

TASTE OF AFRICA

South African Fusion Food

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- John Hemingway



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the
Girls



AL FRESCO
WILDERNESS

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BREAKFAST

served
until
11 am

THE SQUARE BREAKFAST

- 90 2 eggs cooked to order, rosemary roasted tomato,
2 bacon rashers served with toast, butter & preserves

VEGETARIAN BREAKFAST

- 115 2 eggs cooked to order, rosemary roasted tomato,
grilled halloumi, sautéed mushrooms, crispy potato
cubes served with toast, butter & preserves

FARMERS BREAKFAST

- 150 2 eggs cooked to order, 100g boerewors sausage or pork
banger, rosemary roasted tomato, 2 bacon rashers,
sautéed mushrooms served with toast, butter & preserves

FRESHLY BAKED CROISSANTS

- 130 Served open and grilled OR deconstructed with 2
scrambled eggs, bacon, grated cheese & fresh rocket
65 Served with jam or marmalade

MUESLI BOWL

- 98 served with plain yoghurt, fresh seasonal fruits,
crunchy muesli and our homemade honey berry coulis

EGGS BENEDICT

2 poached eggs on an English muffin with our
signature avodaise sauce

- 115 bacon
115 spinach & feta
SQ smoked salmon trout

OMELETTE

3 egg omelette served with toast, butter & preserves

- 118 cheese
118 spinach & feta
SQ smoked salmon trout, cream cheese, sliced red
onion & crispy capers (served open)

SHAKSHOUKA

2 eggs in a rich tomato concasse with feta, mixed peppers
and all baked in a skillet

- 145 served with hummus, olives & a pita
18 add bacon rasher
30 add sliced chorizo

EXTRAS

- | | | |
|-----------------------|-----------------|-------------|
| 10 egg | 18 bacon rasher | 25 sautéed |
| 15 toast (two slices) | 30 chorizo | mushrooms |
| 10 tomato | 35 boerewors | 40 halloumi |
| | 35 pork banger | |

TAPAS & SMALL PLATES

- 75 Falafel balls & hummus
- 98 3 Cheese chilli poppers with guacamole
- 18 Add on bacon
- 92 Grilled halloumi - locally sourced with coriander chutney
- 125 Garlic bread with whole roasted garlic and dukkah sprinkle
- 85 Crumbed salt & pepper calamari with garlic aioli
- SQ Skaapstertjies with a mint mayo
- 89 Asian fishcakes with wasabi mayo & tempura pickled ginger
- 115 Chicken wings (300g) served with a dipping sauce
- 85 White bait (kapenta) served with garlic aioli
- 85 Corn and cheese bites served with sweet chilli dip

PORTUGUESE MUSSELS

- 115 Half-shell black mussels served in a spicy Mozambique style sauce. Served with warm ciabatta bread

MUSSELS AND FRIES

- 115 Half-shelled black mussels in a creamy garlic white wine sauce

TRINCHADO

Beef 135 **Chicken** 115

Our creamy peri-peri Mozambican style sauce, garnished with olives and fresh rocket leaves. Served with sliced ciabatta. Your choice of beef or chicken

SEAFOOD BISQUE

- SQ Served with warm ciabatta

STEAK TARTAR

- 185 A classic deconstructed, freshly minced raw beef fillet, chopped onion, garlic, gherkins and capers, served with a splash of brandy, an egg yolk, Dijon mustard, Tabasco and a slice of ciabatta toast

GRILLED CAJUN CALAMARI

- 115 Spiced Patagonian calamari, grilled with red peppers, sundried tomato, mixed olives, rocket and served with basmati rice

GARLIC BUTTER SNAILS

- 125 Classic garlicky goodness! Snails smothered with fresh garlic parsley butter. Served with warm ciabatta
- 145 Garlic snails topped with feta cheese & crispy bacon. Served with warm ciabatta

CARPACCIO

- 155 Venison carpaccio served with rocket, pecorino shavings, popped capers, a balsamic drizzle and toasted ciabatta

SOUP OF THE DAY

- SQ Ask your waitron for details

NACHOS

- 125 A generous portion of our homemade crispy chips, grated cheese, tomato salsa, coriander chutney, cream cheese and gaucamole. ✓
- 155 With grilled chicken pieces
- 185 With prawns
- 185 With beef fillet
- 30 Add jalapenos

SALADS

ALL GREEN SALAD

- 135 Mixed herbs, mixed greens, cucumber ribbons, green apple, pecorino shavings and toasted seeds & nut sprinkle. Served with a creamy herb dressing

GIRLS SALAD ✓

- 135 Rosa tomatoes, olives, feta, cucumber ribbons, red onion, roasted sunflower seeds, mixed peppers, crispy croutons with mixed salad leaves. Vinaigrette dressing on the side

GIRLS CHICKEN CAESAR SALAD

- 165 Crispy bacon, tender grilled chicken, pecorino cheese shavings, croutons, mixed leaves and caesar dressing

PRAWN & LITCHI SALAD

- 195 Grilled prawns, blue cheese stuffed litchis, cucumber and carrot ribbons, fresh pear slices, sesame seeds, mixed greens and fresh rocket, topped with crispy pickled ginger. Soy, chilli and ginger dressing on the side

MOROCCAN COUSCOUS SALAD ✓

- 145 Dried Turkish apricots, toasted macadamia nuts, Moroccan spiced couscous, creamy feta cheese, tomato, cucumber ribbons and citrus segments. Vinaigrette dressing on the side

- 30 Add grilled chicken pieces

WARM PATAGONIAN CALAMARI & HALLOUMI SALAD

- 195 Set on our all green salad

ROTI WRAPS

served
until
5 pm

HAWAIIAN CHICKEN

155 Panko crumbed chicken with grilled pineapple and 1000 island sauce

VEGGIE SUPREME

155 Avo hummus, roast veg, feta, dukkah sprinkle with mixed leaves

PERI PERI CHICKEN WRAP

155 Peri peri chicken served with cucumber, tomato, feta, lettuce & yoghurt

MOROCCAN CHICKEN WRAP

155 Served with grilled dates, apricots, butternut, feta and an apricot mustard drizzle

VEGGIE

VEGETARIAN PLATTER

185 Brown mushroom topped with fresh sliced pear and blue cheese, roasted butternut, cream cheese stuffed peppadews, macadamia nut stuffed litchis, seasonal vegetables, couscous and sweet potato fries. Dressed with seed sprinkle, poppadum and fresh coriander leaves

CHUNKY VEGETABLE & MUSHROOM CURRY

145 A fragrant Cape Malay style curry with mango pieces, coconut milk and warm spices (no chilli). Served with sambals, roti and fragrant basmati rice or couscous

BE SURE TO TRY OUR

Veggie burger, salads as well as our selection of sushi

BURGERS

	BEEF BURGERS (200g pure beef patty)	CHICKEN BURGERS (Grilled or panko crumbed fillet)	VEGGIE BURGER ✓ (Homemade falafel patty)
Pepper burger tangy Madagascan pepper sauce	170	150	140
Mushroom and sherry burger	170	150	140
Cheese burger the traditional all-time favourite!	190	155	150
American burger cheese, tomato relish & sliced gherkins	215	185	175
Bacon, guac & feta crispy bacon rashers, guacamole and feta chunks *Veggie Burger with no bacon	225	185	180
Peri-peri burger basted with our homemade peri-peri sauce, cream cheese & tzatziki	215	175	165
Hawaiian burger crispy bacon rashers and grilled pineapple	195	155	150
Veggie Burger Pickled veg, guacamole, coriander chutney			140
Fig N Blue Grilled figs with a zesty blue cheese sauce	205	180	140

FISH & SEAFOOD

GRILLED LINEFISH

195 Locally caught linefish, grilled and served with tartare sauce. Served with fragrant basmati rice and chunky vegetables

PATAGONIAN CALAMARI

260 Served with seasonal veg and basmati rice
Choose your preparation method
~ Lemon butter grilled
~ Mediterranean with peppers, olives and sundried tomatoes
~ Lightly dusted and served with garlic aioli

SEAFOOD TRIO

260 Grilled gurnard, Patagonian calamari and prawns. Served with veg and basmati rice or chips

MANGO PRAWN CURRY

255 A fragrant Cape Malay style curry with mango pieces, coconut milk and warm spices (no chilli). Served with sambals, roti and fragrant basmati rice or couscous

MUSSELS AND FRIES

175 Half-shelled black mussels in a creamy garlic white wine sauce

SEAFOOD PLATTER FOR 2

SQ A full portion of both our grilled linefish, hake & gurnard, with 200g of tender Patagonian calamari, 6 lemon butter prawns and Portuguese mussels. Served with seasonal veg, basmati rice, lemon butter and garlic butter

CAJUN LINEFISH

275 Grilled linefish topped with Patagonian calamari and served with basmati rice and veg

SPECIALITY LINEFISH

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

SOLE

SQ Grilled and drizzled with a creamy white wine sauce with popped capers. Seasonal veg and basmati rice

ALL OUR LINEFISH IS LIGHTLY DUSTED WITH FLOUR BEFORE GRILLING.
FOR GLUTEN FREE, PLEASE ASK YOU WAITRON.

PRAWNS, PRAWNS AND MORE PRAWNS

All our prawn dishes are served with fries or rice and seasonal vegetables. Our delicious prawns are served 'naked' (body is peeled, head on) for more flavour and easier eating!

MOROCCAN PRAWNS

An exotic blend of North African flavours and spices

AFRICAN PRAWNS

Warm flavours of cumin, cinnamon, chilli and ginger

PERI PERI PRAWNS

Our ever popular home made 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

350 300g grilled prawns (±10-12)

480 500g grilled prawns (±16-18)

850 1kg grilled prawn platter with 3 options to
choose from. (±25)

GRILLS & POULTRY

CHOOSE YOUR WEIGHT, CUT & PREPARATION METHOD

Fillet	200g	270	Sirloin	300g	220
	300g	315		400g	270
Ribeye	300g	350	Ostrich	200g	220
				400g	350

PEPPER

45 A classic Madagascar pepper sauce

MOZAMBIQUE

75 Creamy Girls peri peri sauce & 2 prawns

GIRLS

45 Fig balsamic drizzle, peco, basil pesto & rocket

PEAR & BLUE

45 Grilled pears & a rich blue cheese sauce

CREAMY MUSHROOM & SHERRY

45

ALL THE ABOVE SERVED WITH VEG & FRIES

BBQ ESPRESSO RIBS

245 450g of succulent pork ribs basted in a sticky BBQ espresso glaze with sesame sprinkle & fries

CHICKEN STACK

185 Grilled chicken breast with roast butternut, feta, macadamia nuts, dates, peppadews and coriander leaves. Served with an apricot mustard sauce, marinated mustard seed, seasonal vegetables and couscous

MANGO CHICKEN CURRY

175 A fragrant Cape Malay style curry with mango pieces, coconut milk and warm spices (no chilli). Served with sambals, roti and fragrant basmati rice or couscous

THE GIRLS PERI PERI CHICKEN

185 Tender chicken breast basted in our famous peri-peri sauce and served with a Greek salad & fries

PORK BELLY

185 Topped with a red wine jus and crispy crackling. Served with veg and crushed potatoes

MUTTON CURRY

220 Served with rice and roti

BOBOTIE

185 Classic South Africa on a plate served with yellow rice and an apple and coriander sambal

OXTAIL

225 Rich and delicious, fall off the bone served with crushed potatoes and veg

VENISON KEBABS

325 300g Prime venison skewered with dates and apricots and served with an apricot and mustard sauce

SQ

CAKE OF THE DAY

DESSERTS

AMARULA CRÈME BRÛLÉE

65 Smooth and creamy crème brûlée with a caramelised sugar topping

FROZEN HONEY CHEESECAKE

95 Almond biscuit base and topped with a rooibos & mixed berry coulis

MALVA PUDDING

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

CHOCOLATE BROWNIE

90 Saucy dark chocolate brownie topped with salted caramel sauce with vanilla ice cream

AFFOGATO

85 Vanilla ice cream topped with chocolate sauce, Amaretto, toasted almond flakes and served with a shot of espresso on the side

LITCHIS & GINGER

75 Light and refreshing! Litchis stuffed with preserved ginger and served with coconut ice cream. Lightly drizzled with a citrus & cardamom syrup

ICE CREAM WITH SALTED CARAMEL SAUCE

45 Our homemade sauce

ADULT MILKSHAKES

65 ~ Kahlua
~ Frangelico
~ Whiskey
~ Amarula
~ Sambucca
~ Peppermint

Please note that there will be a service charge on tables of 6 or more people.

* ALL MENU ITEMS STRICTLY SUBJECT TO AVAILABILITY | PLEASE ADVISE OF ANY ALLERGIES



SUSHI

SALMON ROSES

3pc 120

SASHIMI

4pc 135 Salmon

4pc 125 Tuna

4pc 140 Seared Salmon

NIGIRI

3pc 100 Salmon

3pc 100 Tuna

3pc 100 Prawn

HANDROLLS

1pc 110 Salmon

1pc 110 Tuna

1pc 110 Prawn

1pc 95 Veg

MAKI

8pc 120 Salmon

8pc 115 Tuna

8pc 115 Prawn

8pc 110 Avo

8pc 120 Smoked Salmon

CRISPY SANDWICHES

8pc 170 Fried sandwiches, salmon or prawn, topped with sweet chilli and sushi mayo

CRISPY CALIFORNIA ROLLS

8pc 170 Fried California rolls with your choice of salmon/tuna/prawn/crab topped with sweet chilli and sushi mayo

TEMPURA ROSES

3pc 135 Salmon roses topped with tempura prawns dressed with sushi mayo and sweet chilli

All the sushi dishes are freshly made to order.



SUSHI

3 SOME ROSES

3pc Salmon roses topped with blanched prawns mixed with sushi mayo, spring onion, sesame seeds and a drizzle of teriyaki sauce
130

ROCK 'N ROLL

4pc A salmon and cream cheese roll topped with torpedo panko prawn drizzled with sticky sauce
135

GIANT SUSHI ROLL

6pc Rice and nori roll filled with salmon, tuna, prawn and cream cheese fried slightly with crispy tempura crumb drizzled with teriyaki and sweet chilli
145

SHRIMP TEMPURA ROLL

8pc Salmon or tuna California rolls topped with tempura and sweet chilli and sushi mayo
140

POKE BOWL

160 Sushi rice topped with fresh vegetables, served with salmon or tuna, avo, onion, red cabbage, carrots, cucumber, edamame beans and sesame seed dressed with a special poke sauce

CALIFORNIA ROLLS

8pc	130	Salmon
8pc	125	Tuna
8pc	125	Prawn
8pc	130	Smoked salmon
8pc	110	Veg

All the sushi dishes are freshly made to order.



SUSHI

SANDWICH

8pc	130	Salmon
8pc	125	Tuna
8pc	125	Prawn
8pc	130	Smoked salmon
8pc	110	Veg

THE GIRLS RAINBOW ROLL

8pc	Rainbow roll with sweet soya, 7 spice sesame oil, spring onion and sushi mayo
170	

VEG RAINBOW ROLL

8pc	Avo, carrots, cucumber with avocado on top
165	

RAINBOW ROLL

8pc	Salmon, avo and cucumber roll topped with salmon and avo
165	

RAINBOW SANDWICHES

9pc	Salmon sandwiches filled with salmon and avo, topped with sushi mayo and caviar
180	

PANKO CRUMBED PRAWNS

6pc	Served with sweet chilli sauce
140	

All the sushi dishes are freshly made to order.



SUSHI

COMBO 1

14pc 8pc salmon California rolls, 4pc prawn sandwiches & 2pc
240 salmon nigiri

COMBO 2

16pc 4pc salmon sandwiches, 4pc crispy prawn California rolls,
350 2pc salmon roses, 4pc salmon maki & 2pc tuna sashimi

COMBO 3

24pc 8pc salmon rainbow rolls, 4pc prawn maki, 4pc salmon
470 sashimi, 4pc salmon roses & 4pc salmon California rolls

COMBO 4

30pc 8pc fashion sandwiches, 8pc crispy prawn California rolls,
545 8pc crab California rolls, 2pc salmon nigiri, 2pc tuna nigiri
& 2pc prawn nigiri

THE BOYZ PLATTER

40pc 8pc giant roll, 8pc California salmon, 6pc panko prawn, 6pc
850 sashimi 3/3, 4pc salmon roses, 4 pc avo maki & 4pc nigiri
prawn

PAISLEY PLATTER

12pc 4pc shrimp tempura rolls, 2pc nigiri tuna, 2pc salmon roses &
305 4 pc Girls rainbow rolls

VEGETARIAN COMBO

13pc 4pc veg California rolls, 4pc avo maki, 1pc veg handroll &
180 4pc veg sandwiches

SQUARE PLATTER

10pc 4pc salmon California rolls, 2pc salmon roses, 2pc tuna
235 sashimi & 2pc salmon nigiri

MINI BEACH PLATTER

8pc 4pc crispy California rolls, 4pc California rolls topped with
190 tempura prawns and sweet chilli

All the sushi dishes are freshly made to order.