

LUNCH MENU

STARTERS & SOUPS

SOUP OF THE DAY

ask your server what the chef has on the boil

THAI SPRING ROLLS (V)

crispy vegetable spring rolls, sweet chilli sauce

SPICY JALAPENO POPPERS (V)

stuffed with cream cheese, with yoghurt dip

STICKY CHICKEN WINGS

grilled and basted – peri-peri or barbeque

PERI-PERI CHICKEN LIVERS

pan friend in cream, onions and garlic, served with lightly toasted sourdough

WILD BERRY CAMEMBERT (V)

flash fried crumbed wedges, served with a wild berry sauce

SMOKED OSTRICH CARPACCIO

served with lemon basil pesto and fresh rocket

LIGHT MEALS & PASTA

CHICKEN CLUB PANINI

grilled slices of chicken breast, bacon, tomato, melted cheese and mayo

OSTRICH STEAK PANINI

thinly sliced ostrich steak, crispy onion rings, red wine jus

FISH N CHIPS

classic good ol' beer battered fish n fries

CHICKEN STRIPS

flash fried crumbed chicken strips, served with potato wedges

BUTTER CHICKEN

full flavour, creamy and mild curry with tender chicken, yellow rice & poppadum

BOLOGNESE

fettuccini smothered in a classic beef bolognese sauce

VEGETARIAN FETTUCCINI (V)

fettuccini tossed with mushrooms, olives, baby marrow, tomato in a creamy basil pesto sauce
add chicken strips @ R25 add bacon @ R25

FRESHLY TOSSED SALADS

CHICKEN CAESAR

grilled chicken breast slices on crisp cos lettuce, parmesan sprinkles, croutons, boiled egg & caesar dressing

58

ARNOLD'S SALAD

crispy bacon, sliced avocado, feta, cherry tomato and mixed peppers, drizzled with homemade dressing over mixed greens

65

STRAWBERRY, BUTTERNUT & FETA (V)

roasted butternut tossed with feta, strawberries and pumpkin seeds, served with homemade dressing

70

73

THE GREEK (V)

tossed mixed greens and herbs with cucumber, tomatoes, feta and olives

75

SMOKED SALMON & AVO

smoked salmon rolls, fresh avocado slices served on mixed greens with lemon-infused homemade vinaigrette

82

92

BURGERS

ARNOLD'S STUFFED BURGER

gourmet beef patty stuffed with jalapeno, cheddar & feta, topped with bacon and guacamole

78

CAMEMBERT AND WILD BERRY BURGER (V)

flash fried crumbed camembert wheel, wild berry sauce

78

SPRINGBOK BURGER

100% venison burger topped with a red wine jus

78

CLASSIC CHEESE BURGER

pure beef burger, flame grilled with melted cheese

78

CHICKEN BURGER

tender basted chicken breast

115

OSTRICH BURGER

lean and healthy, served medium rare

LITTLE EXTRA'S (PRICE PER ITEM)

- onion, garlic, chilli, pepperdews
- feta, cheddar & mozzarella, parmesan
- bacon, avocado, guacamole, mushrooms
- pepper sauce, mushroom sauce

98

SEAFOOD, POULTRY & GRILLS

CALAMARI STRIPS

flash fried lightly dusted calamari strips served with rice or fries

half 85

full 165

WEST COAST MUSSELS

in a creamy garlic & white wine sauce served with fries

half 89

full 175

CHICKEN SCHNITZEL

crumbed chicken breasts topped with melted cheese and mushroom & soya sauce, served with fries

128

OSTRICH STEAK

200g tender and lean, with potato wedges & green peppercorn sauce

179

GRILLED WARTHOG RIBS

smoked ribs, flame grilled and lightly basted, served with fries

500G 185

750G 225

RIBS & WINGS

basted warthog ribs and grilled chicken wings, served with potato wedges

190

BEEF FILLET ON MUSHROOM

grilled fillet and mushrooms, topped with rocket, feta, sun-dried tomato, fresh basil pesto, served on creamy mashed potato

150G 195

250G 225

BEEF SIRLOIN

served with vegetables, potato wedges or a side salad

150G 155

250G 190

BEEF FILLET

served with vegetables, potato wedges or a side salad

150G 185

250G 215

DELICIOUS DESSERTS

MINI CAKE SELECTION

homebaked cakes, ask your server for today's selection

65

CHOCOLATE BROWNIES

served warm with vanilla ice cream

45

BAKED CHEESECAKE

biscuit based, served with wild berry coulis or rich chocolate sauce

72

opening hours:

Monday – Friday 06:30 till late

Saturday, Sunday & Public Holidays – 07:00 till late

f arnoldsrestaurant

@ arnoldskloof60

@arnoldsonkloof

60 Kloof Street, Gardens, Cape Town

tel: 021 424 4344

manager@arnolds.co.za

