

Morningside

Celebrating Life

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Sushi

- Fashion sandwich (4 pieces)*
- 120 Tuna, avocado and mayo
 - 120 Chicken, avocado and mayo
 - 130 Salmon, avocado and cream cheese
 - 130 Prawn, avocado and mayo
 - 135 Salmon, avocado and mayo

- California roll (4 pieces)*
- 110 Apple, cream cheese, red pepper and avocado
 - 115 Spicy tuna and avocado
 - 115 Prawn and avocado
 - 130 Salmon and avocado

- Sashimi (4 pieces)*
- 115 Tuna
 - 130 Seared tuna
 - 135 Salmon

- Nigiri (2 pieces)*
- 105 Inar - bean curd
 - 105 Tuna
 - 120 Salmon
 - 120 Prawn
 - 125 Eel
 - 130 Salmon caviar

- Maki*
- 105 Avocado
 - 115 Tuna
 - 120 Salmon
 - 125 Big roll - futo

- Temaki - hand roll*
- 105 Vegetarian
 - 115 Prawn
 - 120 Spicy tuna spring onion
 - 125 Salmon

- Egypt - hand roll*
- 125 Salmon pyramid, avocado and caviar

- Crazy veggy*
- 115 Brinjals, peppers, celery, sprouts and peanuts rolled with cucumber and sesame seed dressing

- Tibet - hand roll*
- 120 Cucumber, avocado and pickled radish

- Triple layer*
- 105 Rice, mayo, smoked salmon and caviar

- Sashimi salad*
- 135 Assorted sashimi on a bed of asian greens and rocket

- Salmon roses*
- 140 Salmon sashimi, mayo and caviar
 - 155 Salmon sashimi, avo, mayo and caviar

Salmon roses



300 *Combo platter*
California roll - 6 pieces
Maki - 2 pieces
Rainbow - 2 pieces
Sashimi - 2 pieces

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350 *Assorted platter*
Sashimi - 6 pieces
Nigiri - 4 pieces
California roll - 2 pieces
Maki - 4 pieces

385 *Salmon platter*
Salmon temaki - 2 pieces
Fashion sandwich - 2 pieces
California roll - 2 pieces
Maki - 2 pieces
Nigiri - 2 pieces

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400 *Signature platter*
Rainbow - 2 pieces
Maki - 2 pieces
Salmon roses - 2 pieces
Nigiri - 4 pieces
Sashimi - 2 pieces

Salads and Soup

- 110 *Roasted tomato and pepper soup*
Oven roasted tomatoes blended with peppers and served with garlic croutons and a sour cream swirl
.....
- 110 *Roasted pumpkin and red onion soup*
Pumpkin soup infused with Thai flavours and coriander
.....
- 115 *Chicken soup*
Slow braised chicken broth infused with Mediterranean herbs and finished with cream and basil pesto
.....
- 145 *Beef leek and potato chowder*
Beef sauteed with leeks, celery and garlic. Simmered with potato and beef stock, cooked to perfection with a touch of cream and milk
.....
- 170 *Bouillabaisse soup*
Traditional seafood soup with fresh line fish and shellfish in a tomato and saffron broth served with rouille and homemade bread
.....
- 115 *Beetroot and goats cheese salad*
Thinly sliced marinated beet in a sweet vinegar served with wild rocket, walnut salad and balsamic reduction
.....
- 120 *Spicy chicken liver salad*
Pan fried livers marinated in peri-peri, cucumber, black olives, mixed greens and vine tomatoes dressed with lime vinaigrette
.....
- 135 *Traditional chicken caesar salad*
Grilled lemon and herb chicken breast, mixed baby lettuce, garlic and black pepper croutons, fresh parmesan shavings and caesar dressing
.....
- 144 *BLT salad*
A twist of the classic BLT sandwich. Smooth and silky bacon and onion mousse, with a chopped grilled lettuce, sour sundried tomatoe dressing, bread croutons finished with honey and dill cucumbers
.....
- 150 *Crispy calamari salad*
Fried calamari served with pickled vegetable ribbons salad, lemon gel and avocado and watercress foam



- 150 *Chicken tandoori salad*
Tandoori spiced chicken breast, grilled to perfection placed on a bed of wild rocket leaves, parmesan shavings with a peppadew, toasted almonds, cucumber and tomato salsa and drizzled with a sesame oil and coriander aioli
.....
- 155 *Signature greek salad*
Baby asian greens, tomatoes, onion, danish feta, avocado and pine nuts dressed with basil pesto vinaigrette
.....
- 165 *Oak smoked salmon salad*
Served with caper berries, cucumber spaghetti, and mustard greens, tossed with quails eggs, baby plum tomato and spring onion, dressed with creamy brown onion and balsamic dressing
.....
- 195 *Peppered prawn salad*
Black pepper spiced prawns set on a waldorf salad, then laced with pickled ginger
.....
- 220 *Prawn salad*
A combination of Asian greens, prawns, avocado, feta cheese, cherry tomatoes tossed together with a pesto dressing

Starters

- SQ** *Oysters*
Tempura with celery relish and pickled ginger OR
Fresh, served with shallot vinaigrette and smoked chilli
.....
- 95** *Chicken confit*
Pressed chicken thighs, flesh fried tomato, parmesan crusted artichokes and basil pesto cream
.....
- 130** *Salmon lattice*
Baked salmon lattice with twice baked spinach soufflé, fish veloute and spinach wafer
.....
- Carpaccio*
Crusted with herbs, thinly sliced and served with a parmesan rocket salad dressed with a slightly spiced vinaigrette
- 135** *Beef*
- 150** *Venison*
.....
- 145** *Prawn springrolls*
With ginger, lime and sweet soya dipping sauce
.....
- 145** *Prawn cocktail*
Prawns served with crispy greens & avocado salad, drizzled with a homemade mayonnaise
.....
- 155** *Steak tartare*
Fillet steak finely chopped, mustard relish soft poached egg yolk, croutons and panache of dressing
.....
- 155** *Salmon tartar*
Tian of Scottish salmon, tomato concassée and pickled cucumber beetroot carpaccio and champagne foam
.....
- 155** *Fish cakes*
Thai style with mild wasabi mayo, lemongrass infused sweet chilli and salad of micro greens
.....
- 155** *Prawn with saffron pear chutney*
Pan fried prawns with saffron pear chutney, avocado mousse, bacon dusted scallops and micro herb salad
.....
- Balsamic fillet*
165 Sealed and sliced beef fillet layered with thinly sliced tomato and new, flash fried potatoes, topped with herb infused balsamic and red wine reduction
.....
- 165** *Cardamon glazed duck breast*
Served with confit duck leg croquet, profiteroles, apple-radish and carrot salad with orange cardamom sauce
.....
- 165** *Oyster rockefeller*
Oysters with spinach, bacon and hollandaise sauce served with prawn in braised pearl onion on saffron blinis and saffron beurre blanc



Asian beef fillet

- 165 *Tempura prawns*
Tempura battered Mozambican prawns, deep fried and served with a lemongrass infused sweet chilli and tempura dipping sauce
.....
- 165 *Prawn bruschetta*
Spicy marinated prawns on meze style bruschetta's, mainly - olive and red onion, sundried tomato and peppadew, and mushroom and cream cheese bruschetta dressed with a creamy bacon sauce
.....
- 165 *Prawn quiche*
Mild flavours of spicy sausage with apricots, served with a prawn quiche, vegetable and seasonings. Accompanied with a smooth and buttery sweet potato puree and a tangy lemon canoly and sauce of green olives, capers and orange sauce
.....
- 175 *Asian beef fillet*
An Asian influenced beef, marinated in an Indonesian chilli and ginger soya, wrapped with seaweed. Served with a combination of purees that include, banana ginger and carrot, shimejie salad and crispy ginger finished with a burst of orange soaked carrot and drizzled with soya sauce
.....
- 175 *Poached lobster*
Butter poached lobster tail stuffed with mild curry lobster mousse, beetroot lobster sausage meat, pickled beetroot salad, crispy glass noodles and beetroot gel
.....
- 175 *Tiger prawn*
Tiger prawns on cauliflower emulsion, pickled cauliflower florets, pea mousse and crispy fried glass noodles

High Seas

- 225 *Calamari*
Tender baby tubes pan-fried with lemon and garlic served with seasonal vegetables and sumo chips
.....
- 250 *Grilled sole*
Seasoned with maldon sea salt, served with sautéed new potatoes, pea and red onion ragout and salsa verde
.....
- 260 *Grilled line fish*
With soft herb crust, saffron new potatoes and micro herbs
.....
- 275 *Pan fried halibut fillet*
Halibut fillet served with textures of cauliflower (gnocchi, emulsion, edible soil, roasted) and citrus salad
.....
- 285 *Fillet of kingklip*
Served with wilted bok choy, sweet potato crisps and passion fruit gel
.....
- 285 *Monk fish with seafood risotto*
Fried monk fish on squid ink seafood-chorizo risotto with vanilla bean and passion fruit beurre blanc
.....
- 290 *Salmon and prawn risotto*
Pan fried Scottish salmon with creamed horse radish, garlic, onions, arborio rice and white wine, finished with a saffron and parmesan cream sauce and tempura prawns
.....
- 305 *Prawn curry*
Simmered in traditional durban spices and tamarind served with basmati rice, sambals and poppadom
.....
- 320 *Prawn pasta*
Pan fried prawns, mushrooms and asparagus in a cream based sauce, with a choice of penne, spaghetti or tagliatelle



Beetroot stained salmon

- 320 *Beetroot stained salmon*
Oil poached & beetroot stained salmon on onion & pea ragout with peas puree, salmon tortellini and beetroot pops
.....
- 325 *Salmon confit*
Oil poached salmon with saffron potato, onion-pea ragout, beetroot puree and lime veloute
.....
- 325 *Salmon teriyaki*
Scottish salmon grilled to perfection, served with homemade pickled cucumber, honey glazed sweet potato rounds and served with teriyaki reduction and micro herbs
.....
- 355 *Orange glazed salmon*
Scottish salmon with orange and star anise glaze, served with a potato rosti and baby spinach
.....
- 395 *Smoked salmon kingclip*
Served with parsnip puree, baby spincach and basil, tomato beurre blanc

Shellfish

Prepared the traditional Mozambican way and served with seasonal vegetables and a choice of rice or chips

SQ *Queen prawns*

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SQ *King prawns*

.....

SQ *Tiger medium prawns*

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SQ *Langoustines*

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SQ *Baby Lobster*

.....

SQ *Lobster thermidor*

.....

SQ *Signature platter*

Queen and tiger medium prawns

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SQ *Signature shellfish platter*

Combination of a baby lobster, queen and tiger medium prawns

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SQ *Seafood platter for two*

Baby lobster, queen and tiger medium prawns, calamari, mussels and line fish



**Signature
shellfish
platter**

Signature dishes

- 245 *Braised short rib*
Short rib braised in coca cola with parsley addible soil, vegetable bricks and celeriac puree
.....
- 255 *Prime rib*
Lazy aged prime cut, pearl barley risotto, sautéed seasonal vegetables and port wine jus
.....
- 265 *Braised lamb neck*
Braised rolled lamb neck with grilled lamb shank croquette, vegetable fondants and rosemary infused lamb jus
.....
- 275 *Ostrich fillet*
Grilled ostrich fillet with sweet potato and honey puree, roast mediterranean vegetables and pink peppercorn sauce
.....
- 275 *Ostrich & leek*
An ostrich fillet grilled to perfection, served with creamy leeks and sweet buttered pears, herbed golden baby carrots, finished with a wintery burnt leeks and turmeric pickled leeks, finished off with a port wine jus
.....
- 285 *Pork ribs*
Prepared with soya, honey and ginger glaze, served with sumo chips and braised root vegetables
.....
- 285 *Beef tournedo*
Charred grilled beef fillet, pommes dauphine, green bean and vine tomato salad topped with béarnaise sauce
.....
- 285 *Quail crown*
Roast quail crown and leg, crusted quail egg, hassle back potato, textures of red cabbage and quail jus
.....
- 290 *Pork belly*
Slow braised pork belly in apple cider served with wilted bok choy, apple puree, sumo chips and onion marmelade jus
.....
- 290 *Lamb rump*
Roast rump of lamb with spicy tomato chutney, olive edible soil, cumin flavoured chick pea mash, Parisian vegetables, braised lamb ribs and roasted red pepper puree with red pepper ash

Lamb rump



- 290 *Biltong crusted venison*
Grilled venison loin served with pap-spinach gateaux, spinach-pepper ragout and venison shank fritter, apricot and spinach puree
.....
- 310 *Curry lamb shank*
Slow roasted curry infused lamb shank with garam masala, cinnamon and coriander served with mash potato and seasonal veggies
.....
- 315 *Oxtail*
Served on the bone with rice and saffron new potatoes and seasonal vegetables
.....
- 380 *Paradise fillet*
Beef fillet grilled to perfection served with garlic snails and prawns, muesli powder, pan fried exotic mushrooms, potato terrine, basmati rice and port wine jus
.....
- 385 *Venison*
Loin glazed with red wine jus, maize croquettes, seasonal vegetables and Namibian truffle sauce

Meat and Poultry

Our meat is wet-aged on the premises for 21 days. Served with sumo chips, glazed baby vegetables and a choice of sauces: *Port wine jus 45, Namibian truffle 50, Blue cheese 45, Bearnaise 45, Mushroom 45, Cheese and mushroom 50, Pepper 45, Creamy garlic 46*

210 *Rump*

245 *Rib eye*

285 *Fillet*

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205 *Chicken chakalaka*

Grilled half baby chicken and braised in chakalaka sauce with pap and steamed mixed vegetables

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205 *Flame grilled baby chicken*

Rubbed with maldon sea salt, fresh chilli and lemon, served with sumo chips

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215 *Chicken and coriander roulade*

Chicken roulade and drumstick served with fried pap, broccoli soil, tomato royale, broccoli-tomato tortellini and chicken jus

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215 *Chicken supreme*

Chicken drumstick stuffed with a rich flavour of boursin cheese and herbs. Accompanied with homely potatoes with a gravy and chives and finished with chicken jus

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240 *Duck leg confit*

Slow braised sous vide style duck leg confit with a potato dauphinoise, honey glazed root vegetables and topped with fig preserve and port wine jus

.....

245 *Duck breast magret*

Lightly smoked duck breast served with braised fennel, grilled polenta and wild berry jus

.....

290 *Honey mustard lamb rack*

Grilled lamb rack glazed with honey-mustard, truffle mash potato, carrot pave and braised-pressed lamb belly



Beef fillet and mushroom royale

- 295 *Lamb chops*
French trimmed, rubbed with dukkah served with mint pea pûree and sumo chips
.....
- 310 *Duck orange*
Roasted duck served with cointreau and orange glaze sauce
.....
- 325 *Beef fillet and pie*
Grilled fillet, braised beef cheek pie, sautéed mushrooms, parsnip puree and thyme infused red wine reduction
.....
- 345 *Beef medallion*
Grilled beef medallions with rooibos tea and parsnip puree, braised exotic mushrooms, grilled asparagus and red wine jus
.....
- 345 *Beef fillet and mushroom royale*
Grilled beef fillet, oxtail-mustard and cheese croquette, confit mushroom potato, mushroom royale, slow roasted and grilled pearl onions, grilled zucchini, mushroom puree

Vegetarian

210 *Vegetarian pasta*

Grilled baby corn and peas grilled with a cumin and garlic infused olive oil and served with penne linguini or tagliatelle

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210 *Halloumi and rooibos onion marmalade*

Grilled halloumi cheese with vegetable ratatouille, spinach fritters and rooibos onion marmalade

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215 *Wild mushroom risotto*

Grilled exotic mushrooms pan fried in olive oil with arborio rice, white wine, vegetable stock and cream, finished with a splash of truffle oil, parmesan tuile, basil pesto and micro herbs



Halloumi
and
rooibos
onion
marmalade

Dessert

- 95 *Trio of crème brûlée*
Vanilla, berry and bar-one crème brûlée served with almond tuile
.....
- 95 *Pear malva pudding*
Kahlúa butterscotch and vanilla pod ice-cream
.....
- 105 *Berry semifredo with cannoli*
Mixed berry semifreddo set on baumkuchen with berry jell, fruit salsa and canoles
.....
- 105 *Berry and mascarpone cheese cake*
Fridge based and topped with mixed berry compot
.....
- 110 *American style baked cheese cake*
Served with berry compot, chocolate chard and drizzled with mixed berry coulis
.....
- 110 *Signature panna cotta*
Bar one panna cotta with chocolate drops candied orange rind, chocolate streusel and orange biscotti
.....
- 110 *Sticky toffee pudding*
Baked sticky toffee pudding served with homemade ice-cream, cherry truffle shooter, frangelico stewed fruit and butterscotch sauce
.....
- 115 *Signature soufflé*
Chocolate soufflé with both pistachio sable and cinnamon sable of on a pistachio ice cream
.....
- 120 *Lindt chocolate fondant*
Served with mascarpone quenelle and preserved orange zest
.....
- 120 *Rose water, toasted almond and ginger panna cotta*
Panna cotta infused with rose petals, toasted almonds and ginger served with butterscotch jelly, nut praline, fruit compot and berry coulis
.....
- 130 *Chocolate duo*
White chocolate mousse and lindt fondant served with berry compot and chocolate ganache
.....
- 140 *Ferrero rocher tiramisu*
With chocolate fudge parfait, caramel gel, strawberry salsa, hazelnut crumble and chocolate ganache



Berry semifredo

Cheese and Fruit

135 *Fruit platter*
An assortment of exotic, soft and hard seasonal fruits

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215 *Cheese platter (for two)*
Imported soft centre cheese, savoury crackers, preserves and nuts

