

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

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 | VW 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 | VW** 80

WRAPS

TOASTED | GLUTEN FREE
served with sweet potato fries

VEGGIE V | VW 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 | VW 150
cauliflower, broccoli, edamame, tomato, crispy onion, ginger & sriracha mayo

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

SALADS

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

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

SUMMER SALAD V | VW 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

puree & 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

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) 75
salmon | tuna | prawn

FASHION SANDWICH (4) 75
salmon | tuna | prawn

TEMPURA CRUNCH (5) 95
salmon | tuna | prawn

NIGIRI (2) salmon | tuna | prawn 70

PLATTERS

PLATTER ONE (14) 235
salmon roses (4) salmon maki (6)
salmon california (4)

PLATTER TWO (10) 230
rock shrimp (2) salmon
roses (4) salmon california (4)

PLATTER THREE (10) 255
tuna sashimi (3) tuna nigiri (2)
salmon nigiri (2) salmon sashimi (3)

PLATTER FOUR (15) 255
TEMPURA CRUNCH
salmon (5) tuna (5) prawn (5)

PLATTER FIVE V (12) 195
cucumber roses (4) avo maki (4)
veg rainbow roll (4)

PLATTER SIX (26) 415
tiger eye (5) caterpillar roll (5)
rainbow roll (5) tuna maki (6)
salmon skin roll (5)

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) 170
sushi rice, sesame, avo,
wasabi mayo & pickled ginger

CATERPILLAR ROLL (5) 90
salmon | tuna | prawn
with herb mayo & sweet chilli

PHILADELPHIA ROLL (5) 135
salmon, cream cheese,
smoked salmon & avo

TUNA 2 WAYS (5) 95
with peanut sauce

SALMON SKIN ROLL (5) 80
with herb mayo

NEW STYLE SASHIMI (8) 90
salmon | tuna with tomato salsa

TIGER EYE (5) 105
tempura prawn & cream cheese

Let the good times roll.

notify us of any dietary requirements

COCKTAILS

MILK ON THE BEACH	85
malibu, pineapple, orange juice & coconut	
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	105
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	50 70
ONRUS ALE	45 65
STELLA ARTOIS	45 65
SOHO GIN	65

BEER BOTTLES

CASTLE LITE	40
HEINEKEN HEINEKEN 0.0	45
WINDHOEK DRAUGHT	50
BLACK LABEL	40
CORONA	50
CORONA BUCKET (6)	250

LIQUERS CIDERS

AMARETTO	42	BRUTAL FRUIT	40
AMARULA	20	L'Orange Rossa	
FRANGELICO	32	SAVANNA 0.0	50
KAHLUA	32	SAVANNA DRY	50
PEPPERMINT LIQUER	20	SAVANNA LIGHT	50
APEROL	30	HUNTERS DRY	45

BRANDY

OLOF BERGH	22
KLIPDRIFT	25
RICHELIEU	25

RUM

BACARDI	25
SPICED GOLD	25
CAPTAIN MORGAN DARK	25
MALIBU	25

GIN TEQUILA

TRIPLE 3 RASPBERRY	38	EL JIMADOR GOLD/SILVER	40
TRIPLE 3 CITRUS	38	LEONISTA HONEY	60
BULLDOG	38	ESPOLON REPOSADO	55

WHITE SPIRITS

SMIRNOFF	22
SKYY VODKA	28

WHISKEY

J&B	25	JAMESON	40
BELLS	25	JACK DANIELS	35
FAMOUSE GROUSE	30		

OUR WINE LIST

WHITE

HOUSE- LOMOND 320 | 80
SAUVIGNON BLANC

Cape Agulhas
white stone fruit & citrus with classic agulhas minerality

OAK VALLEY 280 | 75
SAUVIGNON BLANC

Elgin
delicate flavours of passionfruit, gooseberries & tart grapefruit

VERGELEGEN 360
SAUVIGNON BLANC

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

VONDELING 295 | 80
CHENIN

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

PEAR TREE 185 | 50
CHENIN

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

BEAUMONT 405
CHENIN

Bot Rivier
fresh green apple & pear flavours

7 SPRINGS 330 | 85
CHARDONNAY

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

BOUCHARD FINLAYSON 300
BLANC DE MER

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

RENOSTERVELD 470
CHARDONNAY

Hemel-en-Aarde
citrus peel & delicate butter, balanced by lemon, lime & white peach

RED

HOUSE 385 | 95
7 SPRINGS

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

THELEMA 340 | 85
MOUNTAIN

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

PEACOCK 220 | 55
CABERNET SAUVIGNON

False Bay
elevated freshness & soft tannins on the palate

WILDEKRANS 410
ESTATE

PINOTAGE
Botriver
mulberry, plum & hints of mocha embraced by light, sweet, spicy oak with a lingering, dry finish

HPF 350 | 90
POSMEESTER

MERLOT
Sondagskloof
fresh fruit & generous drinkability

HOUSE- LOMOND 405|105
SHIRAZ

Cape Agulhas
aromas of spice, violets & blackberry give way to white pepper & dark fruits

ZAK SKOBBEJAK 220 | 55
SHIRAZ

Botriver
subtle oaky notes of vanilla, hints of earthy smoke & rich dark fruits

GABRIELSKLOOF 390
RED BLEND

Bot Rivier
complex fruit led by cherries plums & black berries

ATARAXIA 1050
PINOT NOIR

Hemel-en-Aarde
sensual & embracing, showcasing an impressive mid-palate depth, bright acidity

OLDENBURG 1550
CABERNET SAUVIGNON

Stellenbosch
rich & full-bodied, flavours of dark cherries, dried figs & vanilla pods

ROSÉ

HPF BLOOS 320 | 80
BORDEAUX

Sondagskloof
supple & round, freshness with a complex finish

CREATION ROSE 320 | 80

Hemel-en-Aarde
delicate, peachy-pink wine, known for crisp acidity, complex structure, & notes of sun-ripened berries & stone fruits

DE GRENDAL 250 | 65

Durbanville
elegant, light-bodied & dry crisp, medium acidity, clean & zesty finish

BUBBLES

ROMANS BAY 260 | 55
SPARKLING

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

BOSCHENDAL 530 | 105
BRUT

Franschhoek
lemon cream & almond biscotti preceding lovely layers of citrus

BOSCHENDAL 530 | 105
BRUT ROSÉ

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

