

SOUPS & STARTERS

- Tomato & Celery Gazpacho** ✓ R45
made the traditional way – freshly blended tomato, apple, celery, a hint of chilli and garlic. served with lightly toasted french slice
- Chicken Tom Kha Soup** R55
classic chicken and coconut milk soup is full of rich and dynamic thai flavours - lime juice, lemon grass, coriander & ginger served with lightly toasted french slice.
- Jalapeno Chilli Poppers** ✓ R48
stuffed with cream cheese and served with a yoghurt dip
- Vegetable Spring Rolls** R50
paired with a sweet chilli sauce
- Camembert Wedges** ✓ R58
crumbed camembert wedges, flash fried and served with a tangy wild berry sauce
- Smoked Ostrich Carpaccio** R58
thinly sliced ostrich carpaccio served with fresh rocket greens and drizzled with lemon basil pesto
- West Coast Mussels** R60
fresh west coast mussels steamed open and drenched in a creamy garlic and white wine sauce served with lightly toasted french slice

✓ *Vegetarian Friendly*

Free wifi – ask your waitron for password
Be sure to ask for your **Arnold's Loyalty Card**



FRESHLY TOSSED SALADS

Greek Salad

tossed mixed greens topped with cucumber, cherry tomatoes, peppers, feta and olives accompanied by our signature vinaigrette dressing.

R58

Arnolds Salad

allow us to dazzle you with our arnolds salad topped with crispy bacon, feta cheese, cherry tomatoes, sliced avocado, peppers and served with toasted french slice and vinaigrette dressing

R65

Chicken Caesar Salad

grilled chicken breast slices served on a bed of cos lettuce accompanied by parmesan sprinkles, poached egg, toasted croutons and a caesar dressing

R70

Tuna Nicoise Salad

a classic salad made with a generous portion of fresh grilled tuna, boiled egg, a scattering of olives, cherry tomatoes, baby potato and string beans.

R75

PASTA

The secret to an excellent pasta dish begins with the finest ingredients prepared as freshly as possible just before serving. All served with grated parmesan cheese

Vegetarian Fettuccini

fettuccini tossed with mushrooms, olives, baby marrow, cherry tomatoes and a pesto sauce

R90

Bolognese Sauce

fettuccini smothered in beef bolognese sauce

R94

Arnolds

fettuccini tossed in a cream based bacon, mushrooms and red pepper sauce – the way it should be.

R96



BURGERS

We use only the finest quality ingredients to hand make all our burger patties daily which are served on sesame seed crusted buns. All burgers are grilled to medium consistency and are served with Lettuce, Tomato, Onion, Gherkins and Shoestring Fries

Select your serving preference:

- Traditional** - sesame seed crusted bun, lettuce, tomato, onion & gherkins
- In-A-Bowl** - your favourite burger nestled in an iceberg lettuce bowl
- Mushroom** - swop the sesame seed crusted bun for brown mushroom caps

Chicken Burger

our 180g boneless chicken breast seasoned and grilled to perfection

R75

DbI-up @ R90

Ostrich Burger

180g pure ostrich - the healthy alternative.

R75

DbI-up @ R95

Arnolds Stuffed Beef Burger

180g gourmet pure beef patty, stuffed with cheddar, feta, jalapeno chillies and topped with crispy bacon and guacamole

R90

WAGYU

200g pure Wagyu - the caviar of beef! Wagyu patty topped with a poached egg and drizzled with hollandaise sauce

R120

Additional Sides / Extras:

rocket, baby spinach, tomato, onion, peppadews, chilli, 2 eggs

R14

avocado, sautéed mushrooms, mozzarella & cheddar cheese, feta, bacon

R18



SEAFOOD & POULTRY

West Coast Mussels R120
fresh west coast mussels steamed open and drenched in a creamy garlic and white wine sauce. served with lightly toasted french loaf slices

Calamari Tentacles R120
lightly dusted squid heads, flash fried to perfection, served with homemade tartar sauce and shoestring fries

Line Fish R125
local sustainable fresh line fish, dusted in lemon and sea salt, served on a bed of seasonal vegetables with homemade tartar sauce.

Grilled Tuna R150
fresh grilled tuna, decked with a tomato, celery, onion, coriander and lemon relish served on a bed of garlic mash

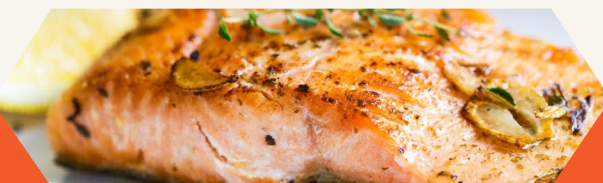
Seafood Platter R190
indulge in our celebration of seafood. line fish, west coast mussels, calamari tentacles and 6 grilled prawns, paired with an assortment of sauces and shoestring fries

North African Chicken Curry R120
mild coconut milk based curry filled with succulent chicken breast strips and served with garlic mash

Chicken Breast Fillet R115
Grilled tender chicken breast nestled on a bed of baby spinach. Served with garlic mashed potatoes, and drizzled with mushroom sauce

Additional Sides / Extras

Rocket, baby spinach, tomato, onion, peppadews, chilli, 2 eggs R14
Avocado, sautéed mushrooms, mozzarella & cheddar cheese, feta, bacon R18
Side game meat (100g), 250g warthog ribs R65



CHARGRILLED MEATS

Sirloin Steak and Chips	150g 250g	R 140 R 170
chargrilled sirloin of beef served with a peppercorn sauce and shoestring fries		
Beef Fillet on Mushroom	150g 250g	R 160 R 190
grilled beef tenderloin stacked with mushrooms, topped with rocket, feta sun-dried tomatoes & basil pesto, served on a bed of garlic mashed potato		
Ostrich Steak		R 140
200g tender ostrich steak served medium with a green peppercorn sauce, shoestring fries and seasonal vegetables		
Oven Roasted Lamb Shank		R 170
karoo lamb shank slow roasted and served with a red wine jus, sour cream mashed potatoes and fresh seasonal vegetables		

SOUTH AFRICAN GAME MEATS

Crocodile Tangine		R 170
Moroccan style sweet and sour mild curry based tangine served with yellow rice		
Warthog Ribs		R 185
smoked warthog ribs cooked to perfection and served with Shoestring potatoes		
Gemsbok Wellington		R 190
wrapped in bacon, mushroom duxelle and served medium rare with a red wine jus and seasonal vegetables.		
Kudu Loin		R 190
Africa's pride – grilled kudu loin rolled in cumin and sea salt to draw out all the flavour, served with a wild berry sauce, garlic mashed potatoes and seasonal vegetables		
South African Game Platter		R 240
4 cuts of game from our African plains grilled and presented in Arnolds unique way. The dish that made us famous!		



SOMETHING SWEET

Vanilla Ice Cream with your choice of a fresh berry coulis or rich chocolate sauce	R35
Mini Crème Brulee always a classic, enjoy every melting moment	R38
Banana Split Sundae fresh banana & a generous scoop of strawberry, chocolate & vanilla ice cream topped with chocolate sauce, whipped cream and shaved almonds	R42
Eton Mess broken meringues with dollops of fresh cream and layered with tangy berry compote creating a textural and taste explosion with every mouthful	R48
Warm Apple Crumble served with a decadent Amarula Cream	R48
CAKE SELECTION Bar One Chocolate Cake Seductive Red Velvet New York Style Cheesecake	R48
Dom Pedro select from any of the following: Whiskey, Kahlua, Amarula, Frangelico, Peppermint	R45
Irish Coffee select from any of the following: Whiskey, Kahlua, Amarula, Frangelico, Peppermint	R45



WELCOME TO ARNOLD'S!

Arnold's has won more friends than any other restaurant in Cape Town and enjoys wide acclaim for our stunning breakfasts, fast and friendly service, and our "walk on the wild side" main course selection of dishes. Founded in 1998 and located opposite the historic Mount Nelson Hotel in Kloof Street, Arnold's has an outdoor seating area with views of Table Mountain and a warm and relaxed dining area.

Enjoy a variety of five different types of game - probably the best in Cape Town - fresh seafood, homemade pasta, healthy salads and all day breakfasts in a relaxed and friendly atmosphere in the hub of Cape Town. At Arnolds we serve you great quality, excellent value meals from early till late - 364 days per year!

Our Chef, Carol, and hosts - Tendai, Kurt and Sergio - welcome you to Arnold's. Enjoy the experience!

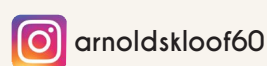
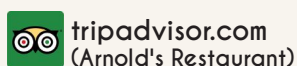
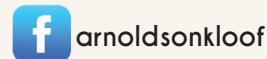
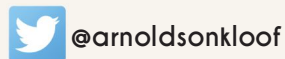


Opening hours: Mon to Fri - 6:45 till late
Sat, Sun & Public Holidays - 08:00 till late

Arnolds Restaurant 60 Kloof Street Gardens Cape Town

bookings: 021 424 4344 / manager@arnolds.co.za

We love receiving your valuable feedback, your comments are appreciated



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