

# BLOS MENU



## BREAKFAST:

WEEKENDS & HOLIDAYS SERVED UNTIL 11H30

➔ 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 sauce

### ROLLED FRENCH TOAST

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

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

➔ filled with peanut butter and strawberry jam

### VEGAN FRENCH TOAST (V) (VB)

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

### BREAKFAST SLIDER

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

### BREAKFAST QUICHE 68.00

Smoked salmon, sweet onion, chives

### BLOS BANTING (V) 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 (V) 60.00

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

### VEGETABLE OMELETTE (V) 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 (V) 65.00

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

### SCRAMBLED EGGS (V) 65.00

Dukkah, scrambled eggs, toasted ciabatta, sundried tomato pesto

### BANANA BREAD (V) 56.00

Served with honey-cinnamon-butter, contains nuts

### GRANOLA BREAKFAST (V) 65.00

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

### BREAKFAST OF WARRIORS (V) 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 (V) 77.00

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

### SMASHED AVO ON RYE (V) 50.00

➔ Add two poached eggs @ 14.00

## APPETIZERS:

<b>JALAPEÑO POPPERS</b>	50.00
Filled with bacon jam, cream cheese and hot sauce	
<b>BEER-BATTERED ONION RINGS</b> ⑤	30.00
Served with smokey mayo	
<b>ROASTED POTATO WEDGES</b> ⑤	25.00
Served with garlic mayo	
<b>HALLOUMI</b> with tomato jam ⑤	65.00
⑥ Ask for grilled	
<b>MILHO FRITO</b> with hot sauce ⑤	50.00
<b>ROASTED BONE MARROW</b>	62.00
Garlic-and-herb butter with toast	
<b>PORK BELLY</b> served with mustard	68.00
<b>BITTERBALLEN</b> served with hot sauce	45.00
<b>BEER-BATTERED CHICKEN STRIPS</b>	50.00
Served with hot sauce	
<b>BEER BREAD</b> and butter ⑤	26.00

## PLATTERS:

<b>BLOS PLATTER</b>	110.00
Biltong carpaccio, crumbed mozzarella, sticky chicken thighs, sundried tomato pesto, basil mayo, panini	
<b>BUNKER BOARD</b>	139.00
Beer-battered onion rings, Jalapeño poppers, Bitterballen with hot sauce, fried pork sausage with sweet mustard, beer bread, potato crisps	
<b>SLIDER PLATTER</b> (miniature burgers)	122.00
Tomato relish-caramelised onion slider, fig- brie-bacon slider, green peppercorn sauce slider, mushroom and port sauce slider. Served with chips	

## VEGETARIAN & VEGAN BOARDS: ⑥ ⑤

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

<b>VEGETARIAN BOARD</b>	95.00
Halloumi, Gorgonzola, pear chutney, zucchini fries, marinated olives, onion marmalade, crudités, honey and ginger dipping sauce, Dukkah-dusted onion rings	
<b>VEGAN BOARD</b>	85.00
Falafels, mushroom duxelles, marinated olives, sundried tomato pesto, vegan basil pesto, marinated peppers, hummus, cashew and crudités spinach wrap	

## STARTERS:

<b>WHOLE BAKED CAMEMBERT</b>	87.00	
Pear chutney, marinated peppers, bacon		
⑥ Ask to exclude ciabatta		
<b>TRINCHADO</b> Creamy peri-peri	CHICKEN: 68.00	
⑥ Replace paninis with rice.		BEEF: 85.00
<b>CAPE MALAY CHICKEN LIVERS</b>	70.00	
Topped with bacon, served with ciabatta		
<b>PERI-PERI CHICKEN LIVERS</b>	68.00	
With toasted ciabatta		
<b>BEEF CARPACCIO</b>	75.00	
Mustard and parmesan vinaigrette		
⑥ Ask to exclude vinaigrette		
<b>SALMON CARPACCIO</b> wasabi dressing	87.00	
⑥ Ask to exclude dressing		
<b>BILTONG CARPACCIO</b> ⑥	69.00	
Strawberry, red onion salsa		

## SALADS:

<b>SALMON AND FETA SALAD</b>	97.00
Olives, red onion, marinated peppers, cucumber, cherry tomatoes, wasabi salad dressing	
<b>HONEYED CHICKEN SALAD</b>	85.00
Cherry tomatoes, olives, roasted butternut, cucumber, carrot, Danish feta, served with lemon-poppy dressing	
<b>CHEF'S SALAD</b>	110.00
Bacon, honey-soy chicken thighs, poached eggs, tomato, cucumber, carrot, Danish feta, olives	
<b>GREEK SALAD</b>	60.00
Olives, Danish feta, carrot, peppers, tomato, cucumber, red onion	
<b>ROASTED SWEET POTATO AND WILD RICE SALAD</b>	98.00
Sweet potato roasted in coconut oil, wild rice, Danish feta, pecan nuts, marinated dried cranberries, broccoli, rocket, toasted seeds, served with mustard parmesan vinaigrette	
<b>SUMMER SALAD WITH APPLE CIDER VINAIGRETTE</b>	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.

## SANDWICHES:

➔ Banting bread available - add 5.00

### GOURMET OPEN SANDWICHES:

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

### CHICKEN AND MANGO 85.00

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

### CASHEW AND MANGO **V** 85.00

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

### CHICKEN MAYO & AVO BAGUETTE 92.00

Roasted chicken, mayo, cheddar cheese, Peppadews, avocado, rocket

### 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** 92.00  
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** 89.00  
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 and vegetables

**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 and vegetables

**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



**KIDS MENU:**

<b>SCRAMBLED EGG</b> With bacon, pork sausage and toast	<b>55.00</b>
<b>FRENCH TOAST</b> With bacon and syrup/honey	<b>45.00</b>
<b>MAC AND CHEESE</b> Served with ham	<b>50.00</b>
<b>SPAGHETTI BOLOGNAISE</b>	<b>55.00</b>
<b>CHEESE BURGER</b> A choice between chicken and beef	<b>60.00</b>

**CAKES + DESSERTS:**

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

**SORBET:**

<b>MANGO</b>	<b>38.00</b>
<b>LEMON AND ROSEMARY</b>	<b>38.00</b>

## THIRST QUENCHERS:

### SODAS

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

23.00

### MIXERS

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

18.00

### RED BULL

42.00

### TISERS

Appletiser & Grapetiser

29.00

### ICED TEAS

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

32.00

### FRUIT JUICE

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

21.00

### MINERAL WATER:

Still / sparkling

• 500 ml

26.00

• 750 ml

36.00

### SMOOTHIES:

ROSEMARY AND LEMON

35.00

MANGO MADNESS

45.00

CHAI MANGO SMOOTHIE

45.00

BERRY EXPRESS

45.00

### FRESH JUICES:

GREEN JUICE

Apple, cucumber, celery, spinach

38.00

FLIRTY JESS

Apple, carrot, ginger

38.00

PINK PASSION

Beetroot, apple, carrot, ginger

38.00

### MOCKTAILS:

STEELWORKS

Soda, ginger, kola, bitters

29.00

ROCK SHANDY

Soda, bitters, lemonade

29.00

MOCJITO

Soda, lime, mint

32.00

ROSE WATER COCKTAIL

Sprite, grenadine, bitters

29.00

STRAWBERRY AND BASIL SPRITZER

Strawberry, lemon, basil, soda

38.00

### MILKSHAKES:

CLASSICS:

Chocolate or Strawberry

32.00

DECADENT:

Peanut Butter, Banana, Coffee or Milo

35.00

## HOT STUFF:

### COFFEE:

AMERICANO

Single shot – Hot water

19.00

CON PANNA

Single shot – Capped with cream

19.00

MACCHIATO

Single shot – Capped with foam

15.00

CAFÉ MOCHA

Single shot – Hot chocolate capped with foam

25.00

CAPPUCCINO FOAM

Single shot – Capped with foam

23.00

CAPPUCCINO CREAM

Single shot – Capped with whipped cream

26.00

ESPRESSO

Single shot pick-me-up

13.00

DOUBLE ESPRESSO

Double shot pick-me-up

19.00

CAFÉ LATTE

Single shot – Hot milk

23.00

CORTADO

18.00

### SPECIALITY:

HOT CHOCOLATE

32.00

MILO

28.00

RED CAPPUCCINO

26.00

CHAI LATTE

26.00

GINGER BREAD LATTE

25.00

HONEY-NUT LATTE

25.00

### TEA:

ROOIBOS TEA

18.00

EARL GREY

18.00

FIVE ROSES

18.00

HERBAL TEAS

24.00



⇒ SOY / LACTOSE FREE / ALMOND MILK - ADD 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:

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

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

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

<b>TREE TOP DELIGHT</b>	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:

<b>PASSIONATE ABOUT LYCHEE</b>	50.00
Vodka, peach, lychee, apple, pineapple	

<b>FROZEN MARGARITA</b>	65.00
Silver tequila, triple sec, lime	

<b>BASIL TWIST</b>	50.00
Vodka, archers, lemon juice, cranberry juice, strawberry, basil	

<b>LONG ISLAND ICE TEA</b>	69.00
Tequila, gin, vodka, rum, triple sec	

<b>FROZEN BERRY DAIQUIRI</b>	65.00
Rum, triple sec, strawberry, blackberry, Raspberry, lime	

<b>MOJITO</b>	45.00
White rum, lime juice, mint	

<b>PINA COLADA</b>	55.00
Bacardi, cream, coconut, pineapple	

<b>FYNBOS &amp; ROSEMARY SLUSH</b>	65.00
Gin, lemon and rosemary sorbet, soda	

<b>BLOODY MARY</b>	45.00
Vodka, tomato juice	

<b>CHERRY MARTINI</b>	55.00
Vodka, strawberry lips, cranberry juice	