

THE SPA

at

THE TWELVE APOSTLES

SUSHI SELECTION

YELLOWFIN TUNA TATAKI & YELLOWFIN TUNA NIGIRI (G, E) <i>Chilli salsa, spring onion, ponzu sauce</i>	265
VEGAN ROLL (VG) <i>Chef's selection of seasonal vegetables of the day, avocado, cucumber, sesame seeds, vegan mayonnaise</i>	190
NORWEGIAN SALMON ROLL (G, E) <i>Spicy mayonnaise, spring onion, toasted sesame seeds, teriyaki sauce</i>	310

HEALTH MENU

MARINATED TOMATO SALAD (V, D, G) <i>Cherry tomatoes, olives, feta, chunky herb dressing</i>	155
BEA'S PRAWN COCKTAIL (D, S, E) 🍷 <i>Marinated queen prawns, mixed baby leaves, fresh avocado, lime segments, Marie Rose dressing</i>	270
CHICKEN COBB SALAD (D, P, E) <i>Baby gem lettuce, boiled egg, fresh avocado, grilled chicken breast, crispy bacon, blue cheese, Bea Tollman's vinaigrette</i>	245
SMOKED TROUT CAESAR SALAD (D, P, E) <i>Baby Gem lettuce, creamy Caesar dressing, anchovies, crispy bacon, Parmigiano Reggiano, herb croutons</i>	280
VEGAN BOWL (VG) <i>Chunky herb quinoa, grilled corn, roasted carrots, marinated chickpeas, tomato concassé, avocado, pumpkin seed crumble, cider & mustard vinaigrette</i>	189
12A GREEK SALAD (V, D) <i>Cherry tomatoes, cucumber, baby lettuce leaves, red onion, feta cheese, lemon dressing</i> <i>Add grilled chicken breast</i>	185 90

V-Vegetarian | VG-Vegan | D-Dairy | S-Shellfish | N-Nuts | P-Pork | G-Gluten | A-Alcohol | E-Egg

Items marked with a 🍷 are favourite signature dishes of Mrs Bea Tollman, our Founder and President.

If you have any special dietary restrictions or allergies, please advise a member of the service team. A full list of allergens within each of our dishes can be obtained from your waiter. Kindly note that a discretionary 12.5% service charge will be added to your bill. Thank you for your generosity.

LIGHT MEALS

CATCH OF THE DAY (D, G, E) <i>Grilled SASSI line fish, lemon salsa fresca, seasonal baby vegetables, crispy potato cake</i>	340
12A VEGGIE BURGER (V, D, E) <i>Homemade veggie patty, avocado, baby gem lettuce, salsa fresca, lemon aioli, crispy fries</i>	215
SMOKED SALMON TROUT WRAP (D, G, E) <i>Wholewheat wrap, dill cream cheese, caper berries, fresh avocado, red onion</i>	250
GRILLED CHICKEN WRAP (D, G, E) <i>Wholewheat wrap, Peppadew hummus, baby gem lettuce, fresh avocado, caramelised red onion</i>	250
STEAK SANDWICH (D, G, E) <i>Tomato jam, caramelised onions, mixed baby leaves, mustard mayonnaise, toasted ciabatta</i>	280
GRILLED CHICKEN AND AVOCADO BURGER (D, G, E) <i>Baby gem lettuce, salsa fresca, lemon aioli, crispy fries</i>	160
AVOCADO ON TOAST (D, G) <i>Toasted ciabatta, fresh tomato, red onion, coriander & avocado</i>	145

SWEETS

BERRY VANILLA ICE CREAM SUNDAE (V, D, E) <i>Strawberry & vanilla ice cream scoops topped with mixed berry compote</i>	115
SEASONAL FRUIT SELECTION (V, D) <i>Sliced seasonal fruit, yoghurt & berry gel</i>	190
WESTERN CAPE CHEESE BOARDS (V, D, G) <i>4 local cheeses, toasted ciabatta, seed crackers & homemade preserves</i>	315
BEA'S BAKED CHEESECAKE (V, D, G, E) 🍷 <i>Served with vanilla cream & strawberry gel</i>	245
TRIO OF HOMEMADE ICE CREAM OR SORBET	156
ICE CREAM (V, D, E) <i>Vanilla, chocolate, strawberry, Bea's honeycomb, Peppermint Crisp, coffee</i>	
SORBETS (VG) <i>Please ask your waiter for details</i>	

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