

*Morningside*

# Celebrating Life

# Sushi

## *Fashion sandwich (4 pieces)*

- 125 Tuna, avocado and mayo
- 125 Chicken, avocado and mayo
- 135 Salmon, avocado and cream cheese
- 135 Prawn, avocado and mayo
- 140 Salmon, avocado and mayo

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## *California roll (4 pieces)*

- 115 Apple, cream cheese, red pepper and avocado
- 125 Spicy tuna and avocado
- 125 Prawn and avocado
- 135 Salmon and avocado

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## *Sashimi (4 pieces)*

- 120 Tuna
- 140 Seared tuna
- 140 Salmon

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## *Nigiri (2 pieces)*

- 110 Inar - bean curd
- 110 Tuna
- 125 Salmon
- 125 Prawn
- 130 Eel
- 135 Salmon caviar

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## *Maki (4 pieces)*

- 110 Avocado
- 120 Tuna
- 125 Salmon
- 130 Big roll - futo

## *Temaki - hand roll*

- 110 Vegetarian
- 120 Prawn
- 125 Spicy tuna spring onion
- 130 Salmon

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## 140 *Egypt - hand roll*

Salmon pyramid, avocado and caviar

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## 120 *Crazy veggy*

Brinjals, peppers, celery, sprouts and peanuts rolled with cucumber and sesame seed dressing

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## 125 *Tibet - hand roll*

Cucumber, avocado and pickled radish

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## 110 *Triple layer*

Rice, mayo, smoked salmon and caviar

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## 140 *Sashimi salad*

Assorted sashimi on a bed of asian greens and rocket

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## *Salmon roses*

- 145 Salmon sashimi, mayo and caviar
- 160 Salmon sashimi, avo, mayo and caviar

# Salmon roses



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

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

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

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

# Salads and Soup

- 115 *Roasted tomato and pepper soup*  
Oven roasted tomatoes blended with peppers, served with garlic croutons and a sour cream swirl  
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- 115 *Roasted pumpkin and red onion soup*  
Pumpkin soup infused with Thai flavours, coriander and a hint of cream  
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- 120 *Chicken soup*  
Slow braised chicken broth infused with Mediterranean herbs and finished with cream  
.....
- 150 *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  
.....
- 175 *Bouillabaisse soup*  
Traditional seafood soup with fresh line fish and shellfish in a tomato and saffron broth served with rouille and homemade bread  
.....
- 120 *Beetroot and goats cheese salad*  
Thinly sliced marinated beet in a sweet vinegar served with wild rocket, walnut salad and balsamic reduction  
.....
- 125 *Spicy chicken liver salad*  
Pan fried livers marinated in peri-peri, cucumber, black olives, mixed greens and vine tomatoes dressed with lime vinaigrette  
.....
- 140 *Traditional chicken caesar salad*  
Grilled lemon and herb chicken breast, mixed baby lettuce, garlic and black pepper croutons, fresh parmesan shavings and caesar dressing  
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- 150 *BLT salad*  
A twist of the classic BLT sandwich. Smooth and silky bacon and onion mousse, with a chopped grilled lettuce, sundried tomato dressing, bread croutons finished with honey and dill cucumbers  
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- 155 *Crispy calamari salad*  
Fried calamari served with pickled vegetable ribbons salad, lemon gel and avocado and rocket foam  
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- 155 *Chicken tandoori salad*  
Tandoori spiced chicken breast, grilled to perfection placed on a bed of wild rocket leaves, parmesan shavings with a peppadew, cucumber and tomato salsa, drizzled with a sesame oil and coriander aioli



- 160 *Signature greek salad*  
Baby asian greens, tomatoes, onion, danish feta, avocado and pine nuts dressed with basil pesto vinaigrette  
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- 165 *Thai beef salad*  
A low carb – high fat compilation of spiced seared beef, egg noodles and crisp greens.  
Complemented by cashew nuts with flavors of soy and sesame extracts  
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- 170 *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  
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- 180 *Grilled tiger prawn*  
Grilled prawns on a cauliflower puree, pickled cauliflower florets, pea mousse and crispy fried glass noodles  
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- 190 *Prawn and avocado salad*  
Grilled prawns, butter lettuce, heirloom tomatoes, cucumber ribbons with sauce Marie rose  
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- 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 pickled ginger  
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- 125** *Sweet pepper stuffed chicken*  
Chicken fillet infused with herb flavoured farce, crumbles of Greek cheese and peppadew, complemented by herb enhanced creamy pimienta sauce  
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- Carpaccio*  
Crusted with herbs, thinly sliced and served with a parmesan rocket salad dressed with a slightly spiced vinaigrette
- 140** *Beef*
- 155** *Venison*  
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- 150** *Prawn springrolls*  
With ginger, lime and sweet soya dipping sauce  
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- 150** *Prawn cocktail*  
Prawns served with crispy greens & avocado salad, drizzled with a homemade mayonnaise  
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- 155** *Balsamic fillet*  
Sealed and sliced beef fillet layered with thinly sliced tomato and new, flash fried potatoes, topped with herb infused balsamic and red wine reduction  
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- 160** *Steak tartar*  
Fillet steak finely chopped, mustard relish soft poached egg yolk, croutons and panache of dressing  
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- 160** *Salmon tartar*  
Tian of Scottish salmon, tomato concassé and pickled cucumber beetroot carpaccio and champagne foam  
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- 160** *Fish cakes*  
Thai style with mild wasabi mayo, lemongrass infused sweet chilli and salad of micro greens  
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- 160** *Prawn with saffron pear chutney*  
Pan fried prawns with saffron pear chutney, avocado mousse, bacon dusted scallops and micro herb salad  
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- 160** *Quinoa lobster salad*  
Lime – coriander and olive oil enhanced tail of Lobster, set on a citrus – savory quinoa and avo salad dressed with sauce Marie rose  
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- 160** *Tuna fish cakes*  
Grilled tuna flakes with a blend of mild spices and herbs, creamed horseradish sauce  
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- 170** *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

- 170 *Tempura prawns*  
Tempura battered Mozambican prawns, deep fried and served with a lemongrass infused sweet chilli and tempura dipping sauce  
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- 170 *Prawn bruschetta*  
Spicy marinated prawns on meze style bruschetta's, namely - olive and red onion, sundried tomato and peppadew, and mushroom and cream cheese bruschetta dressed with a creamy bacon sauce  
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- 170 *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  
.....
- 170 *Paprika and soya kingklip*  
With cajun prawn, pan fried broccoli, asparagus and cashew nut  
.....
- 180 *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  
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- 195 *Cardamon glazed duck breast*  
Served with confit duck leg croquet, profiteroles, apple-radish and carrot salad with orange cardamom sauce

# High Seas

- 230 *Calamari*  
Tender baby tubes pan-fried with lemon and garlic served with seasonal vegetables and sumo chips  
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- 255 *Pan fried halibut fillet*  
Halibut fillet served with textures of cauliflower, wilted spinach and citrus salad  
.....
- 260 *Grilled line fish*  
With soft herb crust, saffron new potatoes and micro herbs  
.....
- 275 *Grilled sole*  
Seasoned with maldon sea salt, served with sautéed new potatoes, pea and red onion ragout and salsa verde  
.....
- 275 *Fillet of kingklip*  
Served with wilted bok choy, sweet potato crisps and passion fruit gel  
.....
- 295 *Prawn curry*  
Simmered in traditional durban spices and tamarind served with basmati rice, sambals and poppadom  
.....
- 295 *Monk fish with seafood risotto*  
Fried monk fish on squid ink seafood-chorizo risotto with vanilla bean and passion fruit beure blanc  
.....
- 310 *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  
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- 320 *Mediterranean salmon*  
Wild rice - chorizo paella, confit fennel, pea puree & organic seaweed



- 330 *Prawn pasta*  
Pan fried prawns, mushrooms and asparagus in a cream based sauce, with a choice of penne, linguini or tagliatelle  
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- 325 *Beetroot stained salmon*  
Oil poached and beetroot stained salmon on onion & pea ragout with peas puree, salmon tortellini and beetroot pops  
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- 330 *Salmon confit*  
Oil poached salmon with saffron potato, onion-pea ragout, beetroot puree and lime veloute  
.....
- 330 *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  
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- 365 *Orange glazed salmon*  
Scottish salmon with orange and star anise glaze, served with a potato rosti and baby spinach

# 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*

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SQ *Tiger medium prawns*

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SQ *Langoustines*

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SQ *Baby lobster*

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SQ *Lobster thermidor*

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SQ *Signature ladies 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

265 *Prime rib*

Lazy aged prime cut, pearl barley risotto, sautéed seasonal vegetables and port wine jus

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280 *Ostrich and 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

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285 *Ostrich fillet*

Grilled ostrich fillet with sweet potato and honey puree, roast mediterranean vegetables and peppercorn sauce

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290 *Pork ribs*

Prepared with soya, honey and ginger glaze, served with sumo chips and braised vegetables

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295 *Beef tournedo*

Charred grilled beef fillet, pommes dauphine, green bean and vine tomato salad topped with béarnaise sauce

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295 *Pork belly*

Slow braised pork belly in apple cider served with wilted bok choy, apple puree, sumo chips and onion marmelade jus

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340 *Oxtail*

Served on the bone with rice and saffron new potatoes

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345 *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

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355 *Curry lamb shank*

Slow roasted curry infused lamb shank with garam masala, cinnamon and coriander served with mash potato and seasonal vegetables

# Lamb rump



- 385 *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  
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- 385 *Cote De Boeuf (500g)*  
Beef fore rib with truffle potato, asparagus and baby carrots  
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- 395 *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 50, Namibian truffle 65, Blue cheese 50, Bearnaise 50, Mushroom 50, Cheese and mushroom 55, Pepper 50, Creamy garlic 51*

220 *Rump*

270 *Rib eye*

310 *Fillet*

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210 *Flame grilled baby chicken*

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

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270 *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

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275 *Duck breast magret*

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

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305 *Lamb chops*

French trimmed, rubbed with dukkah served with mint pea pûree and sumo chips

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335 *Duck orange*

Roasted duck served with cointreau and orange glaze sauce

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335 *Beef fillet and pie*

Grilled fillet, braised beef cheek pie, sautéed mushrooms, parsnip puree and thyme infused red wine reduction



# Beef fillet and mushroom royale

- 350 *Beef medallion*  
Grilled beef medallions with rooibos infused parsnip puree, braised exotic mushrooms, grilled asparagus and red wine jus  
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- 350 *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  
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- 395 *Honey mustard lamb rack*  
Grilled lamb rack glazed with honey-mustard, truffle mash potato, carrot pave and braised-pressed lamb belly

# Vegetarian

215 *Vegetarian pasta*

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

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220 *Halloumi and rooibos onion marmalade*

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

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225 *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

- 105 *Trio of crème brûlée*  
Vanilla, berry and bar-one crème brûlée served with almond tuile  
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- 105 *Pear malva pudding*  
Kahlúa butterscotch and vanilla pod ice-cream  
.....
- 110 *Berry semifreddo with cannoli*  
Mixed berry semifreddo set on baumkuchen with berry jell, fruit salsa and canoles  
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- 110 *Berry and mascarpone cheese cake*  
Fridge based and topped with mixed berry compot  
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- 115 *American style baked cheese cake*  
Served with berry compot and drizzled with mixed berry coulis  
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- 115 *Signature panna cotta*  
Bar one panna cotta with chocolate drops candied orange rind, chocolate streusel and orange biscotti  
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- 115 *Sticky toffee pudding*  
Baked sticky toffee pudding served with homemade ice-cream, cherry truffle shooter, frangelico stewed fruit and butterscotch sauce  
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- 120 *Signature soufflé*  
Chocolate soufflé with both pistachio sable and cinnamon sable on a pistachio ice cream  
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- 125 *Lindt chocolate fondant*  
Served with mascarpone quenelle and preserved orange zest  
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- 125 *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  
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- 135 *Chocolate duo*  
White chocolate mousse and lindt fondant served with berry compot and chocolate ganache  
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- 145 *Ferrero rocher tiramisu*  
With chocolate fudge parfait, caramel gel, strawberry salsa, hazelnut crumble and chocolate ganache



# Berry semifreddo

## Cheese and Fruit

- 140 *Fruit platter*  
An assortment of exotic, soft and hard seasonal fruits  
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- 225 *Cheese platter (for two)*  
Imported soft centre cheese, savoury crackers, preserves and nuts

