

The Café Grill

BREAKFAST

All our eggs are free range

Café Breakfast p d e g 205

crispy bacon | pork sausage | beef sausage | sautéed mushrooms |
slow roasted tomato | two eggs (fried, poached or scrambled)

Café Omelette p d e 145

3 egg omelette with a choice of 3 fillings: cheddar | mozzarella | bacon | smoked ham | chorizo |
plum tomatoes | onion | peppers | mushrooms | chunky herb salsa | chopped chilli

additional fillings each - 45

Café Eggs Benedict d f g e p *bacon option*

toasted English muffin | home-made hollandaise sauce

bacon - 155

smoked trout - 185

sauté spinach - 155

SANDWICH & WRAPS

Served with French Fries or Salad
Gluten free wrap (+R20)

RCH Club Sandwich p d e g 245

smoked chicken breast | fried egg | bacon | avo | emmental | baby gem lettuce | sliced tomato

Steak Sandwich d g e *egg in sauce* 235

tomato jam | caramelised onions | mixed baby leaves | mustard mayonnaise | toasted ciabatta

Smoked Salmon Trout Wrap d f g 215

whole wheat wrap | dill cream cheese | caper berries | fresh avocado | red onion

Grilled Chicken Wrap g s *sesame oil in hummus* 215

whole wheat wrap | peppadew hummus | baby gem lettuce | fresh avo | caramelised onion

BURGERS

Buttermilk Fried Chicken Burger g e s *sesame seed bun* 190

crispy fried chicken breast | gherkins | baby gem lettuce | spicy mayonnaise | crispy fries

12A Vegan Burger g s *sesame seed bun* 180

home-made veggie patty | avo | baby gem lettuce | salsa fresca | lemon aioli | crispy fries

Café Beef Burger g d c s *sesame seed bun* e *egg in patty* 180

baby gem lettuce | sliced tomato | aioli | barbeque onions | mozzarella or
cheddar cheese | crispy fries

GRILLS

Mature Sirloin Steak d c 275

Café de Paris butter | crispy fries | seasonal vegetables

Mature Beef Fillet d c 315

Café de Paris butter | crispy fries | seasonal vegetables


SEAFOOD

Classic Fish & Chips    *egg in sauce* **210**

hake fillets | crispy beer batter | tartare sauce | crispy fries | side salad

Catch of the Day    **285**

grilled SASSI line fish | lemon salsa fresca | seasonal baby vegetables | crispy potato cake

Fish Cakes     **225**

home-made sustainable fish cakes | lemon aioli | crispy fries | side salad

CURRIES

Cape Malay Chickpea, Potato & Lentil      **225**

basmati rice | butter roti | poppadums | selection of sambals

Mozambique Coconut Chicken      *coriander seed* **260**

basmati rice | butter roti | poppadums | selection of sambals

PASTA

Chicken Linguine   **215**

grilled chicken breast | creamy mushroom sauce | pan roasted mushrooms | parmigiano reggiano

Pasta Primavera    **205**

lightly sautéed vegetables in a rich, creamy tomato sauce | linguine pasta | parmigiano reggiano

SOUPS

Chicken Noodle Soup     *egg in noodles & pie* **150**

taken from her book 'A Life in Food', Bea Tollman's famous home-made chicken noodle broth with carrots | celery | noodles | mini chicken pie

Rustic Tomato Soup    **145**

slow roasted tomatoes | chunky herb salsa | parmesan crumbs | toasted ciabatta

SALADS

Prawn Cocktail   **225**


marinated queen prawns | mixed baby leaves | avo | lime segments | Marie Rose dressing

Chicken Cobb Salad    **205**

lettuce | boiled egg | avo | grilled chicken breast | pancetta | blue cheese | cobb dressing

Caesar Salad      **165**

lettuce | Caesar dressing | anchovies | crispy bacon | parmigiano reggiano | herb croutons

add grilled chicken breast - **165** add smoked salmon trout  - **235**

12A Fresh Vegetable Salad     *egg in sauce* **160**

mixed baby leaves | seasonal raw vegetables | house vinaigrette | avo | green goddess sauce

Vegan Bowl   **160**

chunky herb quinoa | grilled corn | roast carrots | marinated chickpeas | tomato concasse | avocado | pumpkin seed crumble | cider & mustard vinaigrette

The Cafe Grill

DESSERTS

Western Cape Cheese Board    225

4 local cheeses | toasted ciabatta | seed crackers | home-made preserves

Bea's Baked Cheesecake   160

served with vanilla cream & strawberry gel

Bea's Creamy Rice Pudding   105

with candied nuts & caramel

Seasonal Fruit Selection  135

sliced seasonal fruit | yogurt | berry gel

Trio of Home-Made Ice-Cream or Sorbet    *nuts in garnish* 130


Ice-Cream

vanilla | chocolate | strawberry | honeycomb | peppermint crisp | coffee

Sorbets

please ask your waitron for details

Dietary Symbols

 - fish  - shellfish  - seeds  - celery  - nuts
 - pork  - dairy  - egg  - gluten  - spices  - coconut

The Café Grill

SUSHI MENU 2023

STARTERS

Chef's Nigiri Selection & Salmon & Avocado Rolls

(sf) (f) (s) (g)

farmed prawn | Norwegian salmon |
yellowfin tuna | sustainable fish | avocado |
toasted sesame seeds

350

Yellowfin Tuna Tataki & Yellowfin Tuna Nigiri

(f) (g)

momiji | spring onion | ponzu

205

Norwegian Salmon Tataki & Norwegian Salmon Nigiri

(f) (g)

momiji | spring onion | ponzu

250

SIGNATURE DISHES

Norwegian Salmon Rolls

(f) (e) (s) (g)

spicy mayonnaise | spring onion |
toasted sesame seeds | teriyaki sauce

265

Spicy Seared Yellowfin Tuna Rolls

(f) (e) (g)

mirin aioli | chives | spicy mayo |
teriyaki sauce | avocado

205

Deep Fried Futomaki

(f) (sf) (g) (e)

yellowfin tuna | Norwegian salmon |
farmed prawn | avocado | spring onion |
cucumber | teriyaki

265

Surf & Turf Rolls

(sf) (e) (g)

farmed prawn tempura | seared beef fillet |
asparagus | spicy mayo

295



SUSHI by 12A

Dietary Icons:

Icons denote ingredients
included in dish.

(e) egg	(p) pork
(d) dairy	(f) fish
(g) gluten	(sf) shellfish
(sp) spices	(c) celery
(n) nuts	(s) seeds
(c) coconut	(v) vegetarian



12A
THE TWELVE APOSTLES
HOTEL AND SPA

In-Room Dining Menu

Please dial '9'
should you require menus from our other outlets

Please dial 9020 to place your order. There will be a R55 tray charge per order.

DIETARY SYMBOLS

egg			nuts
gluten			coconut
fish			seeds
shellfish			spice
dairy			celery
pork			vegetarian



12apostleshotel



@12_apostles



12apostleshotel



+12apostleshotel

BREAKFAST

Café Breakfast	205
crispy bacon pork sausage beef sausage sauté mushrooms slow roasted tomato 2 eggs (fried, poached or scrambled)	
Café Omelette	145
crispy bacon pork sausage beef sausage sauté mushrooms slow roasted tomato 2 eggs (fried, poached or scrambled)	
Café Eggs Benedict	
toasted English muffin homemade hollandaise sauce + bacon 155 smoked salmon trout 185 spinach 155	

SANDWICHES & WRAPS

RCH Club Sandwich	245
smoked chicken breast fried egg bacon fresh avocado emmental cheese baby gem lettuce sliced tomato	
Cheese & Tomato Sandwich	145
Ham & Cheese Sandwich	150
Smoked Salmon Trout Wrap	215
crispy bacon pork sausage beef sausage sauté mushrooms slow roasted tomato 2 eggs (fried, poached or scrambled)	

BURGERS

Café Beef Burger	180
baby gem lettuce sliced tomato aioli barbeque onions crispy fries mozzarella or cheddar cheese	
Buttermilk Fried Chicken Burger	190
baby gem lettuce sliced tomato aioli barbeque onions crispy fries mozzarella or cheddar cheese	
12A Vegan Burger	180
baby gem lettuce sliced tomato aioli barbeque onions crispy fries	

SALADS & SOUPS

Prawn Cocktail	225
marinated queen prawns mixed baby leaves fresh avocado lime segments marie rose dressing	
Caesar Salad	165
baby gem lettuce creamy Caesar dressing anchovies crispy bacon parmigiano reggiano herb croutons + grilled chicken 185 smoked salmon trout 235	
12A Fresh Vegetable Salad	160
mixed baby leaves selected seasonal raw vegetables house vinaigrette fresh avocado green goddess sauce	
Chicken Noodle Soup	150
taken from her book 'A Life in Food', Bea Tollman's famous home-made chicken noodle broth with carrots celery egg noodles and a mini chicken pie	
Rustic Tomato Soup	145
slow roasted tomato soup chunky herb salsa parmesan crumbs toasted ciabatta	

SEAFOOD

Catch of the Day	285
grilled line fish tartare sauce pommes frites <u>or</u> side salad	
Classic Fish & Chips	210
light beer-battered hake french fries tartare sauce	

SUSHI

Chef's Nigiri Selection & Salmon & Avo Rolls	350
farmed prawn norwegian salmon yellowfin tuna sustainable fish avocado toasted sesame seeds	
Yellowfin Tuna Tataki & Nigiri	205
momiji spring onion ponzu	
Norwegian Salmon Tataki & Nigiri	250
momiji spring onion ponzu	
Norwegian Salmon Rolls	265
spicy mayonnaise spring onion toasted sesame seeds teriyaki sauce	
Spicy Seared Yellowfin Tuna Rolls	205
mirin aioli chives spicy mayo teriyaki sauce avocado	
Deep Fried Futomaki	265
yellowfin tuna norwegian salmon farmed prawn avocado spring onion cucumber teriyaki	
Surf & Turf Rolls	295
farmed prawn tempura seared beef fillet asparagus spicy mayo	

GRILLS

Mature Beef Fillet (300g)	315
Mature Sirloin Steak (300g)	275

PASTA

Chicken Linguine	215
grilled chicken breast mushroom sauce pan roasted mushrooms parmigiano	
Pasta Primavera	205
lightly sautéed vegetables in a rich, creamy tomato sauce linguine pasta parmigiano	

DESSERTS

Western Cape Cheese Board		235	
4 local cheeses toasted ciabatta seed crackers home-made preserves			
Bea’s Cheesecake	160	Seasonal Fruit	160
vanilla cream strawberry gel		sliced fresh fruit yoghurt	
Trio of Home-Made Ice-cream <u>or</u> Sorbet		130	
ask your waitron for more details			

SNACKS

Beef Biltong (240g)	215	Droëwors (120g)	145
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CHILDREN'S IN-ROOM DINING MENU

SANDWICHES & WRAPS

Sandwiches are served plain or toasted on white, brown, wholewheat, rye or gluten free

- gluten-free wrap 20

Cheese	85
ham & Cheese	85
Tuna Salad	85
Chicken Mayonnaise	85

CHILDREN'S MAIN COURSES

Chicken Nuggets	90
served with either fries, mash or salad	
Scrambled Eggs	75
served on toast	
Macaroni Cheese	85
Pasta Bolognaise	90
Beef or Pork Bangers	90
with mash and peas	
Two Minute Noodles	80
with side peas, bacon bits and corn	

CHILDREN'S DESSERTS

Ice-Cream Sundae	75
Waffle & Strawberry Salad	75
Chocolate Brownies	75
Sliced Fruit Platter	70