

# CRADLE MOON MENU

## BREAKFAST

### Omelettes (With Toast, Butter & Preserves)

- ~ Grilled Artichokes, Feta, Cocktail Tomatoes & Basil Pesto – 62 (V)
- ~ Rich Meat Bolognese, Italian Mozzarella & Onions in a Tomato Salsa –

58

- ~ Smokey Bacon, Grilled Mushrooms, Peppers & Cheddar – 56

**Sunrise** - 2 Eggs, Balsamic Grilled Tomato & Smokey Bacon - 39

**Livers en' Croute** – Spicy Roasted Chicken Livers on Toasted Ciabatta with a Fried Egg- 65

**Fisherman's Moon** – Haddock Fillets, Poached Egg, Creamed Spinach & Tomato Salsa - 72

**The Banter** – Grilled Beef Patty, with Avocado, Feta, Bacon, Fried Egg & Spinach - 89

**French Oo La-La** – Sweet Dough Bread, Egg & Cinnamon, with Bacon, Cream Cheese & Maple Syrup - 58

**Benedict Salmone'** – Potato Rosti, Spinach, Poached Eggs & Creamy Hollandaise - 85

**Full Moon** - 2 Eggs, Bacon, Rosti, Grilled Tomato, Mushrooms, Rump Steak & Sausage - 78

**Breakfast Bowl** (V) - Seasonal Fruit, Toasted Granola, Greek Yoghurt, Berries & Seeds – 55

**Breakfast Wrap** - With Scrambled Eggs, Salmon, Spinach, Tomatoes & Cream Cheese - 85

## SALADS

**(All Salads are Served with Fresh Garden Greens, Red Onion, Cucumber & Baby Tomatoes, Dressed with a Light Balsamic Vinaigrette)**

~ Smoked Salmon, Celery, Apple, Asparagus, Caper Berries & Avo – 85

~ Classic Greek Salad with Creamy Feta, Oreganum & Olive Oil (V) – 68

~ Smoked Chicken, Sunflower Seeds, Feta, Peppadews & Avo - 76

~ Gorgonzola, Celery, Fresh Apple, Toasted Walnut & Avo (V) – 78

~ Chick Peas, Lentils, Feta, Avocado & Grilled Artichokes (V) - 76

## SOMETHING LIGHT

**Risotto Suppli** – Crisp Risotto Balls with Oxtail, Wild Mushrooms, Sundried

Tomatoes & Mozzarella, Served with a Tuscan Bean Salad & Creamy Hummus - 65

**Buffalo Wings** – Crispy Wings Tossed in Louisiana Hot Sauce Served with Tzatziki - 65

**Mussels Crema'** - ½ Shell Mussels, in a Creamy White Wine & Garlic Sauce, Served with Fresh Toasted Ciabatta - 68

**Springbok Carpaccio** - Thinly Sliced Smoked Springbok, Crisp Garden Greens, Rocket, Spanspek, Parmesan Shavings, Pepper, Drizzled with a Honey & Balsamic Vinaigrette – 82

**Prawns Tempura** – Crisp Fried Prawns with a Citrus & Feta Salad & a Sweet Chilli Dip – 70

## WRAPS - (Chips or Salad)

**Smoked Chicken** – Pesto, Feta, Avo, Shredded Lettuce, Baby Tomato & Balsamic – 72

**BBQ Pulled Pork** – Shredded Lettuce, Jalapenos, Cheddar Cheese, & Baby Tomatoes – 74

## BURGERS & PREGO'S

**BBQ** – BEEF PATTY, Smokey BBQ & Worcestershire Sauce - 75

**Cheese** – BEEF PATTY, Cheese Slab & Mature Cheddar Cheese Sauce - 82

**Cheese & Bacon** – BEEF PATTY, Cheddar, Cheese Sauce & Smoked Back Bacon - 92

**Bacon, Feta & Avo** – BEEF PATTY, Smashed Avo, Bacon & Danish Feta - 92

**Hummus** – BEEF PATTY, Creamy Hummus & Fried Aubergine (No Basting) - 89

**Beef Prego** - Grilled Rump, Creamy Prego Sauce on **Ciabatta** – 78

**Chicken Prego** - Tender Chicken Breast Fillet, Creamy Prego Sauce on **Ciabatta** – 72

**Brinjal** (V) – Aubergine Patty, Pesto, Tomato Salsa & Mozzarella on **Ciabatta** - 68

## HEARTY FOOD

**Kingclip (280g)** – Wood Oven Roasted, Served with Mashed Potatoes and a Creamy Lemon Butter & Parsley Sauce - 155

**Beef fillet (220g)** - With Hand Cut Fries & a Creamy Porcini Mushroom Sauce - 158

**Chicken Schnitzel** - Crumbed Chicken Fillet, Mashed Potato & Wild Mushroom Sauce - 85

**Penne Pomodoro (V)** - Baby Tomatoes, Olive Oil, Napolitana & Basil Pesto - 75

**Rump (300g)** – With Homestyle Fries & a Green & Black Peppercorn Sauce - 139

**Trio of Lamb Chops** – With Moroccan Harissa Paste, Served with Mash & Tzatziki - 140

**El Melanzane(V)** – Oven Baked Layers of Aubergine, Tomato & Mozzarella with Salad – 85

**The Alfredo** - Porcini & Button Mushrooms, Hickory Ham, Cream & Parmesan Cheese - 85

**Chicken Peri-Peri** - ½ Plump Chicken, Wood Oven Roasted with Creamy Prego Sauce, Served with Thick Cut Homemade Chips - 89

**Linguine Alitalia (V)** – Grilled Artichokes, Olives, Sundried Tomatoes & Basil Pesto - 89

**Pot Pie** - Braised Chicken Pieces with Leeks in a Creamy White Wine & Napolitana Sauce, with a Puff Pastry Lid & Creamy Mash - 89

**Marinara pasta** – Medley of Seafood in a Tomato Base with White Wine & Garlic – 89

**Pork Loin Ribs** – Basted with Smokey BBQ Sauce, Served with Homestyle Fries – (SQ)  
(Seasonal Veg of the Day – 20)

## PIZZAS

(Oval Pizza with Imported Italian Tomato Base, Mozzarella Cheese and Herbs)

**Margherita (V)** - Tomato Base, Mozzarella Cheese, Fresh Tomato & Basil Pesto - 60

**Italiano** - Italian Salami, Olives, Fresh Diced Tomato, Feta & Basil Pesto - 78

**Bacon & Feta** - Smokey Bacon, Feta & Avocado - 76

**Regina** - Smoked Hickory Ham & Fresh Mushrooms - 74

**Brie (V)** – Brie Cheese, Roast Sunflower Seeds, Glazed Apricot, Rocket & Balsamic – 76

**El Mexicana** - Mince with Onions, Bell Peppers, Jalapenos & Fresh Garlic - 78

**Spana'ki** - Creamed Spinach, Bacon, Feta, Olives & Avocado - 78

**Pollo** – Smoked Chicken, Peppadews, Avocado & Feta - 78

**Spicy Chorizo** - Grilled Artichokes, Chorizo Sausage, Sundried Tomatoes & Avocado - 82

**Five Seasons** - Olives, Mushrooms, Salami, Sundried Tomatoes & Italian Artichokes – 82

**Carciofi (V)** - Grilled Artichokes, Sundried Tomato, Olives, Pesto, Feta & Rocket – 82

**The Fat Pig** – Pulled Pork, Chorizo, Bacon, Peppadews, Onion, Avocado & Feta - 84

## YOUNGENS

**Fish Sticks** – Crumbed Real Hake Strips with Fries & Dip – 45

**Spaghetti Bolognese** – Topped with Grated Cheddar Cheese – 42

**Chicken Nuggets** – With Chips & Dip – 45

**Chip & Dip** – Home Cooked Chips with 1000 Island Dipping Sauce – 25

**Margherita Pizza** – Tomato Base with Mozzarella Cheese – 55

## DESSERTS

**Bread & Butter Pudding** - With Cranberries, Amarula Cream & Almonds – 45

**Chocolate Mousse** – With Fresh Strawberries & Cream – 45

**Ice Cream & Chocolate** – Vanilla Ice Cream with Bar-One Chocolate Sauce – 45

**Milk Tart Pancakes** – Deep Fried & Served with Ice Cream - 48

**Chocolate Brownies** – Homemade with Roasted Nuts, Served with Vanilla Ice Cream – 48

**Crème Brule** – With Caramelised Sugar Top – 42

**Seasonal Fruit Salad** – With Cream or Ice Cream – 48

**Kissed by an Italian** – Milk Tart, Cappuccino & Mint Flavoured Italian Kisses – 42