANC 285 | 75

Elgin
delicate flavours of passionfruit, gooseberries & tart grapefruit

VERGELEGEN SAUVIGNON BLANC 360

Somerset West
pure, vibrant aromas of lime blossom, gooseberry, ripe guava, fresh passion fruit, & pineapple

VONDELING CHENIN 295

Voor-Paardeberg
white peach, kiwi fruit, & pink lady apple on the palate

PEAR TREE CHENIN 185 | 50

Western Cape
yellow peach & zesty nectarine with orange on the palate

BEAUMONT CHENIN 395

Bot Rivier
fresh green apple & pear flavours

7 SPRINGS CHARDONNAY 325 | 82

Hemel-en-Aarde
light & refreshing, giving way to a zesty, clean, fresh & flinty finish

BOUCHARD FINLAYSON BLANC DE MER 285

Hemel-en-Aarde
floral fragrance with impressions of pineapple, green fig & quince

BOUCHARD FINLAYSON SANS BARRIQUE UNWOODED CHARDONNAY 385

Hemel-en-Aarde
intense, ripe pear & zesty lemon peel aromas with floral overtones

RED

7 SPRINGS PINOT NOIR 335 | 85

Hemel-en-Aarde
rich, complex, balanced palate with more restraint textures

THELEMA MOUNTAIN RED BLEND 315

Stellenbosch
soft & juicy with well rounded tannins & a long, delicious finish

LOMOND MERLOT 385 | 95

Cape Agulhas
clean, cherry flavours with hints of fynbos & oak spice

FALSE BAY SHIRAZ 195

False Bay
fantastic coastal fruit & naturally balanced grapes

PEACOCK CABERNET SAUVIGNON 210 | 50

False Bay
elevated freshness & soft tannins on the palate

FIRST SIGHTING SHIRAZ 325 | 82

Cape South Coast
full, silky palate & spicy finish balanced by savoury tannins

KLEINE ZALZE PINOTAGE (cellar selection) 250

Stellenbosch
juicy, red fruit with floral & fynbos finish

BELLHINGHAM HOMESTEAD RED BLEND 270 | 70

Coastal Region
presence & finesse that over delivers from entry to finish

DURBANVILLE HILLS COLLECTORS RESERVE (LIGHTHOUSE) MERLOT 400

Durbanville
medium bodied with flavors of dark cherries & ripe red plums

GABRIELSKLOOF RED BLEND 375

Bot Rivier
complex fruit led by cherries, plums & black berries

ROSÉ

HPF BLOOS BORDEAUX 315 | 80

Sondakskloof
supple & round freshness with a complex finish

ESC GRENACHE 220 | 55

Afdakrivier
for a summer's day, grapefruit & strawberries on the palate

BUBBLES

ROMANS BAY SPARKLING SAUVIGNON BLANC 245 | 55

Western Cape
refreshing with a tropical fruit forward palate & a light acidity

BOSCHENDAL BRUT 530 | 105

Franschhoek
lemon cream & almond biscotti preceding lovely layers of citrus

BOSCHENDAL BRUT ROSÉ 530 | 105

Franschhoek
red fruit aromas with hints of strawberry, raspberry & cherry



milk.
ON THE BEACH

SUSHI

TRADITIONAL

MAKI (6) salmon tuna prawn	70
SASHIMI (3) salmon tuna mixed	80
SALMON ROSES (4)	98
CALIFORNIA ROLL (4) salmon tuna prawn	75
FASHION SANDWICH (4) salmon tuna prawn	75
TEMPURA CRUNCH (5) salmon tuna prawn	95
NIGIRI (2) salmon tuna prawn	70

PLATTERS

PLATTER ONE (14) salmon roses (4) salmon maki (6) salmon calafornia (4)	235
PLATTER TWO (10) rock shrimp (2) salmon roses (4) salmon californa (4)	230
PLATTER THREE (10) tuna sashimi (3) tuna nigiri (2) salmon nigiri (2) salmon sashimi (3)	255
PLATTER FOUR (15) TEMPURA CRUNCH salmon (5) tuna (5) prawn (5)	255
PLATTER FIVE V (12) cucumber roses (4) avo maki (4) veg rainbow roll (4)	195
PLATTER SIX (26) tiger eye (5) caterpillar roll (5) rainbow roll (5) tuna maki (6) salmon skin roll (5)	415

VEGAN

MAKI VV (6) avo cucumber	55
CUCUMBER ROSES VV (4)	60
BAMBOO ROLL VV (4)	60
RAINBOW ROLL VV (5)	65
FASHION SANDWICH VV (4)	60
CHEFS SPECIAL	
RAINBOW ROLL (5)	110
ROCK SHRIMP (5)	95
RAINBOW TEMPURA PRAWN ROLL (5)	100

CALAMARI HAND ROLL (2) sushi rice, sesame, avo, wasabi mayo & pickled ginger	170
CATERPILLAR ROLL (5) salmon tuna prawn with herb mayo & sweet chilli	90
PHILADELPHIA ROLL (5) salmon, cream cheese, smoked salmon & avo	135
TUNA 2 WAYS (5) with peanut sauce	95
SALMON SKIN ROLL (5) with herb mayo	80
NEW STYLE SASHIMI (8) salmon tuna with tomato salsa	90
TIGER EYE (5) tempura prawn & cream cheese	105

Let the good times roll.

notify us of any dietary requirements