

# Welcome to the Royal Cape Yacht Club



Situated on the water's edge, with a wide variety of good value, tasty menu items, excellent South African wines and scenic harbour views, The Terrace, Galley Restaurant and Deck is the perfect setting for those long lazy summer days, or just to relax with your favourite drink and watch the world sail by.

Whether you are celebrating a birthday or require a romantic meal for two or just enjoy a drink in one of our bars, we will endeavour to make your experience a memorable one. Breakfast is served daily from 08h00 until 11h30 and all lunch and dinner meals are served from 12h00 to 22h00 with exception to Sundays, trading until 18h00.

All RCYC card carrying Members qualify for a 20% discount off advertised menu prices. Our Management Team strive to provide our members and guests with good service, great quality meals and value for money. Should you feel that we are not living up to these standards, please be encouraged to provide your Manager on Duty with your valued feedback.

As traces of nuts may be found in some of our dishes please inform your waitron of any allergies or special dietary requirements you may have and we will endeavour to meet your needs.



*We all come from the sea, but we are not all of the sea. Those of us who are, we children of the tides, must return to it again and again, until the day we don't come back leaving only that which was touched along the way."*

# Breakfast Menu (Served from 08h00 – 11h30)

Non Members/Members

## HEALTH BREAKFAST (V)

R66.00/R55.00

Honey roasted Muesli layered with fresh fruit and Greek yoghurt.

## DECK HAND

R48.00/R40.00

One fried egg, two rashers of bacon, grilled tomato, served with a slice of toast and mini preserves.

## SECOND OFFICER

R65.00/R54.00

Two eggs, fried or scrambled two rashers of bacon, grilled tomato, sliced cheese, grilled tomato, served with a slice of toast and mini preserves.

## CAPTAINS

R99.50/R83.00

Two eggs, fried or scrambled, three rashers of bacon, sautéed mushrooms, beef chipolata sausages, grilled tomato, a portion of fries, served with 2 slices of toast and mini preserves. Enjoy a complimentary cup of coffee or tea.

## EGGS BENEDICT

R63.00/R53.00

Two poached eggs with sautéed mushrooms served on a lightly toasted English muffin, topped with Hollandaise sauce.

### *Compliment this meal with:*

Bacon

R19.00/R16.00

Smoked Salmon

R26.00/R21.50

## MEDITERRANEAN CRUISE

R98.00/R82.00

Two poached eggs drizzled with chilli tomato sauce, served with chorizo sausage, olives and oven baked bocconcini (Soft & Mild Mozzarella Cheese). Served on a freshly toasted English muffin. Preparation Time - 20 minutes

## ADMIRALS BREAKFAST PIZZA

R120.00/R99.00

A classic homemade margherita pizza as the base topped with scrambled egg, smoked salmon, bocconcini and dollops of cream cheese. A breakfast fit for a "Commander of the Sea"

## TWO EGG OMELETTE

Served with a slice of toast and mini preserves

Non Members/Members

R42.00/R35.00

*Compliment this meal with a selection of your favourite fillings*

Cheddar Cheese

R15.00/R12.50

Smoked Salmon

R26.00/R21.50

Ham

R14.00/R12.00

Tomato

R8.00/R6.50

Onion

R6.00/R4.50

Mixed Peppers

R18.00/R15.00

Savoury Mince

R22.00/R18.00

Mushrooms

R18.00/R15.00

## Healthy Sailing

Seasonal Fresh fruit salad (V)

R36.00/R30.00

Greek yogurt served with homemade muesli and honey (V)

R41.00/R36.00

Warm oats with a dollop of honey (V)

R39.00/R32.50

"I really don't know why it is that all of us are so committed to the sea, except I think it's because in addition to the fact that the sea changes, and the light changes, and ships change, it's because we all came from the sea. And it is an interesting biological fact that all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean, and therefore we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And we go back to the sea - Whether it is to sail or to watch it - we are going back from whence we came."

- John F. Kennedy

Remarks at the Dinner for the Americas Cup Crew - September 14<sup>th</sup> 1962.

## Toasted Sandwiches

	Non Members/Members
<b>CHEDDAR CHEESE, TOMATO &amp; GYPSY HAM</b> Local ingredients toasted between your choice of white or brown bread, served with coleslaw.	<b>50.00/R42.00</b>
<b>CHICKEN MAYONNAISE</b> Poached chicken mixed with homemade mayonnaise, toasted between your choice of white or brown bread, served with coleslaw.	<b>R50.00/R42.00</b>
<b>BACON AND EGG</b> Grilled bacon and a fried egg toasted between your choice of white or brown bread, served with coleslaw.	<b>R50.00/R42.00</b>
<b>CHEDDAR CHEESE (V)</b> An old favourite toasted between a choice of brown or white bread served with coleslaw.	<b>R49.00/R41.00</b>
Compliment your toasted sandwich with a portion of fries	<b>R17.00/R14.00</b>

## Wraps

	Non Members/Members
Fresh grilled chicken, ripe avocado & cheddar cheese	<b>R90.00/R74.00</b>
Ripe avocado, grilled bacon and feta cheese	<b>R87.00/R72.00</b>
Poached chicken mayonnaise and cos lettuce	<b>R88.00/R73.00</b>

Our delicious fillings are wrapped with lettuce and tomatoes and then lightly toasted and served with coleslaw and fries.

## Open sandwiches

	Non Members/Members
<b>FISHERMANS</b> Smoked salmon, cream cheese and capers, served on wild rocket and a choice of toasted English muffin or rye.	<b>R79.00/R65.00</b>
<b>FARMERS</b> Poached egg, grilled bacon and avocado, served on wild rocket and a choice of toasted English muffin or rye.	<b>R73.00/R61.00</b>
<b>VEGETARIANS (V)</b> Fresh tomato, mozzarella and basil au gratin, served on wild rocket and a choice of toasted English muffin or rye.	<b>R70.00/R58.00</b>
Compliment your open sandwich with a portion of fries	<b>R17.00/R14.00</b>

## Milkshakes & Smoothies

	Non Members/Members
Vanilla	<b>R29.00/R24.00</b>
Strawberry	<b>R29.00/R24.00</b>
Homemade butter scotch & treacle	<b>R29.00/R24.00</b>
Lime	<b>R29.00/R24.00</b>
Decadent Chocolate	<b>R29.00/R24.00</b>
Old Favourite Banana	<b>R29.00/R24.00</b>
Peanut butter and roasted nuts	<b>R29.00/R24.00</b>
Kiwi Fruit Smoothie	<b>R39.00/R33.00</b>
Cherry Fruit Smoothie	<b>R39.00/R33.00</b>
Blueberry Fruit Smoothie	<b>R39.00/R33.00</b>

Our fresh fruit smoothies are blended with supreme vanilla ice cream and Greek yoghurt.

# Light meals

**Non Members/Members  
RSQ**

## **SOUP OF THE DAY**

Chef's hearty soup served with a warm bread roll.

## **FRESH LOCAL BLACK MUSSELS**

**R71.00/R59.00**

A starter portion of fresh local black mussels cooked in a creamy white wine sauce and finished with macerated onions and leeks. Served with toasted garlic crostini.

## **BOBOTIE WONTONS (8)**

**R65.00/R54.00**

Traditional beef Bobotie enveloped in phyllo pastry and deep fried until golden brown. Served with homemade masala chutney dip.

## **DUCK SPRING ROLL (2)**

**R60.00/R50.00**

Confit duck, home grown organic sprouts and macerated oriental style vegetables wrapped in spring roll pastry and served with Asian plum sauce.

## **SNAIL POPCORN**

**R66.00/R55.00**

Six snails deep-fried in beer batter and served on wild rocket and drizzled with garlic aioli.

"We clear the harbour and the wind catches her sails and my beautiful ship leans over ever so gracefully and her elegant bow cuts cleanly into the increasing chop of the waves. I take a deep breath and my chest expands and my heart starts thumping so strongly, I fear the others might see it beat through the cloth of my jacket. I face the wind and my lips peel back from my teeth in a grin of pure joy."

- L.A. Meyer, *Under the Jolly Roger: Being an account of the further nautical adventures of Jacky Faber*

"Overhead, the wild huntsman of the storm passed continuously in one blare of mingled noises; screaming wind, straining timber, lashing rope's end, pounding block and bursting sea contributed; and I could have thought there was at times another, a more piercing, a more human note, that dominated all, like the wailing of an angel; I could have thought I knew the angel's name, and that his wings were black."

- Robert Louis Stevenson, *the wrecker*

# Salads

**Non Members/Members**

## **SMOKED SALMON SALAD WITH DIJON HONEY DRESSING**

**R114.00/R95.00**

Smoked salmon, mixed sliced peppers, cucumbers and sesame covered cream cheese balls on crisp garden greens and drizzled with Dijon honey dressing.

## **TRADITIONAL CAESAR (V)**

**R75.00/R63.00**

Crispy bacon bits, shaved pecorino cheese and garlic croutons tossed in a creamy anchovy mayonnaise on a bed of cos lettuce.

*Compliment your Caesar salad with grilled chicken*

**R22.00/R18.00**

## **GRILLED PEAR AND BLUE CHEESE (V)**

**R96.00/R80.00**

Home preserved sliced pear, grilled with a blue cheese dressing, caramelized walnuts and served on a bed of mixed greens.

## **BUTTERNUT, BEETROOT AND HALOUMI CHEESE (V)**

**R96.00/R80.00**

Grilled haloumi cheese, honey roasted butternut, balsamic glazed beetroot, pumpkin seeds tossed in a raisin salad dressing and served on a bed of salad greens.

## **IOS SALAD (V)**

**R71.00/R59.00**

Cherry tomatoes, mixed sliced peppers, cucumber, grilled feta cheese mixed with salad greens and drizzled with lemon and herb dressing.

## **WARM ORIENTAL NOODLE SALAD (V)**

**R96.00/R80.00**

Wok fried Egg noodles mixed with macerated vegetables and mushrooms and drizzled with sweet Thai dressing.

# Mains

Non Members/Members

## **SIRLOIN STEAK**

**R133.00/R110.00**

300g aged sirloin, flame grilled to your liking and served with green Madagascar pepper sauce and seasonal vegetables

## **FILLET STEAK**

**R188.00/R156.00**

200g fillet steak, char grilled to your liking, topped with Chef's Hollandaise sauce and served with crispy fries

## **CHICKEN SCHNITZEL**

**R92.00/R77.00**

Crumbed and golden fried free range chicken fillets topped with a sauce of your choice with a side salad or fries.

## **CURRY OF THE DAY**

RSQ

Served with rice and sambals

## **BOUILLABAISSÉ**

**R180.00/R149.00**

Chef's seafood stew of fresh local mussels, shrimps, line fish and calamari served with toasted crostini

## **CALAMARI**

**R88.00/R73.00**

Strips of calamari grilled or deep fried and served with homemade tartar sauce and fries or side salad

## **HAKE**

**R99.00/R83.00**

Fresh portion of hake grilled or deep fried in beer batter served with homemade tartar sauce and fries or side salad

## **FRESH LOCAL BLACK MUSSELS**

**R112.00/R93.00**

A main portion of fresh local black mussels cooked in a creamy white wine sauce and finished with macerated onions and leeks. Served with toasted garlic crostini.

## **CATCH OF THE DAY**

RSQ

Fresh line fish served on wild rocket with roasted vegetables and sautéed baby potatoes and drizzled with a lime butter sauce.

## **THE SAILORS MINI SEAFOOD PLATTER**

**R180.00/R149.00**

A fresh hake fillet, mussels, calamari, a fish cake served with savoury rice and tartar sauce

## **THE COMMODORES SEAFOOD PLATTER**

**R239.00/R199.00**

A fresh hake fillet, garlic mussels, 4 prawns, calamari strips, and a fish cake served with savoury rice and tartar sauce

## **THE ROYAL CAPE SEAFOOD FEAST (Serves 2 – 4)**

**R590.00/R490.00**

Two fresh fillets of line fish, two fresh hake fillets, 8 x prawns, mussels, calamari and two fish cakes served with savoury rice and tartar sauce.

# Burgers

Non Members/Members

## **RCYC BEEF BURGER**

**R91.00/R76.00**

Homemade beef patty char grilled to your liking and served on a soft sesame bun with all the trimmings, coleslaw and fries

## **GRILLED CAJUN CHICKEN BURGER**

**R81.00/R68.00**

Free range chicken fillet Butterflied and Char Grill in our Cajun spices and served on a soft sesame bun with all the trimmings, coleslaw and fries

## **CHICKPEA BURGER (V)**

**R77.00/R65.00**

Vegetarian chick pea burger with tomato chutney served on a toasted sesame bun with fries, coleslaw & butternut crisps.

## **PULLED PORK ROLL**

**R79.00/R66.00**

Pulled pork with caramelized onions sweet Asian sauce on a Crisp ciabatta roll and topped with grilled pine apple and pickled mirin cucumber.

## **PREGO STYLE STEAK ROLL**

**R87.00/R73.00**

150g Char grilled sirloin steak to your liking and marinated in red wine, bay leaves and garlic, topped with caramelised onions, served on a Ciabatta roll

## Pizza

### **GARLIC AND FETA FOCACCIA (V)**

Plain pizza base with Garlic, feta cheese and herbs

**Non Members/Members**

**R55.00/R46.00**

### **MARGHERITA**

Plain pizza base with tomato concasse and mozzarella cheese

**R63.00/R52.00**

### **OBLIVION**

The local favourite: Blue cheese, fig preserve and bacon

**R101.00/R84.00**

### **ROYAL CAPE SICILIAN**

Mozzarella, cheddar cheese, spicy savoury mince and chorizo

**R107.00/R90.00**

### **HOME SMOKED PULLED PORK**

Mozzarella and cheddar cheese, pineapple and home smoked pulled pork drizzled with Asian sauce

**R107.00/R90.00**

### **SEAFOOD PIZZA**

Mozzarella and cheddar cheese, prawn meat, mussel meat and crab

**R127.00/R107.00**

### **BOBOTIE PIZZA**

Cape Malay spiced ground beef mince, mozzarella, shaved pecorino and wild rocket.

**R107.00/R90.00**

### **SOUTH EASTER**

Avocado, bacon and Danish feta.

**R101.00/R84.00**

"Make no tent on thy ship, never sleep in a house, for a foe within doors you may view. On a shield sleeps the Viking, sword in his hand, and his tent is the heavenly blue. When the storm rages fierce, hoist the sail to the top. Oh, how merry the Storm-King appears! Let us rise, let her drive, better founder than strike, for who strikes is a slave to his fears."

- The Northmen: A Viking Saga

"Twenty years from now, you will be more disappointed by the things you didn't do than those you did. So throw off the bow-lines, sail away from safe harbour, catch the wind in your sails, *EXPLORE - DREAM - DISCOVER.*"  
-Mark Twain. Great American Writer

## Happy Endings

### **CRÈME BRULEE**

With a brittle sugar crust and wild berry coulis

**Non Members/Members**

**R49.00/R41.00**

### **MALVA PUDDING**

Served with fresh cream or ice cream

**R49.00/R41.00**

### **PAVLOVA NEST**

Filled with fine saffron fruit salad and served with Bourbon vanilla bean ice cream

**R57.00/R48.00**

### **CHOCOLATE TRUFFLE CAKE**

Rich and rewarding

**R57.00/R48.00**

### **VANILLA BEAN BOURBON ICE CREAM**

Served with chocolate sauce

**R40.00/R33.00**

### **ASSORTED CHEESE PLATTER**

Drizzled with honey and served with water biscuits

**R120.00/R100.00**

"We all come from the sea, but we are not all of the sea. Those of us who are, we children of the tides, must return to it again and again, until the day we don't come back leaving only that which was touched along the way."