

BLOS MENU



BREAKFAST:

WEEKENDS & HOLIDAYS SERVED UNTIL 11H45

➔ Banting bread available - add 5.00

BLOS BREAKFAST 65.00

two fried eggs, bacon-and-cranberry frikkadel, sweetcorn muffin, toast and butter

BLOS STANDARD 79.00

Pork sausage, two fried eggs, three rashers of bacon, toast and butter

BIG BLOS BREAKFAST 98.00

two fried eggs, three rashers of bacon, boerewors, tomato relish, creamy mushrooms, toast and butter

SPICY MANGO EGG SKILLET 85.00

three eggs baked in spicy mango sauce, crispy bacon, ciabatta bread

BLOS BENEDICT 75.00

Hickory smoked ham, poached eggs, ciabatta, hollandaise sauce

BLOS SALMON BENEDICT 92.00

Smoked salmon, poached eggs, ciabatta, hollandaise

ROLLED FRENCH TOAST

➔ filled with cream cheese, gooseberry compote, served with bacon 75.00

➔ filled with cream cheese, brown mushrooms, served with bacon 75.00

➔ filled with peanut butter and strawberry jam 58.00

VEGAN FRENCH TOAST 73.00

(Ciabatta, whole-wheat flour, soy milk) with mushroom duxelles and avocado

BREAKFAST SLIDER 85.00

mini rump-steak patty, egg mayo, gherkins, caramelised onions, rocket

BREAKFAST QUICHE 68.00

smoked salmon, sweet onion, chives

BLOS BANTING 73.00

Poached eggs, braai mushrooms, mushroom duxelles, roasted balsamic cherry tomatoes, hollandaise sauce
➔ Add bacon @ 20.00

OMELETTES:

EGG WHITE OMELETTE 80.00

Mozzarella, toasted seeds and nuts, streaky bacon, Danish feta and sundried tomato spread on the side

BLOS OMELETTE 60.00

Basil pesto, tomato, mozzarella, sweet caramelised onions ➔ Add bacon @ 20.00

VEGETABLE OMELETTE 77.00

Beetroot-hummus, sweet potato roasted in coconut oil, zucchini, mushroom, sprinkled with Dukkah
➔ Add mozzarella @ 15.00

LIGHT BREAKFAST:

PROTEIN PLATE 70.00

two poached eggs, 100g fillet, tomato salad, low-GI toast

BREAKFAST BRUSCHETTA 65.00

Black mushroom and port sauce, toasted ciabatta, poached eggs ➔ Add halloumi @ 20.00

SCRAMBLED EGGS 65.00

Dukkah, scrambled eggs, toasted ciabatta, sundried tomato pesto

BANANA BREAD 56.00

Banana bread with honey-cinnamon-butter
Ⓜ Gluten free option @ 62.00

GRANOLA BREAKFAST 65.00

Greek yogurt, banana brûlée, granola bar (sunflower seeds, oats, dried fruit, nuts, coconut)

BREAKFAST OF WARRIORS 65.00

rolled oats & quinoa porridge with dried cranberries, raisins, almonds, pumpkin-, sunflower- and chia seeds, served with hot or cold milk, cream or banana-nut butter.

VEGETARIAN BREAKFAST BOWL 77.00

Tomato lentil stew, grilled halloumi, two poached eggs, baby spinach, sweet potato roasted in coconut oil

SMASHED AVO ON RYE 40.00

➔ Add two poached eggs @ 14.00

BLUEBERRY & APPLE SMOOTHIE BOWL 82.00

rolled oats & quinoa porridge, coconut soaked chia seeds, raw cacao nibs, broken almonds, roasted coconut shavings and a blueberry and apple blend

APPETIZERS:

JALAPEÑO POPPERS	45.00
filled with bacon jam, cream cheese and hot sauce	
BEER-BATTERED ONION RINGS (V)	30.00
served with smokey mayo	
ROASTED POTATO WEDGES (V)	25.00
served with garlic mayo	
HALLOUMI with tomato jam (V)	65.00
(GF) Ask for grilled	
MILHO FRITO with hot sauce (V)	50.00
ROASTED BONE MARROW	62.00
Garlic-and-herb butter with toast	
PORK BELLY served with mustard	68.00
BITTERBALLEN served with hot sauce	45.00
BEER-BATTERED CHICKEN STRIPS	50.00
served with hot sauce	
BEER BREAD and butter (V)	26.00

PLATTERS:

BLOS PLATTER	110.00
Biltong carpaccio, hanger steak sosatie, sticky chicken thighs, sundried tomato pesto, basil mayo, panini	
BEER BOARD	110.00
Onion rings, pork belly, barbeque ribs, potato crisps, smokey mayo, home-baked beer bread	
(➔) Add potato wedges @ 10.00	
PLATTER FOR TWO	165.00
Jalapeño poppers, beer-battered onion rings, pork belly with sweet mustard, Bitterballen, beer bread	

VEGETARIAN & VEGAN BOARDS: (VG) (V)

With your choice of low-GI, ciabatta or rye bread

VEGETARIAN BOARD	90.00
Halloumi, Gorgonzola, pear chutney, zucchini fries, marinated olives, onion marmalade, crudités, honey and ginger dipping sauce, Dukkah-dusted onion rings	
VEGAN BOARD	85.00
Falafels, mushroom duxelles, marinated olives, sundried tomato pesto, vegan basil pesto, marinated peppers, hummus, cashew and crudités spinach wrap	

STARTERS:

WHOLE BAKED CAMEMBERT	87.00
Pear chutney, marinated peppers, bacon	
(GF) Ask to exclude ciabatta	
TRINCHADO Creamy peri-peri	CHICKEN: 68.00
(GF) Replace paninis with rice.	
CAPE MALAY CHICKEN LIVERS	70.00
topped with bacon, served with ciabatta	
PERI-PERI CHICKEN LIVERS	68.00
with toasted ciabatta	
BEEF CARPACCIO	75.00
Mustard and parmesan vinaigrette	
(GF) Ask to exclude vinaigrette	
SALMON CARPACCIO wasabi dressing	87.00
(GF) Ask to exclude dressing	
BILTONG CARPACCIO (GF)	69.00
Strawberry, red onion salsa	

SALADS:

SALMON AND FETA SALAD	94.00
Olives, red onion, marinated peppers, cucumber, cherry tomatoes, wasabi salad dressing	
HONEYED CHICKEN SALAD	85.00
Cherry tomatoes, olives, roasted butternut, cucumber, carrot, Danish feta, served with lemon-poppy dressing	
CHEF'S SALAD	100.00
Bacon, honey-soy chicken thighs, poached eggs, tomato, cucumber, carrot, Danish feta, olives	
GREEK SALAD	60.00
Olives, feta, carrot, peppers, tomato, cucumber, red onion	
ROASTED SWEET POTATO AND WILD RICE SALAD	85.00
Sweet potato roasted in coconut oil, wild rice, Danish feta, pecan nuts, marinated dried cranberries, broccoli, rocket, toasted seeds, served with mustard parmesan vinaigrette	
SUMMER SALAD WITH APPLE CIDER VINAIGRETTE	82.00
Quinoa, roasted butternut, kale, apple, toasted seeds, cranberries, avocado, button mushroom, served with apple cider vinaigrette.	



Chicken thighs	30.00
Fillet strips	50.00
Halloumi	20.00
Crispy chicken livers	15.00

LIGHT MEALS:

VEGETARIAN SPINACH WRAP **V** **GF** 64.00

Carrot, cucumber, mixed peppers, mushrooms, cream cheese, cauliflower rice, sundried tomato pesto wrapped in fresh spinach

CAULIFLOWER WRAP 75.00

Chicken thighs, pineapple chutney, carrots, cucumber, green apple, mayo, baby spinach
GF Ask to exclude mayo

CHICKEN QUICHE 67.00

Chicken, peppadew and feta quiche served with salad

GRILLED CHICKEN BREAST (200G) 60.00

topped with fruit salsa, served with side salad
GF Ask to exclude basting

GREEN BOWL **GF** 75.00

Olives, zucchini, broccoli, green beans with baby spinach and guacamole. Quinoa infused with fresh basil and Moringa salad dressing
➔ Add Chicken @ 15.00

TACO BOWL **GF** 85.00

spicy rump mince, cauliflower rice, hummus, tomato salsa, pepper pesto, guacamole

FALAFEL PIZZA **V** **VC** 75.00

Mushroom, beetroot-hummus, zucchini, butternut, fried peppers, Dukkah, served on falafel base.

TACOS:

Served with chopped chilies and sriracha sauce

BEEF BRISKET 89.00

Beef Brisket, purple cabbage, cheddar cheese, tomato salsa, guacamole, sour cream

BBQ PULLED PORK 87.00

Pulled Pork, purple cabbage, cheddar cheese, tomato salsa, guacamole, sour cream

VEGAN **VC** 78.00

Flame grilled vegetable taco, mushroom, chickpeas, guacamole, black cherry-tomato-chilli chutney

SANDWICHES:

➔ Banting bread available - add 5.00

GOURMET OPEN SANDWICHES:

With your choice of low-GI, ciabatta or rye

CHICKEN AND MANGO 80.00

marinated mango, smoked chicken fillet, brie, rocket, sesame seeds, lemon and poppy seed dressing

CASHEW AND MANGO **V** 80.00

marinated mango, toasted cashews, brie, rocket, sesame seeds, lemon and poppy seed dressing

GORGONZOLA, PEAR AND BILTONG 85.00

Gorgonzola cheese, pear chutney, biltong carpaccio and baby spinach, topped with red pepper marmalade

GOURMET SANDWICHES:

LAMB AND MINT 77.00

slow-roasted lamb, mint and yoghurt sauce, caramelised onions, baby spinach

HANGER STEAK BAGUETTE 92.00

grilled marinated hanger steak, rocket, tomato caramelised onion, mozzarella, gherkins, Dijon-mayo

MARINATED RIB BAGUETTE 92.00

glazed sticky spare ribs, sweet mustard caramelised onion, mozzarella, gherkins, tomato

PULLED PORK BAGUETTE 87.00

barbeque pulled pork, jalapeño coleslaw

PREGO ROLL SLIDERS 87.00

Fillet steak, hot sauce

➔ Add fries 20.00 ➔ Add salad 20.00

BURGERS:

RUMP STEAK BURGERS:

All our beef burgers are 200g homemade 100% rump mince patties, served with chips or salad

 Convert rump steak to a falafel burger  Replace burger buns with medium-fried eggs

BLOS BEEF BURGER 89.00
house relish, gherkins, caramelised onions, lettuce, tomato


GOURMET BURGER 123.00
Caramelised fig, bacon, brie

ROOSTERKOEK BOBOTIE BURGER 99.00
Gooseberry compote, masala onion, tomato, lettuce, homemade roosterkoek

MUSHROOM PORT BURGER 98.00
Mushroom and port sauce, caramelised onion, mozzarella

PEPPER STEAK BURGER 95.00
Green peppercorn sauce, caramelised onion

VALENTINE BURGER 128.00
Guacamole, glazed bacon, Dukkah dusted onion rings, melted brie, peppered cranberry jam, rocket

	Cheese slice ----- 10.00
	Bacon ----- 20.00
	Bobotie patty ---- 55.00
	Rump patty ----- 50.00

CHICKEN:


CHICKEN BURGER 85.00
grilled chicken breast, sweet and sour pineapple, mayo, red onion, lettuce

COMFORT FOOD:


SPARE RIBS 160.00
600g glazed sticky spare ribs, sliced and stacked. Served with shoestring fries

FLAME-GRILLED DEBONED CHICKEN 115.00
Hot or not. Potato wedges, spicy mayo

LAMB AND PRUNE POTJIE 175.00
Tender lamb in a rich stew with cumin, coriander, paprika, cinnamon and prunes, served with couscous and vegetables

VEGETARIAN PASTA  85.00
Creamy butternut sauce, nutmeg, mushroom cherry tomatoes, basil, Danish feta


THAI RED CHICKEN CURRY 110.00
Chicken breast and thighs, sweet potato, creamy red Thai curry sauce, served with rice


GNOCCHI PASTA  72.00
Almond and pistachio sauce


PRIME CUTS: Ask to exclude basting



Served with house vegetables. Add a sauce or flavoured butters and get some extras on the side

 **250g FILLET** ----- 198.00

 **350g RUMP STEAK** ----- 170.00
Certified free range, 32-day-aged prime rump steak

 **500g T-BONE** ----- 185.00

SAUCES AND SIDES:

SHOESTRING FRIES 20.00

SIDE SALAD  20.00

SWEET POTATO WEDGES 30.00

PAPTERT 20.00
Pap, bacon, mushroom, tomato, relish, cheddar cheese

BRAAIBROODJIE 35.00
Cheese, tomato, onion, house relish


CAULIFLOWER RICE  10.00

MILHO FRITO 30.00
fried pap cubes

ZUCCHINI FRIES 20.00
crumbed, deep fried

STEAK SAUCES 20.00
• Béarnaise • Peppercorn • Sweet Chili • Cheese
• Mushroom and port • Blue cheese • BBQ • Hot Sauce

BUTTERS 15.00
• Sundried tomato and rosemary
• Roasted garlic and parsley • Blue cheese and chives

THREE-NUT CURRY   110.00
roasted butternut, chickpeas, cashew nuts, creamy coconut, red Thai curry sauce, served with black rice

OXTAIL 186.00
Prime oxtail, slow braised in Italian plum tomato, red wine, rosemary crushed potato and vegetables

EISBEIN 139.00
Buttered mashed potato, sauerkraut, mustard

PEPPER STEAK PIE 110.00
House vegetables, pepper sauce

TAMARIND CHICKEN  125.00
Chicken breast, creamy tamarind and coriander sauce, served with rice

FALAFEL  85.00
creamy tamarind, crumbed zucchini fries

KIDS MENU:

SCRAMBLED EGG with bacon, pork sausage and toast	55.00
FRENCH TOAST with bacon and syrup/honey	45.00
MAC AND CHEESE served with ham	50.00
SPAGHETTI BOLOGNAISE	55.00
CHEESE BURGER a choice between chicken and beef	60.00

CAKES + DESSERTS:

WHITE CHOCOLATE TART Cranberries, pistachio nuts	48.00
RED VELVET CHEESECAKE	55.00
BLOS MALVA PUDDING traditional South African pudding served with vanilla ice cream	45.00
FUDGY TRIPLE CHOCOLATE BROWNIES served with vanilla ice cream	40.00
BROWNIE BOTTOM COOKIE DOUGH CHEESECAKE	55.00
VANILLA ICE CREAM dark chocolate and sea salt sauce	38.00
CRÈME BRÛLÉE classic French dessert	38.00
CARROT CAKE moist, nutty and fruity	50.00
GLUTEN FREE CARROT CAKE moisty, nutty, fruity with honey	60.00
CHEESECAKE Cream cheese topping	55.00
CRUSTLESS CHEESECAKE CUP	50.00
ROOSTERKOEK Condensed milk	35.00
AMARULA MILK TART	45.00
DON PEDRO → Choice of: Amarula, Kahlúa, Whisky and vanilla ice cream	42.00
IRISH COFFEE → Jameson, espresso, cream	35.00
AFFOGATO Vanilla ice cream drowned with a shot of hot espresso → With Amaretto @ 50.00	35.00

SORBET:

MANGO	38.00
LEMON AND ROSEMARY	38.00

THIRST QUENCHERS:

SODAS

Coke, Diet Coke, Coke Zero, Sprite, Sprite Zero, Fanta, Tab, Creme Soda

MIXERS

Club Soda, Indian Tonic, Indian Tonic Lite, Pink Tonic, Blue Tonic, Ginger Ale, Bitter Lemon, Bitter Lemon Lite, Lemonade, Tomato Juice

RED BULL

TISERS

Appletiser & Grapetiser

ICED TEAS

Melon Goji Green, Berry Baobab, Coconut and Ginger, Kiwi Cucumber

FRUIT JUICE

Cranberry, Apple, Pineapple, Orange, Strawberry, Mango, Lychee

MINERAL WATER:

Still / sparkling

- 500 ml
- 750 ml

SMOOTHIES:

ROSEMARY AND LEMON

MANGO MADNESS

CHAI MANGO SMOOTHIE

BERRY EXPRESS

FRESH JUICES:

GREEN JUICE

Apple, cucumber, celery, spinach

FLIRTY JESS

Apple, carrot, ginger

PINK PASSION

Beetroot, apple, carrot, ginger

MOCKTAILS:

STEELWORKS

Soda, ginger, kola, bitters

ROCK SHANDY

Soda, bitters, lemonade

MOCJITO

Soda, lime, mint

ROSE WATER COCKTAIL

Sprite, grenadine, bitters

STRAWBERRY AND BASIL SPRITZER

Strawberry, lemon, basil, soda

MILKSHAKES:

CLASSICS:

Chocolate or Strawberry

DECADENT:

Peanut Butter, Banana, Coffee or Milo

HOT STUFF:

COFFEE:

AMERICANO

Single shot – Hot water

CON PANNA

Single shot – Capped with cream

MACCHIATO

Single shot – Capped with foam

CAFÉ MOCHA

Single shot – Hot chocolate capped with foam

CAPPUCCINO FOAM

Single shot – Capped with foam

CAPPUCCINO CREAM

Single shot – Capped with whipped cream

ESPRESSO

Single shot pick-me-up

DOUBLE ESPRESSO

Double shot pick-me-up

CAFÉ LATTE

Single shot – Hot milk

CORTADO

SPECIALITY:

HOT CHOCOLATE

MILO

RED CAPPUCCINO

CHAI LATTE

GINGER BREAD LATTE

HONEY-NUT LATTE

TEA:

ROOIBOS TEA

EARL GREY

FIVE ROSES

HERBAL TEAS

23.00

18.00

42.00

29.00

32.00

21.00

26.00

36.00

35.00

45.00

45.00

45.00

38.00

38.00

38.00

29.00

29.00

32.00

29.00

38.00

32.00

35.00

19.00

19.00

15.00

25.00

23.00

26.00

13.00

19.00

23.00

18.00

32.00

28.00

26.00

26.00

25.00

25.00

18.00

18.00

18.00

24.00



⇒ SOY, LACTOSE FREE MILK AVAILABLE - 3.00



⇒ REPLACE REGULAR COFFEE WITH DECAF FOR AN ADDITIONAL - 3.00

SPIRITS:

GIN:

GORDON'S GIN	19.00
BELGRAVIA GIN	20.00
BOMBAY SAPPHIRE	28.00
WHITLEY NEILL ORIGINAL	27.00
WHITLEY NEILL ALOE AND CUCUMBER	27.00
WHITLEY NEILL PROTEA & HIBISCUS	27.00
WOODSTOCK HIGH TEA GIN	29.00
TRIPLE 3 CITRUS INFUSION	34.00
TRIPLE 3 JUNIPER BERRY	34.00
INVERROCHE VERDANT	33.00
INVERROCHE AMBER	33.00
CLEMENGOLD GIN	35.00
MALFY GIN	36.00
CAPE TOWN ROOIBOS RED	37.00
CAPE TOWN PINK LADY	37.00

GIN CREATIONS:

SUMMER BERRY BLISS	75.00
Double shot Triple 3 Juniper Berry Gin, topped with Fitch and Leedes Pink Tonic, garnished with seasonal berries.	

ZESTY CITRUS BREEZE	75.00
Double shot Triple 3 Citrus Infusion Gin, topped with Fitch and Leedes Bitter Lemon Lite, garnished with lemon slices.	

BLOS BERRY BLUE	75.00
Double shot Whitley Neill Protea and Hibiscus, topped with Fitch and Leedes Blue Tonic, garnished with seasonal berries	

TREE TOP DELIGHT	75.00
Double shot Whitley Neill Aloe and Cucumber, topped with Fitch and Leedes Tonic Lite, garnished with cucumber and mint	

RUM:

BACARDI	18.00
CAPTAIN MORGAN JAMAICAN RUM	18.00
RED HEART	20.00
SPICED GOLD	21.00
RON ZACAPA RUM	30.00

LIQUEURS:

AMARULA CREAM	17.00
CINZANO	16.00
KAHLÚA	21.00
APPLE SOURS	18.00
PO 10C	18.00
SOUTHERN COMFORT	21.00
FRANGELICO	23.00
JÄGERMEISTER	23.00
GRAPPA	24.00
AMARETTO DISARANNO	25.00

BRANDY:

KWV 5 YR	19.00
KLIPDRIFT	19.00
KLIPDRIFT PREMIUM	25.00
RICHELIEU	21.00
KWV 10-YEAR BRANDY	22.00
KWV 15-YEAR BRANDY	48.00
KWV 20-YEAR BRANDY	79.00
HENNESSY VS COGNAC	35.00

WHISKY:

BELLS	21.00
J&B	21.00
JACK DANIEL'S	28.00
BAINS CAPE MOUNTAIN	28.00
JAMESON	29.00
JOHNNIE WALKER RED	23.00
JOHNNIE WALKER BLACK	35.00
TULLAMORE DEW	30.00
GLENMORANGIE 10-YEAR	45.00
GLENFIDDICH 12-YEAR	45.00
COMPASS BOX GKS ARTIST BLEND	60.00

VODKA:

SMIRNOFF	19.00
SKYY VODKA BLUE	23.00
LOVOKA CARAMEL	23.00

COCKTAILS:

PASSIONATE ABOUT LYCHEE	50.00
Vodka, peach, lychee, apple, pineapple	

FROZEN MARGARITA	65.00
Silver tequila, triple sec, lime	

BASIL TWIST	50.00
Vodka, archers, lemon juice, cranberry juice, strawberry, basil	

LONG ISLAND ICE TEA	69.00
Tequila, gin, vodka, rum, triple sec	

FROZEN BERRY DAIQUIRI	65.00
Rum, triple sec, strawberry, blackberry, Raspberry, lime	

MOJITO	45.00
White rum, lime juice, mint	

PINA COLADA	55.00
Bacardi, cream, coconut, pineapple	

FYNBOS & ROSEMARY SLUSH	65.00
Gin, lemon and rosemary sorbet, soda	

BLOODY MARY	45.00
Vodka, tomato juice	

CHERRY MARTINI	55.00
Vodka, strawberry lips, cranberry juice	