

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 11:30

BAKED YOGHURT V 95
fresh seasonal fruit, granola, honey

MILK BREAKFAST 160
eggs, roasted tomato, bacon, cheese griller, Milk beans & toast

MILK SHAKSHUKA V 125
middle eastern spiced tomato, roasted peppers, poached eggs, yoghurt, chilli crunch

Add: bacon 35
Add: cheese griller 35

BREAKFAST CROISSANT 135
scrambled eggs, bacon, cheddar, rocket

SALMON CROISSANT 140
salmon trout, scrambled eggs, rocket

MILK OMELETTE 140
3 egg omelette, bacon, mushrooms, tomato, cheddar, toast

SPICY CHICKEN LIVERS 115
chicken livers in a spicy tomato sauce, poached egg, toast

BENEDICT

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

MUSHROOM V 145
spinach, roasted tomato, mushrooms, hollandaise, hint of truffle

BACON & AVO 170
streaky bacon, smashed avo, roasted tomato, mushrooms, hollandaise

HOT SMOKED TROUT 175
spinach, tomato, mushrooms, capers, hollandaise

BREAKFAST TOAST

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

SMASHED AVO V 90
poached egg, avo, hummus & sesame

BACON & BEANS 95
Milk beans, bacon poached egg, gremolata

SMOKED TROUT 125
avo, spring onion, cream cheese, poached egg, lemon

please notify us of any dietary requirements

V VEGETARIAN | VV VEGAN

SMALL PLATES

OYSTERS (EACH) spiced apple & cucumber salsa	42
CRISPY CALAMARI with classic turmeric & ginger tartare sauce	85
LOADED SWEET POTATOES V WV hummus, feta, tomato, olives, aioli, gremolata	85
CORNFLAKE CHICKEN STRIPS aioli & ginger sauce	85
TEMPURA PRAWNS sesame seed dip	85
DUMPLINGS homemade dumplings in soy dressing, chilli crunch	95 90
CHICKEN WINGS crispy chicken wings in Korean sauce, sesame asian slaw	95
TUNA TARTARE fresh tuna, ponzu, mayo, furikake, wonton crisp	95
STEAMED BAO BUN homemade bao bun, 5 spice pork belly, all the trimmings	105

ZEN BOWLS

CHOOSE YOUR BASE: sushi rice OR quinoa & cous cous	
SEARED TUNA POKÉ base, cucumber, avo, radish, edamame, wasabi mayo, spring onion	165
CORONATION CHICKEN POKÉ base, pineapple, coconut, light curry mayo, cucumber, tomato, radish	165
KOREAN BULGOGI POKÉ base, cucumber, avo, edamame, kimchi, pork belly, cabbage, radish	160
SALMON POKÉ base, cucumber, avo, edamame, spring onion, cabbage, ponzu	170
LOCAL HOT SMOKED TROUT SALAD edamame, greens, sesame dressing	170
VIETNAMESE NOODLE SALAD V WV rice noodles, noum cha dressing, edamame, mint, cabbage, coriander	95
MILK SALAD V lettuce, ceasar style dressing, gruberg, avo, croutons, roasted tomatoes	135
GARDEN SALAD V mixed leaves, feta, tomato, cucumber, olives, croutons, balsamic dressing	95

FRESH SEAFOOD

BEER BATTERED HAKE & CHIPS 170

turmeric & ginger tartare sauce
served with chips / sweet potato fries

GRILLED SOLE 265

burnt lemon butter, capers,
cherry tomatoes, olives, parsley
served with chips / sweet potato fries

SPICED SESAME CALAMARI 185

turmeric & ginger tartare sauce
served with chips / sweet potato fries

BLACK WEST COAST MUSSELS 115 | 230

white wine, cream, ciabatta toast, parsley

LOCAL FRESH LINEFISH 240

hummus, roasted tomatoes, edamame
served with chips / sweet potato fries

SEAFOOD GNOCCHI 205

mussels, calamari, prawns, fish,
tomato sauce, gremolata

HOT SMOKED TROUT LINGUINE 205

hot smoked trout, lemon cream,
baby spinach, parsley

MILKSHAKES

STRAWBERRY 80

CHOCOLATE BROWNIE 80

MIXED BERRY AND BANANA 80

PEANUT BUTTER ESPRESSO 80

VANILLA 78

“ Good Food,
Good Mood ”

MEAT LOVERS

HAND PRESSED BEEF BURGER 165

100% pure beef, crispy onions,
cheese, aioli
served with chips / sweet potato fries

CRUMBED CHICKEN BURGER 165

cornflake crumbed chicken breast,
wasabi mayo, gochujang sauce
served with chips / sweet potato fries

STEAK & CHIPS 260

5 weeks matured sirloin, mushroom
sauce, hint of truffle, crispy onions
served with chips / sweet potato fries

SOMETHING SWEET

SELECTION OF CAKES 85

freshly baked & delicious!

TIRAMISU 80

coffee, mascarpone, hint of brandy

APPLE CRUMBLE 78

custard & vanilla crunch

CRÉME BRULEE 78

classic brulee, amaretti biscuit

please notify us of any dietary requirements

V VEGETARIAN | VV VEGAN

COCKTAILS

MILK ON THE BEACH	85
malibu, pineapple, orange juice & coconut	
MOJITO	90
bacardi, lime, & mint	
APEROL SPRITZ	95
aperol, riccadonna & soda	
STRAWBERRY BOOZY SLUSH	95
bacardi, strawberry slush & lime juice	
LONG ISLAND ICE TEA	105
skyy vodka, bulldog gin, bacardi, el jimador, triple sec & coke	
MANGO MARGARITA	105
espolon blanco, triple sec, lime juice & mango slush	
CUBAN SUNSET	85
spiced gold, bacardi, captain morgan, grenadine & orange juice	
DARK 'N STORMY	85
dark rum, ginger ale, lime	

BEERS ON TAP

300ml	500ml
OLD HARBOUR	50 70
ONRUS ALE	50 70
STELLA ARTOIS	45 65
SOHO GIN	70

BEER BOTTLES

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

LIQUERS CIDERS

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

BRANDY

OLOF BERGH	22	BACARDI	25
KLIPDRIFT	25	SPICED GOLD	25
RICHELIEU	25	CAPTAIN MORGAN DARK	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
FAMOUS 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

PEAR TREE 185 | 50 CHENIN

Western Cape
yellow peach & zesty nectarine & orange

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

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 & ripe berries, plum, & gentle spice

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

Sondagskloof
supple & round, freshness with a complex finish

CREATION 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



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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.

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