

TOBAGO'S
RESTAURANT, BAR
AND TERRACE

MENU



SALADS

Greek Salad (V) (24)	145
Mixed leaves, tomato, cucumber, olives, feta, red onion, lemon oregano dressing	
Cobb Salad (P) (24)	175
Chicken, tomato, charred corn, coppa ham, avocado mousse, egg, creamy tomato dressing	
Caesar Salad (24)	165
Cos lettuce, anchovies, egg, croutons, semi-dried tomatoes, pecorino, Caesar dressing	
Tuna Salad	198
Boiled egg, tomato, green beans, red onion, olives, seared fresh tuna, frilly leaves, chive & lemon marinated potato, honey mustard dressing	
Caprese Salad (V)	182
Mozzarella, pass dried tomato, marinated tomato, basil pesto mousse, balsamic gel	
Summer Green Salad (V)	140
Bulgur wheat, broccoli, celery, cucumber, green beans, feta, mint, toasted seeds, olive oil lemon & herb dressing	
Add Avocado	35
Classic Waldorf Salad (V) (N)	135
Crisp apples, celery, grapes, orange mousse, toasted walnuts, citrus mayonnaise dressing	

SANDWICHES, ROLLS & WRAPS


Chicken Mayonnaise Sandwich	158
On fresh or toasted panini	
Tuna & Lemon Black Pepper Dressing Sandwich	140
Red onion, lettuce on fresh or toasted rye	
Club Sandwich (P) (24)	205
Avocado, chicken mayonnaise, bacon, egg, tomato, cheese	
Grilled Chicken Wrap	160
Sweet chilli cream cheese, rocket, avocado, red onion, cucumber	
Mexican Vegetable Wrap (V) (N) (24)	155
Cajun marinated plant base strips, blackened corn, tomato mole, lime avocado mousse, grilled red onion, cos lettuce	
Vegan Pita (V)	140
Filled with chilli falafels, tzatziki, chipotle hummus, rocket, onion & tomato coriander salsa	

(P) Pork (G) Gluten Free (V) Vegetarian (V) Vegan (N) Nuts (A) Alcohol (24) Available 24 Hours






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BURGERS

Grilled Chicken Burger 	190
Traditional garnish, jalapeño sauce, matured cheddar, crisp onions, toasted brioche bun with rustic fries	
The Smokey Beef Burger  	205
Grilled beef burger glazed with deep smoked BBQ, maple glazed bacon, matured cheddar, traditional garnish, toasted brioche bun with rustic fries	
Vegan Burger  	210
Plant based patty, vegan mozzarella, roast garlic aioli, toasted beetroot sesame bun with sweet potato fries	

STARTERS & SOUPS


Chilled Cucumber & Yoghurt Soup 	98
With almond & quinoa crumble	
Roast Tomato & Basil Soup  	105
With matured cheddar & basil pesto cheese straw	
Oysters Natural	180
Served with tabasco, lemon & black pepper	
Kiwi & Cucumber Salsa Oysters	190
Orange Sesame Salsa Oysters	190
Seared Scallops 	230
Cauliflower & truffle puree, bacon crumble	
Summer Berry Salad 	165
Berry mousse, mixed berries, cucumber, micro leaves	
Beef Carpaccio	185
Cardamom & apricot puree, micro herbs, piccalilli vegetables, olive oil	
Spicy Sesame Seared Tuna	185
Japanese mayonnaise, toasted sesame, cucumber & edamame beans	
Peri-Peri Hot Wings 	220
With tangy blue cheese dipping sauce	
Calamari 	180
Spicy calamari strips, mayonnaise, skinny fries	

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PASTAS

Seafood Gnocchi	335
Pan-fried prawns, mussels, line fish dressed in lemon & herbs	
Gluten-Free Tagliatelle G V	245
Roast tomato & basil sauce, basil oil, roast cherry tomato	
Vegan Butternut, Potato & Sunflower Seed Ravioli V	265
Spiced butternut puree, roast butternut, toasted pumpkin seed	
Spinach & Ricotta Ravioli V	230
Pan-fried kale, ricotta crumble	
Fettuccini Alfredo V 24	250
Thyme & garlic cream sauce, wild mushrooms, rosemary mushroom puree	
Add Bacon P	35
Spaghetti Bolognese 24	215
Traditional bolognese sauce	

SHARING PLATTERS FOR 2

Seafood Platter	1 for 505 2 for 995
Prawns, grilled line fish, creamy mussels, spicy calamari strips, fried white bait served with savoury rice or rustic chips or side salad	
Meat Platter P	395
Peri-peri chicken wings, boerewors, pork rib, butternut & carrot chakalaka, rustic fries	
Vegan Platter V	370
Chilli falafels with tzatziki, grilled teriyaki tofu skewers, chipotle hummus, toasted malty seed bread, snap peas, baby corn & carrot	
Cheese & Meat Platter P	385
Parma ham, coppa ham, salami, beef pastrami, chevin, camembert, brie, apple & whole grain mustard chutney, pineapple & red pepper aniseed preserve, sour bread & savoury biscuits	

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FLAME GRILLS

Served with a choice of side salad or vegetables or rustic chips

Beef Fillet 250g	330
T-Bone 500g (21 days aged free range)	385
Beef Sirloin 300g	295
Rib-Eye 300g	365
Lamb Loin Chops	340
Chicken Supreme	245
Grilled Medium Prawns	6 for 295
Served with your choice of lemon butter or peri-peri sauce	12 for 545
Line Fish 250g	285

SIDES

Sides	65	Sauces	35
Rustic Fries		Mushroom Cream	
Skinny Fries		Peppercorn	
Sweet Potato Fries		Beef Jus A	
Seasonal Veg		Gorgonzola Cream	
Greek Salad		Caper Beurre Blanc A	
Basmati Rice			
Mash Potatoes			

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CURRIES

All curries served with ethnic accompaniments of basmati rice, roti, tomato & onion salsa and poppadum.

Seafood Curry	315
Prawns, mussels, line fish, calamari all smothered in an authentic tomato Cape sweet & sour ragout	
Local Malay Curry	298
Chicken breast cooked in an authentic local Malay ragout	
Chickpea, Lentil & Butternut Vegan Curry (V)	295
Cooked in a creamy coconut curry sauce	
Lamb Curry	325
Lamb cooked in a spicy tomato ragout	

CHEF SPECIALITIES

Slow Cooked Pork Belly (P)	295
Apple mash, fresh apple, mustard, pickled baby vegetables, jus	
Spicy Sesame Seared Tuna	310
Wilted kale, sesame arancini, ginger aioli, ponzu	
Creamy Garlic & White Wine Mussel Pot (A)	235
Black mussels in a garlic white wine sauce, onion & corn bread	
BBQ Tofu Vegan Bowl (V)	210
BBQ & soya grilled tofu, avocado, roast baby vegetables, spring onion sesame rice	
Tobago's Seafood Risotto	345
Mussels, prawns, line fish, in a creamy risotto, topped with rocket & parmesan cheese	

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DESSERTS

Banana Split	115
Chocolate delice, vanilla ice cream, white chocolate mousse, milk chocolate mousse, caramelized banana	
Gluten Free Chocolate Beetroot Brownie G N	135
Chocolate ganache, coffee mousse, hazelnut crumble	
Baked Cheesecake 24h	130
Passion fruit gel, passionfruit cremeux, vanilla whipped ganache, naartjie ice cream	
Strawberry Terrine	125
Strawberry sauce, yuzu sorbet, strawberry terrine, fresh berries, basil, strawberry sponge, Italian meringue	
Lychee & Raspberry Salad 24h	115
Raspberry rose elixir, lychee granite	
Vegan Fruity Orange & Rosemary Tart V	110
With lemon sorbet	
Crème Brûlée	105
Rooibos tea jelly, buchu crumble, vanilla crème pâtissière	
Cheese Board N 24h	255
Selection of 5 local cheeses, olive tapenade, tomato chilli jam, preserved fig, sour dough breads, cheese straws, lavash	

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