

Lunch Menu



South African Grill
Miramar | North Park



Order Online Menu

Appetizer Menu



App Sampler for 2...\$21.95

3 wings, 3 shrimp, 3 meatballs, 6 boerewors bites, 3 naan bread includes Peri Peri, Monkey Gland, Cape Malay, Perigurt, Periranch, Peri Peri Oil and choice of Curry Sauce.



Naan Bread & Curry... \$7.95

2 Sliced Naan Bread w/ Choice of Curry Sauce & Choice of Peri Peri Oil or Olive Oil & Balsamic Vinegar



Jumbo Shrimp...\$12.95

4 Grilled Jumbo Shrimp served with either a Peri Peri, Monkey Gland, Periranch or Cape Malay sauce.



Boerewors Bites...\$11.95

Grilled Boerewors (Farmers Sausage) sliced into bites served with Monkey Gland, Peri Peri, Perigurt or Periranch.



Chakalaka Soup...\$7.95

Chakalaka Soup (Vegan) cup or bowl (+\$5). Add chicken (+\$2). Make it a meal - Add rice (\$3), fufu (\$3), French bread (\$3), naan (+\$3)



Chicken Wings...\$9.95

6 Grilled Chicken Wings served with either Peri Peri, Periranch, Perigurt, Cape Malay or Monkey Gland Sauce



Meatballs...\$9.95

Traditional, Beef or Lamb (+\$2) Meatballs served with choice of sauce, served with pickled red onions and vegetables.



Biltong Fritos...\$11.95

4 Oz South African Crispy Fried Beef Jerky Served with pickled onions and vegetables - No sugar, no soy, all organic

Signature Lunch Dishes



SA Lunch for 2...\$44.95

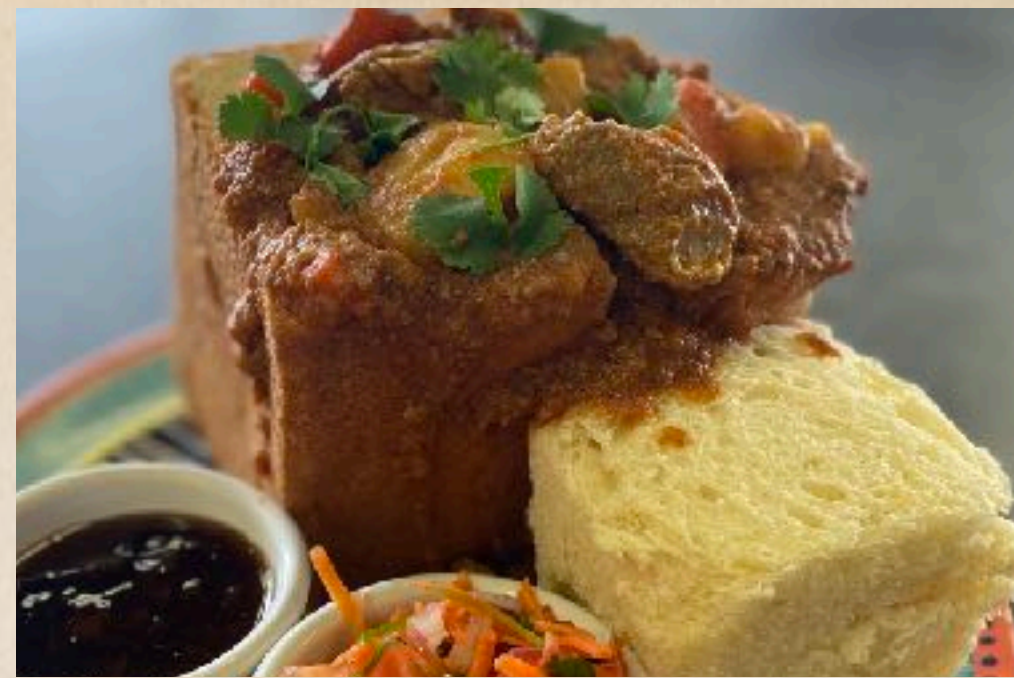
An Appetizer of 6 Chicken Wings

Choose Sauce: Peri Peri, Cape Malay, Monkey Gland, Periranch, Perigurt.

A Bobotie Casserole with Cape Malay Sauce & Garden Salad

A Durban Curry: Lamb (+\$2), Chicken, Seafood (+\$4), Veg
Served with Choice of Rice, Bunny Chow Bread (\$5) or Naan

*Comes with choice of shared dessert



Traditional Bunny Chow...\$19.95

A choice of curry served in a 1/3 loaf of hollowed out bread.

Choose Curry: Lamb (+\$2), Chicken, Seafood (+\$4), Veg.

Served with BC Chutney and Pickled Carrot Sambals

And a Choice of Side: (Garden salad, coleslaw, potato salad, mac salad, chakalaka, mixed vegetables)



Bobotie Casserole...\$19.95*

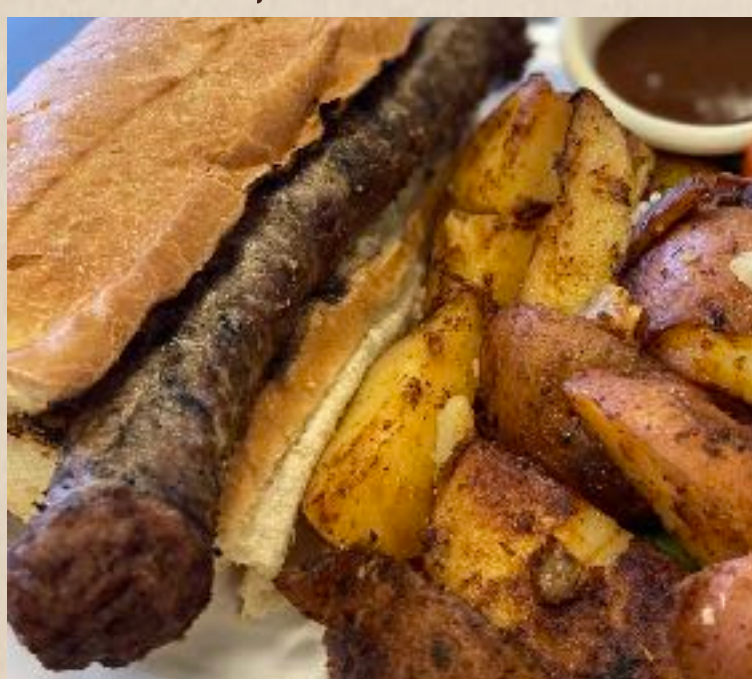
Our National Dish - A Sweet Curry Ground Beef, Lamb (+\$2) Casserole w/ Potato Beschemel topping & Cape Malay sauce.



Peri Peri Young Chicken...\$24.95*

Young Full Chicken (Cornish Game Hen)

Grilled and served with Peri Peri Sauce, choice of carb and choice of a side.



Boerewors Roll...\$19.95*

Traditional or All Beef Boerewors (South African Farmers Sausage) on grilled French Bread served choice of carb, side and sauce.

Choose Sauce: Peri Peri, Cape Malay, Monkey Gland, Perigurt or Periranch



Prego Steak w/PP \$19.95*

6 oz of Top Sirloin Perfectly Grilled served on toasted French Bread with Peri Peri Sauce and choice of carb and side.

Exchange Sauce: PP Oil

Cape Malay, Monkey Gland, Perigurt or Periranch.

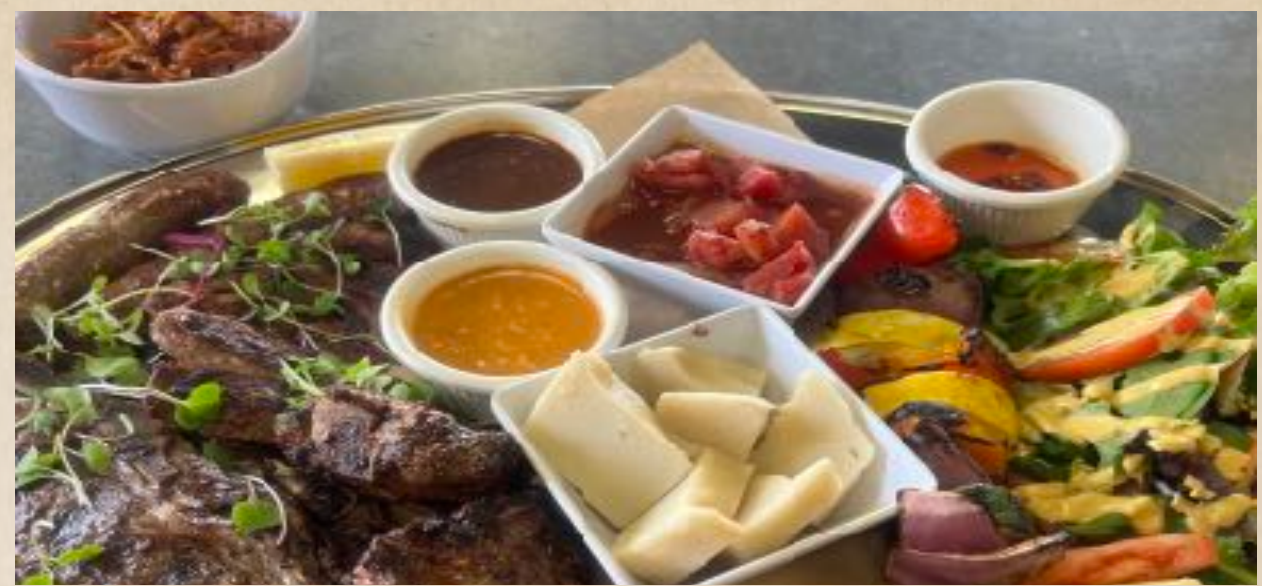
*Signature dishes come with choice of rice (yellow, veg, white) or red roasted potatoes and a choice of side (Garden salad, coleslaw, potato salad, mac salad, chakalaka, mixed vegetables)

Chef's Braai Lunch Menu



Chef's Surf & Turf \$34.95

6 oz sirloin steak cooked to your liking topped with 6 Peri Peri butterflied shell on jumbo prawns. Served with Karoo seasoned red roasted potato fries or choice of rice, mixed vegetables, garden salad and side of Sambals salsa. Comes with side of Peri Peri Sauce.



SA Mixed Grill for 2...\$64.95

Comes with mielie pap and sheba in the center surrounded by 2 Lamb chops, 2 Pork chops or chicken thighs, 6 oz Top Sirloin Steak, 2 x Boerewors, served with Chakalaka, grilled mixed vegetables and a garden salad and served with Peri Peri, and monkey gland sauce.



Rib Eye Steak \$29.95

12 oz Rib Eye steak grilled to your liking with Karoo seasoned red roasted potato fries or choice of rice, garden salad and Sambals salsa. Served with a side of Monkey Gland.



Karoo Lamb Chops & Boerewors \$29.95

2 Lamb chops plus Boerewors grilled and served with seasoned red roasted potato fries or choice of rice, grilled mixed vegetables, garden salad and a side Sambals salsa. Comes with Monkey Gland Sauce.



Karoo Lamb Chops \$34.95

4 Lamb chops seasoned and grilled to perfection. Served with red roasted potato fries or choice of rice, grilled mixed vegetables, garden salad, Cape Malay sauce and side of Sambals salsa.



Peri Peri Grilled Chicken \$29.95

A Half Peri Peri Large Tender Chicken, Marinated & seasoned, grilled and served with a choice of rice (yellow, white, veg) or red roasted potato, grilled mixed vegetables, garden salad and a side of Peri Peri Oil & Sauce.

Chef's Braai Lunch Menu



Mixed Grill for 2...\$69.95

Comes with 2 Lamb chops, 2 Pork chops or chicken thighs, 6 oz Top Sirloin Steak, 6 Butterflied jumbo peri peri shrimp, 2 x Boerewors, served with red roasted potatoes or choice of rice, grilled mixed vegetables, Chakalaka, a side sambals salsa and peri peri oil . Comes with Peri Peri and Monkey Gland Sauce.



Peri Peri Grilled Chicken For 2...\$44.95

A full Peri Peri Large Tender Chicken, Marinated & seasoned, grilled and served with a choice of rice (yellow, white, veg) or Karoo seasoned red roasted potato, grilled mixed vegetables, garden salad and a side of Peri Peri Oil & Sauce. Complete your dinner with a shared choice of dessert.



Peri Peri Jumbo Shrimp...\$29.95

8 Butterflied Grilled Shell On Jumbo Shrimp grilled with peri peri served with vegetable curry rice or Karoo seasoned red roasted potatoes, grilled mixed vegetables, a garden salad, peri peri sauce and side of Sambals salsa.



Peri Peri Pork Chops (3) ...27.95

Pork Chops (1 lbs Bone In butter soft cuts) marinated, seasoned with Garlic Peri Peri and then grilled to perfection. Served with Karoo seasoned red roasted potatoes or choice of rice, grilled mixed vegetables, garden salad and a side PP Oil.



Vegetable Sosatie...\$22.95

2 Grilled Cape Vegetable Sosaties packed with vegetables, apricots. Served on vegetable rice or red roasted potatoes, garden salad, Chakalaka, Cape Malay sauce and a side Sambals salsa.



Chef's Sampler...\$37.95

4 peri peri wings, 2 Lamb Chops, 1/4 lbs Boerewors, 2 Pork Chops or chicken thighs. Served with a grilled mixed vegetables, red roasted potatoes or choice of rice, Chakalaka and a side sambal salsa, peri peri oil.

Top Sellers Lunch Menu



BC Sampler...\$19.95

3 chicken wings, 1/2 Curry, 1/2 Choice Sandwich Roll
Choose Curry: Lamb (+\$2), Chicken, Veg, Bobotie
Choose Sandwich: Skirt Steak, Chicken, Boerewors (+2)
Choose Sauce: Peri Peri, Cape Malay, Monkey Gland
Make it a Combo: Add Hot or Cold Side Dishes
*Curry comes on Bunny Bread (+\$5) or Rice or Naan & Salad



Top Sirloin Steak...\$19.95

6 oz of Top Sirloin Grilled To Your Choice served with
Choice of rice. Add Shrimp (+\$5) for Surf and Turf
Make it a Combo: Add Hot or Cold Side Dishes
*Comes with choice rice (Yellow, Veg, White)



Curry Sampler for 1 or 2...\$19.95/\$34.95

Sample 3 of our Famous Non Spicy Durban Curries
Get generous portions of our Lamb: Chicken &
Vegetable curries. Served with choice of rice & naan.
Choose portion size - for 1 or for 2 people.
Make it a Combo: Add Hot or Cold Side Dishes



Grilled Chicken...\$14.95

Grilled Chicken 2 Thighs or 6 Wings or Combo - 1 thigh & 3
wings. Served with choice of sauce
Make it a Combo: Add Hot or Cold Side Dishes
*Comes with Choice of Rice (Yellow, Veg., White)



Lamb Burger \$16.95

1/3 Lbs Lamb Burger served on a Brioche with lettuce,
tomato, onion and Perigurt Sauce
Add On's: Bacon (+\$3), Cheese (+\$2), Grilled
Onions (+\$1), Grilled Peppers (\$1), Avo (+\$2)
Make it a Combo: Add Hot and Cold Side Dishes



SA Burger \$14.95

1/2 Lbs Traditional, All Beef or Chicken or Beyond
Beef burger patty served on a grilled Brioche w/
lettuce, tomato, onion and choice of sauce.
Add On's: Bacon (+\$3) Cheese (+\$2), Grilled Onions
(+\$1), Grilled Peppers (+\$1), Avo (+\$2)
Make it a Combo: Add Hot and Cold Side Dishes

South African Lunch Fusion



Mediterranean Plate...\$14.95

Grilled Chicken Breast, Skirt Steak, Beyond Beef with choice of Sauce: Peri Peri, Perigurt, Periranch, Cape Malay, Monkey Gland

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with Choice of Rice, Garden Salad & either Naan bread or Grilled Mixed Vegetable



SA Wraps...\$14.95

Grilled Chicken Breast, Skirt Steak, Shrimp (+\$2), Surf & Turf (+\$2), Beyond Beef (+\$2) Served in a grilled tortilla filled with choice of rice, garden salad and choice of Sauce: Peri Peri, Perigurt, Periranch, Cape Malay, Monkey Gland

Make it a Combo: Add Hot and Cold Side Dishes

Comes with salty plantain chips



Curry Wraps...\$14.95

Choice Curry Type: Lamb, Chicken, Bobotie (Lamb or Beef), Vegetable or Beyond Beef (+\$2)

Served in a grilled tortilla filled with choice of rice

Make it a Combo: Add Hot and Cold Side Dishes

Comes with chutney, pickled onion & vegetables



Fufu Dishes...\$14.95

A bowl of a choice of Curry (Lamb, Chicken, Bobotie, Vegetable) (+\$3), Chakalaka Soup or Chakalaka Chicken Soup (+\$2)

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with pickled onions & vegetables



Meatballs...\$14.95

Lamb (+\$2), Traditional or All Beef, Beyond Beef Meat Balls with Perigurt Sauce

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with Choice of Rice & Perigurt



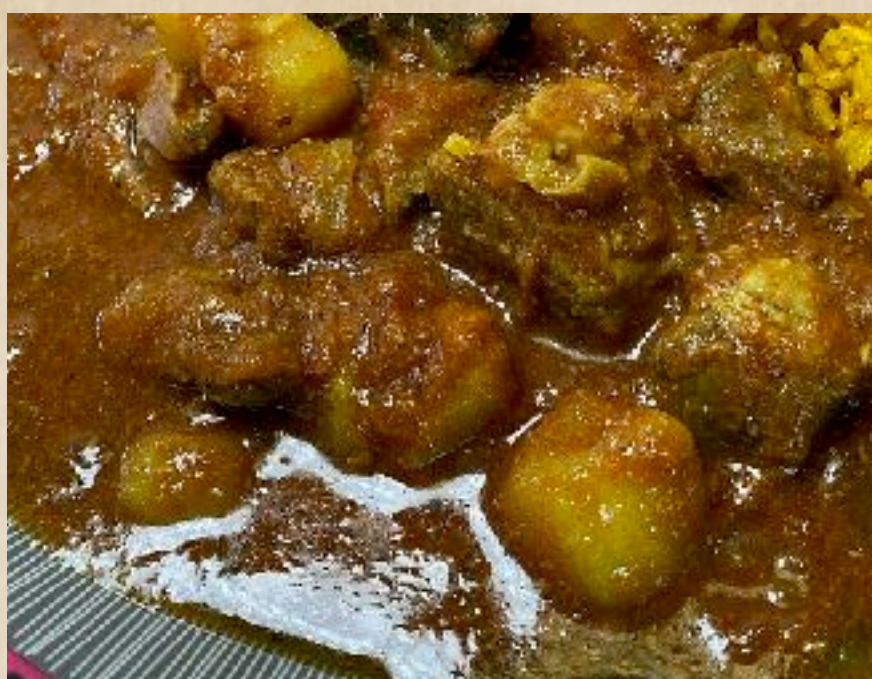
Kebab Plate...\$14.95

Choose: Lamb (+\$2), Boerewors (Traditional or All Beef), Chicken Breast, Beyond Beef (+\$2)

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with Choice of Rice & Perigurt

More Lunch Options...



Curry Options...\$14.95

Choose: Lamb (+\$2), Chicken, Seafood (+\$2), Vegetarian, Lamb meatballs (+\$2), Beef meatballs, Beyond Beef (+\$4)

Make it a Combo: Add Hot or Cold Side Dishes

*Comes with choice of Bunny bread (\$5), choice of rice, wraps or naan



Off The Grill Options...\$14.95

Choose Protein: Chicken Thighs, Wings, Breast, Sirloin (+\$5), Boerewors, Shrimp (+\$2), Meatballs, Beyond Beef (+\$2)

Choose Sauce: Peri Peri, Cape Malay, Monkey Gland, Perigurt, Periranch

Make it a Combo: Add Hot or Cold Side Dishes

*Comes with choice of rice, wraps or garden salad



Bobotie Options...\$14.95

Choose: Casserole, plate with rice, sandwich, wrap, pot pie, naan. Choose Type: Lamb or Beef

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with Garden Salad

Choice of dressing: Turmeric Garlic, Lemon Mint, Lime Cilantro, Periranch



SA Pot Pies...\$14.95

Choose: Lamb (+\$2), Chicken, Bobotie, Vegetarian
Note: Pot Pie is served with a Puff Pastry Cap

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with Garden Salad

Choice of dressing: Turmeric Garlic, Lemon Mint, Lime Cilantro, Periranch



Hot Sandwiches (French Rolls)...\$14.95

Choose: Skirt Steak, Chicken Breast, Boerewors, Bobotie, Beyond Beef (+\$2)

Choose Sauce: Peri Peri, Cape Malay, Monkey Gland

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with Garden Salad & Choice of dressing



Entrée Salads...\$14.95

Choose: Skirt Steak, Chicken, Kebabs, Shrimp (+\$2), Top Sirloin (\$5)

Choose Sauce: Peri Peri, Lemon Garlic PP, Cape Malay, Monkey Gland

Make it a Combo: Add Hot and Cold Side Dishes

*Comes with a side of salad dressing

Turmeric Garlic, Lemon Mint, Lime Cilantro, Periranch

Lunch Hot Sides ... \$6.95 (À La Carte)



Red Roasted Potato Fries

Red Potatoes cut into thick fry fingerlings and then roasted and seasoned with Karoo Seasonings.

* Vegan

Add to any meal: For \$5.00



Chakalaka

A Zulu curry based cooked vegetable (vegan) consisting of cabbage, carrots, red peppers and baked beans. Served warm and slightly spicy.

*Vegan

Add to any meal: For \$5.00



Grilled Mixed Vegetables

Mixed Vegetables of zucchini, yellow squash, red onion, red peppers seasoned with Karoo Seasoning and grilled to perfection.

*Vegan

Add to any meal: For \$5.00



Vegetable Rice

Yellow rice cooked with vegetables (zucchini, yellow squash, red onion & red peppers) cooked with yellow curry and vegetable stock.

*Vegan

Add to any meal: For \$5.00



Fufu

Fufu is a swallow food made from ground Plantains. Doughy and pliable so make small balls and scoop our curries.

Add to any meal: For \$7.95



Mielie Pap and Sheba

Mielie Pap & Sheba - Stiff corn meal grits with a tomato and onion based sauce.

Add to any meal: For \$7.95

Cold Lunch Sides ... \$4.95 (À La Carte)



Cape Cole Slaw

A mix of green and red cabbage with walnuts raisins and a cape turmeric yogurt dressing.

Add to any meal: For \$3.00



Garden Salad

Spring mix greens with shredded carrots, Red onions and tomatoes. Comes with a Garlic Turmeric or Lemon Mint or Lime Cilantro dressing or Periranch

Add to any meal: For \$3.00



Potato Salad

Homemade Potato Salad with red pepper, onion & celery with half mayonnaise & half yogurt

Add to any meal: For \$3.00



Macaroni Salad

Traditional Macaroni Salad with red pepper, onion & celery

Add to any meal: For \$3.00



Yellow Rice

A Cape style long grain rice cooked with turmeric & chicken stock.

Add to any meal: For \$3.00



Baked Beans or Grilled Tomatoes

Traditional Baked Beans or Grilled Tomatoes

Add to any meal: For \$3.00