A piece of Wilderness heritage...

In roughly 1880, the first settler George Bennett arrived in this beautiful valley with his wife, who legend has it, exclaimed: "What a wilderness!" Together they created a farm called 'Touwsmond' but the exclamation seemed to have resonance with future locals and the name Wilderness stuck.

The railway & national road came through here in the mid-1920s when the area was being developed by one Owen Grant (aka 'OG') and his company Wilderness 1921 Pty. OG built this structure – one of the first stone buildings in the area – as his family home in around 1928, naming it 'Greenways'. He lived here for the rest of his days, whilst having a profound impact on the development of the Garden Route. The small road in front of the restaurant is named after him, our address being 1 Owen Grant Street.

The property later became known as The Palms with a beautiful garden and successful guesthouse. In 2016 it was developed into retail space which is now known as The Square.

The Girls Restaurant was successful in its quirky location at the petrol station in the village for many years but when this historical building with its beautiful garden became available, we decided to relocate to the oasis of The Square.

Why "The Girls"?

Our first venture opened back in 2001 on the banks of the Touw River in Wilderness and was known as The Riverside Kitchen. We embarked on this adventure with little experience of running a restaurant, let alone cooking but after our chef left us just before our first season we had no option but to put on our white chefs' jackets and get into the kitchen. The rest, they say, is history ... maybe more accurately though ..."Her-story"

With 2 women chef-owners and a ladies-only kitchen team, it became popular for locals to say they were going to eat at the Girls and that's the story of "Why The Girls?"



We hope you relax and enjoy all that we at The Girls have to offer you

Roxi and The Girls team

Info

All our dishes are freshly prepared to order, so a little extra time may be needed. In the meantime, sit back and relax or enjoy browsing our curio shop while we prepare your meal.

ALL MENU ITEMS ARE STRICTLY SUBJECT TO AVAILABILITY!

BIG TABLE GRATUITY

A 10% Gratuity will be added to tables of 6 or more

the Girls

AL FRESCO WILDERNESS

Food allergy notice

Please be aware that our food may contain or have come into contact with common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish or shellfish.

If you have any food allergies, please discuss them with kitchen management before ordering or consuming any food items.



Breakfast

THE SQUARE BREAKFAST — 99
2 eggs cooked to order • tomatoes • 2 bacon rashers • toast • butter • preserves

VEGETARIAN BREAKFAST — 135
2 eggs cooked to order • tomatoes • grilled halloumi • sauteed mushrooms • crispy potato cubes • toast • butter • preserves

FARMERS BREAKFAST — 165
2 eggs cooked to order • 100g boerewors sausage **OR** pork banger • tomatoes • 2 bacon rashers • sauteed mushrooms • toast • butter • preserves

SMASHED AVO TOAST — 125
Avo • chilli flakes • 2 poached eggs • your choice of toast

MUESLI BOWL — 98
Plain yoghurt • fresh seasonal fruits • crunchy muesli • our homemade honey berry coulis

EGGS BENEDICT
2 poached eggs • English muffin • our signature avodaise sauce
- bacon — 125
- smoked salmon trout — SQ
- avo — 140

... continued

OMELETTE
3-egg omelette • toast • butter • preserves
- cheese • mushroom — 135
- smoked salmon trout • cream cheese • sliced red onion • crispy capers (served open) — SQ

SHAKSHOUKA — 155
2 eggs in a rich tomato concassé • feta • mixed peppers • olives • pita
- add bacon rasher — 18
- add sliced chorizo — 30

CHICKEN LIVERS — 115
topped with 2 poached eggs • your choice of toast

BREAKFAST EXTRAS

egg	10	bacon rasher	18
toast (two slices)	15	chorizo	30
tomato	15	boerewors	35
sauteed mushrooms	30	pork banger	35
halloumi	55	avo	35



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Tapas & Small Plates

CHEESE CHILLI POPPERS WITH GUACAMOLE 98
Add bacon 18

GRILLED HALLOUMI 92
Locally sourced • coriander chutney

GARLIC BREAD 130
Whole roasted garlic • dukkah sprinkle

CRUMBED SALT & PEPPER CALAMARI 95
• garlic aioli

SKAAPSTERTJIES SQ
• mint mayo

PORTUGUESE MUSSELS 125
Half-shell black mussels • spicy Mozambique style sauce • warm ciabatta bread

MUSSELS AND FRIES 125
Half-shell black mussels • creamy garlic white wine sauce

TRINCHADO
Chicken livers 115
Beef 135
Chicken 135
Creamy peri-peri Mozambican style sauce • olives • fresh rocket leaves • sliced ciabatta bread

SEAFOOD BISQUE SQ
• warm ciabatta bread

GRILLED CAJUN CALAMARI 125
Spiced calamari • grilled peppers • sundried tomato • mixed olives • rocket • basmati rice

STEAK TARTARE SQ
A classic deconstructed • freshly minced raw beef fillet • chopped onion • garlic • gherkins • capers • splash of brandy • egg yolk • Dijon mustard • slice of ciabatta toast

GARLIC BUTTER SNAILS
- Classic garlicky goodness! • fresh garlic parsley butter • warm ciabatta bread 125
- feta cheese • crispy bacon • warm ciabatta bread 145

CARPACCIO 155
Venison carpaccio • rocket • pecorino shavings • popped capers • balsamic drizzle • toasted ciabatta bread

THE GIRLS BRUSCHETTA 125
Avo • tomato • basil & olive oil • ciabatta bread

PRAWN TEMPURA (6 x Queens) 185
Sweet soy chilli ginger dipping sauce • chopped chillies • wasabi

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Nachos

A generous portion of our homemade nachos • grated cheese • tomato salsa • coriander chutney • crème fraîche • guacamole	135
With grilled chicken pieces	165
With beef	185
With prawn	215
Add jalapenos	30



Open Sarmies

Served on 2 slices of seed loaf

BEEF & BLUE — 135
Tender beef strips • horseradish • mixed leaves • blue cheese • crispy onions

AVO, BACON & ROCKET — 135
Sliced avo • watermelon radish • microgreens • seeds • bacon • rocket • herb dressing

PULLED PORK — 135
Asian slaw • sticky pulled pork belly • coriander • crispy onions

SUNSHINE GIRL — 135
Grilled corn • smashed avo • feta • jalapenos • coriander



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Salads

ALL GREEN SALAD — 135
Mixed herbs • mixed greens • cucumber ribbons • edamame beans • green apple • pecorino shavings • toasted seed & nut sprinkle • creamy herb dressing

GIRLS SALAD — 135
Tomatos • olives • feta • cucumber ribbons • red onion • roasted sunflower seeds • mixed peppers • crispy croutons • mixed salad leaves • vinaigrette dressing

GIRLS CHICKEN CAESAR SALAD — 165
Crispy bacon • tender grilled chicken • pecorino cheese shavings • croutons • mixed leaves • Caesar dressing

MOROCCAN COUSCOUS SALAD — 155
Dried Turkish apricots • toasted macadamia nuts • Moroccan spiced couscous • feta cheese • tomato • cucumber ribbons • citrus segments • vinaigrette dressing

PRAWN & LITCHI SALAD — 195
Grilled prawns • blue cheese stuffed litchis • cucumber & carrot ribbons • fresh pear slices • sesame seeds • mixed greens • fresh rocket • crispy pickled ginger • Soy chilli • ginger dressing

STRAWBERRY & AVO SALAD — 165
All green salad • strawberries • avo • balsamic drizzle

ADD ON TO ANY SALAD:
Add grilled chicken pieces — 30
Add carpaccio & popped capers — 95
Add Avo — 35

& Veggies

VEGETARIAN PLATTER — 195
Brown mushroom • fresh sliced pear • blue cheese • roasted butternut • cream cheese • stuffed peppadews • macadamia nut • stuffed litchis • seasonal vegetables • couscous • sweet potato fries • seed sprinkle • poppadum • fresh coriander leaves

VEGGIE BOWL — 175
Veggie balls • sushi rice • edemame beans • carrots • avo • cucumber • poke sauce

CHUNKY VEGETABLE & MUSHROOM CURRY — 185
The Girls signature curry • mango pieces • coconut milk • warm spices (no chilli) • roti • basmati rice **OR** couscous

the Girls AL FRESCO WILDERNESS

Meaty Mains

BBQ ESPRESSO RIBS — 265
450g of succulent pork ribs • sticky BBQ espresso glaze • sesame sprinkle • fries • crispy onions

CHICKEN STACK — 195
Grilled chicken breast • roast butternut • feta • macadamia nuts • dates • peppadews • coriander leaves • apricot mustard sauce • marinated mustard seed • seasonal vegetables • couscous

MANGO CHICKEN CURRY — 185
The Girls signature curry • mango pieces • coconut milk • warm spices (no chilli) • roti • basmati rice **OR** couscous

PORK BELLY — 215
Red wine jus • crispy crackling • veg • mashed potato

DURBAN STYLE LAMB CURRY — 260
Rice • roti



Hot from the grill

CHOOSE YOUR WEIGHT, CUT & PREPARATION METHOD

	200g	300g	400g
Fillet	SQ	SQ	
Rump		255	295
Ostrich	220		350

PEPPER — 55
A classic Madagascan pepper sauce

MOZAMBIQUE — 75
Creamy Girls peri peri sauce • 2 prawns

PEAR & BLUE — 55
Grilled pears • rich blue cheese sauce

CREAMY MUSHROOM & SHERRY — 65
Full-flavoured grilled mushrooms in a creamy sauce

All the above served with veg & fries

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Burgers

All burgers are served Naked or on a sesame bun with crispy fries & onion rings on the side.

	BEEF BURGERS (200g pure beef patty)	**CHICKEN BURGERS** (Grilled or panko crumbed fillet)	**VEGGIE BURGER**
MADAGASCAN PEPPER BURGER	180	160	150
CREAMY MUSHROOM & SHERRY BURGER	180	160	150
CHEESE BURGER	200	165	160
AMERICAN BURGER Cheese • tomato relish • sliced gherkins	225	195	185
BACON, GUAC & FETA Crispy bacon • guacamole • feta *Veggie Burger with no bacon	235	195	190
PERI-PERI BURGER • peri-peri sauce • cream cheese • tzatziki	225	185	175

Prawns

All our prawn dishes are served with fries or rice and seasonal vegetables with a sauce on the side.

Our delicious prawns are served naked (body is peeled, head on) for more avour and easier eating!

MOROCCAN PRAWNS
An exotic blend of North African flavours & spices

PERI PERI PRAWNS
Our ever popular homemade peri peri sauce.
Ask your waitron for a bottle to go!

THE GIRLS PRAWNS
The same warm flavours as the peri peri without the heat

LEMON OR GARLIC BUTTER PRAWNS
the classic favourite

350g grilled prawns (±10-12)	350
500g grilled prawns (±16-18)	480
850g grilled prawn platter with 3 options to choose from (±25)	850

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Fish & Seafood

GRILLED FISH — 215
Locally caught fish • tartare sauce • fragrant basmati rice • chunky vegetables

CALAMARI
Choose your preparation method:
• Grilled • lemon butter — 260
• Grilled • peppers • olives • sundried tomatoes — 260
• Lightly dusted • garlic aioli — 260

SEAFOOD TRIO — 260
Grilled gurnard • calamari • prawns • veg • basmati rice **OR** chips

MANGO PRAWN CURRY — 255
The Girls signature curry • mango pieces • coconut milk • warm spices (no chilli) • roti • basmati rice **OR** couscous

SEAFOOD PLATTER FOR 2 — SQ
A full portion of both our grilled linefish • hake • gurnard • 200g of tender calamari • 6 lemon butter prawns • Portuguese mussels • veg • basmati rice • lemon butter • garlic butter

MUSSELS & FRIES — 205
Half-shelled black mussels • creamy garlic white wine sauce • fries

CAJUN FISH — 275
Grilled fish • cajun spiced calamari • grilled peppers • sundried tomatoes • olives • basmati rice • veg

SPECIALITY LINEFISH — SQ
Choose one of the following 3 toppings:
• Pineapple • coriander • chilli
• Creamy white wine sauce • capers
• Burnt butter • sage • popped capers

Locally sourced catch of the day. Ask your waitron for details

All our Fish is lightly dusted with Flour before grilling.

For gluten free please ask your waitron.



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Sushi

All the sushi dishes are freshly made to order

SALMON ROSES	**125**
3pc	
SASHIMI	
4pc Salmon	**140**
4pc Tuna	**130**
4pc Seared Salmon	**145**
NIGIRI	
3pc Salmon	**105**
3pc Tuna	**105**
3pc Prawn	**105**
HANDROLLS	
1pc Salmon	**115**
1pc Tuna	**115**
1pc Prawn	**115**
1pc Veg	**100**
MAKI	
8pc Salmon	**125**
8pc Tuna	**120**
8pcPrawn	**120**
8pc Avo	**115**
8pc Smoked Salmon	**125**

... more Sushi

CALIFORNIA ROLLS	
8pc Salmon	**135**
8pc Tuna	**130**
8pc Prawn	**130**
8pc Smoked salmon	**135**
8pc Veg	**115**
CRISPY SANDWICHES 8pc Fried sandwiches • salmon or prawn • topped with sweet chilli • sushi mayo	**175**
CRISPY CALIFORNIA ROLLS 8pc Fried California rolls with your choice of • salmon/ tuna/prawn/crab topped with • sweet chilli • sushi mayo	**175**
TEMPURA ROSES 3pc Salmon roses topped with shrimp dressed with sushi mayo • sweet chilli sauce	**140**
3SOME ROSES 3pc Salmon roses topped with blanched prawns mixed with sushi mayo • spring onion • sesame seeds • a drizzle of teriyaki sauce	**135**
GIANT SUSHI ROLL 6pc Rice and nori roll filled with salmon • tuna • prawn • cream cheese fried slightly with crispy tempura crumb drizzled with • teriyaki • sweet chilli	**150**

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... more Sushi

SHRIMP TEMPURA ROLL 8pc — 185
Salmon or tuna California rolls topped with • tempura • sweet chilli • sushi mayo

POKE BOWL — 175
Sushi rice topped with fresh vegetables • served with salmon **OR** tuna **OR** Panko prawn • avo • onion • red cabbage • carrots • cucumber • edamame beans • sesame seed • special poke sauce

SANDWICH
8pc Salmon — 135
8pc Tuna — 130
8pc Prawn — 130
8pc Smoked salmon — 135
8pc Veg — 115

THE GIRLS RAINBOW ROLL 8pc — 175
Rainbow roll with sweet soya • 7 spice sesame oil • spring onion • sushi mayo

VEG RAINBOW ROLL 8pc — 170
Avo • carrots • cucumber with avocado on top

RAINBOW ROLL 8pc — 170
Salmon • avo • cucumber roll topped with salmon & avo

RAINBOW SANDWICHES 9pc — 185
Salmon sandwiches filled with • salmon • avo • sushi mayo • caviar

All the sushi dishes are freshly made to order.

Sushi Platters

COMBO 1 (14pc) — 250
8pc salmon California rolls • 4pc prawn sandwiches • 2pc salmon nigiri

COMBO 2 (24pc) — 480
8pc salmon rainbow rolls • 4pc prawn maki • 4pc salmon sashimi • 4pc salmon roses • 4pc salmon California rolls

THE BOYZ PLATTER (30pc) — 550
8pc fashion sandwiches • 8pc crispy prawn California rolls • 8pc crab California rolls • 2pc salmon nigiri • 2pc tuna nigiri • 2pc prawn nigiri

PAISLEY PLATTER (12pc) — 315
4pc shrimp tempura rolls • 2pc nigiri tuna • 2pc salmon roses • 4pc Girls rainbow rolls

VEGETARIAN COMBO (13pc) — 190
4pc veg California rolls • 4pc avo maki • 1pc veg handroll • 4pc veg sandwiches

SQUARE PLATTER (10pc) — 245
4pc salmon California rolls • 2pc salmon roses • 2pc tuna sashimi • 2pc salmon nigiri

MINI BEACH PLATTER (8pc) — 200
4pc crispy California rolls • 4pc California rolls topped with • tempura prawns & sweet chilli

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Desserts

AMARULA CREME BRULEE — 65
Smooth and creamy creme brulee with a caramelised sugar topping

FROZEN HONEY CHEESECAKE — 95
Almond biscuit base • rooibos mixed berry coulis

MALVA PUDDING — 65
Soft sponge pudding drenched with a sweet butterscotch syrup and served with custard

CHOCOLATE BROWNIE — 95
Saucy dark chocolate brownie • salted caramel sauce • vanilla ice cream

AFFOGATO — 90
Vanilla ice cream • chocolate sauce • Amaretto • toasted almond flakes • shot of espresso on the side

LITCHIS & GINGER — 80
Light and refreshing! • Litchis stuffed with • preserved ginger • coconut ice cream • citrus & cardamom syrup

ICE CREAM WITH SALTED CARAMEL SAUCE — 45
Our homemade sauce

BAKED CHEESECAKE — 115
Check with your server for flavours

Adult desserts

ADULT MILKSHAKES — 65
Kahlúa • Frangelico • Whiskey • Amarula • Sambuca • Peppermint

See our drinks menu for selection of cognacs



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kids menu

BREKKIE

"I want to play"" **65**
Eggs • bacon • toast

"I want sweets" **75**
Eggs • boerewors • toast

"I want to play games" **55**
Brekkie bun

Little BITES

"I want to go home" **65**
Chicken strips • chips

"I don't know" **75**
Fish & Chips

"I am not hungry" **80**
Chicken/Beef burger • chips

"I don't care" **90**
Cheesy nachos

"I want McDonalds" **80**
Girl's kiddie pizza

