



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 of Sundays, trading until 18h00.

We strive to source the freshest of ingredients and believe strongly in sustainable agriculture and ethical environmental practices within our establishment. All our meals are prepared from raw product and good food takes time to prepare.

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.

All RCYC card carrying Members qualify for a 20% discount off advertised menu prices.

*“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.”*



ROYAL CAPE YACHT CLUB

MENU

“TAVERN OF THE SEAS”



Breakfast Menu

(Served from 08h00 – 11h30)

	Non Members/Members
DECK HAND	R60.00/R50.00
<i>One fried free range egg, two rashers of bacon, grilled tomato, served with a slice of toast and mini preserves.</i>	
SECOND OFFICER	R75.00/R63.00
<i>Two free range eggs - fried or scrambled, two rashers of bacon, grilled tomato, cheddar cheese, served with a slice of toast and mini preserves.</i>	
CAPTAINS	R105.00/R88.00
<i>Two free range eggs – fried or scrambled, three rashers of bacon, sautéed mushrooms, beef chipolata sausages, grilled tomato and fries. Served with two slices of toast and mini preserves. Enjoy a complimentary cup of coffee or tea.</i>	
EGGS BENEDICT (V)	R72.00/R60.00
<i>Two free range poached eggs with sautéed mushrooms served on a lightly toasted English muffin, topped with Hollandaise sauce.</i>	
* Compliment this meal with:	
Bacon	R19.00/R16.00
Smoked Salmon	R26.00/R21.50
SAILORS BREAKFAST PIZZA	R110.00/R92.00
<i>A classic homemade margherita pizza as the base topped with free range egg, crispy bacon and cheddar cheese.</i>	
ADMIRALS BREAKFAST PIZZA	R140.00/R117.00
<i>A classic homemade margherita pizza as the base topped with scrambled free range egg, smoked salmon, bocconcini and dollops of cream cheese. A breakfast fit for a “Commander of the Sea”.</i>	

TWO EGG OMELETTE (V)

Two free range egg omelette served with a slice of toast and mini preserves.

Non Members/Members
R55.00/R46.00

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

Cheddar Cheese	R15.00/R12.50
Smoked Salmon	R26.00/R21.50
Ham	R15.00/R12.50
Tomato	R8.00/R6.50
Onion	R8.00/R6.50
Mixed Peppers	R15.00/R12.50
Savoury Mince	R24.00/R20.00
Mushrooms	R15.00/R12.50

**Breakfast is served with a choice of white, brown, rye, sour dough or gluten free bread*

Healthy Sailing

HEALTHY SAILOR (V)

Fresh fruit salad layered with honey, roasted muesli and Greek yoghurt.

R65.00/R54.00

BANTING BREAKFAST STACK

Grilled pork sausage patty stacked with crispy bacon, grilled tomato, a fried free range egg, mushrooms and finished with sliced avo.

R90.00/R75.00

“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





MENU

Toasted Sandwiches

	Non Members/Members
LOCAL GYPSY HAM, CHEESE AND TOMATO	R65.00/R54.00
<i>Local ingredients toasted between your choice of white, brown, rye or gluten free bread and served with coleslaw.</i>	
CHICKEN MAYONNAISE	R65.00/R54.00
<i>Poached free range chicken mixed with mayonnaise and toasted between your choice of white, brown, rye or gluten free bread. Served with coleslaw.</i>	
BACON AND EGG	R65.00/R54.00
<i>Grilled bacon and a fried free range egg and toasted between your choice of white, brown, rye or gluten free bread. Served with coleslaw.</i>	
CHEDDAR CHEESE (V)	R55.00/R46.00
<i>An old favourite toasted between your choice of white, brown, rye or gluten free bread. Served with coleslaw.</i>	
<i>Compliment your toasted sandwich with a portion of fries</i>	R17.00/R14.00

Wraps

RIPE AVOCADO, GRILLED BACON AND FETA CHEESE	R95.00/R80.00
POACHED FREE RANGE CHICKEN MAYONNAISE	R95.00/R80.00

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

Open Sandwiches

	Non Members/Members
FISHERMANS	R88.00/R74.00
<i>Smoked salmon, cream cheese and capers, served on wild rocket and a choice of toasted English muffin, rye or gluten free bread.</i>	
FARMERS	R78.00/R65.00
<i>Poached free range egg, grilled bacon and avocado, served on wild rocket and choice of toasted English muffin, rye or gluten free bread.</i>	
VEGETARIAN (V)	R78.00/R65.00
<i>Fresh tomato, mozzarella and basil au gratin, served on wild rocket and choice of toasted English muffin, rye or gluten free bread.</i>	
<i>Compliment your open sandwich with a portion of fries</i>	R17.00/R14.00

Smoothies and Shakes

AFRICAN SUN	R45.00/R38.00
<i>Fresh pineapple, mango, strawberry and blueberry blended with apple juice.</i>	
CARIBBEAN DREAM	R45.00/R38.00
<i>Fresh paw paw, mango and strawberry blended with apple juice.</i>	
MEXICAN RUSH	R45.00/R38.00
<i>Fresh raspberry, sour cherry and mango blended with apple juice.</i>	

**Our fruit smoothies are sugar, dairy and preservative free*

PEANUT BUTTER AND BANANA MILKSHAKE	R30.00/R25.00
BUTTER SCOTCH & TREACLE MILKSHAKE	R30.00/R25.00
DECADENT CHOCOLATE MILKSHAKE	R30.00/R25.00
TRADITIONAL STRAWBERRY MILKSHAKE	R30.00/R25.00

*"Behold the threaden sails,
borne with the invisible and creeping wind, draw the huge bottoms
through the furrow'd sea, breasting the lofty surge."*

William Shakespeare





MENU

Light Meals & Starters

SOUP OF THE DAY

Chef's hearty soup served with warm bread

**Non Members/Members
RSQ**

FRESH LOCAL BLACK MUSSELS

R99.00/R83.00

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)

R70.00/R59.00

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

DUCK SPRING ROLLS (2)

R70.00/R59.00

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

MEXICAN NACHOS (V)

R69.00/R58.00

Layers of nacho chips topped with gratinated cheese and served with Mexican chilli salsa, sour cream and guacamole.

LENTIL AUBERGINE BAKE (V)

R69.00/R58.00

Roasted aubergine layered with mozzarella cheese, pesto and topped with gratinated ricotta cheese.

Salads

SMOKED SALMON WITH DIJON HONEY DRESSING

R120.00/R100.00

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

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.

TRADITIONAL CAESAR

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

**Non Members/Members
R79.00/R66.00**

Compliment your Caesar Salad with grilled free range chicken **R25.00/R21.00**

BUTTERNUT, BEETROOT & HALOUMI CHEESE (V)

R98.00/R82.00

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

IOS (V)

R75.00/R63.00

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

PINE NUT AND CHEVIN CHEESE (V)

R98.00/R82.00

Chevin cheese balls encrusted with roasted pine nuts, tossed with roasted beetroot and wild rocket. Served on a bed of greens and drizzled with a Moroccan citrus dressing.

SMOKEHOUSE CHICKEN

R98.00/R82.00

Home smoked free range chicken mixed with tomatoes, cucumber and sultanas. Served on a bed of mixed greens with a mild sweet madras dressing.

JULES MCKENNA CAPRESE (V)

R79.00/R66.00

Sliced buffalo mozzarella cheese and tomatoes layered on a bed of wild rocket, salad greens and finished off with basil pesto.

“Sailing a boat calls for quick action, a blending of feeling with the wind and water as well as with the very heart and soul of the boat itself. Sailing teaches alertness and courage, and gives in return a joyousness and peace that but few sports afford.”

George Matthew Adams



ROYAL CAPE YACHT CLUB

MENU

“TAVERN OF THE SEAS”



Main Meals

SIRLION STEAK

300g Aged sirloin, flame grilled to your liking and served with new potatoes and seasonal vegetables.

Non Members/Members
R150.00/R126.00

T-BONE STEAK

500g Aged T-Bone steak, flame grilled to your liking and served with new potatoes and seasonal vegetables.

R180.00/R150.00

CHICKEN SCHNITZEL

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

R105.00/R88.00

GRILLED HALF PERI-PERI CHICKEN

Half a free range chicken basted in peri-peri and flame grilled, served with your choice of side salad or fries.

R130.00/R109.00

CURRY OF THE DAY

Served with rice and sambals.

RSQ

FISHERMANS PIE

Fish, mussels and prawns in a delicious creamy cheese sauce, topped with mash potato and baked in the oven until golden brown.

R95.00/R80.00

HAKE

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

R115.00/R96.00

CATCH OF THE DAY

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

RSQ

CALAMARI

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

R95.00/R79.00

MINI SEAFOOD PLATTER

Fresh fillet of hake, garlic mussels, four butterflied prawns and calamari strips served with savoury rice and homemade tartar sauce.

Non Members/Members
R220.00/R185.00

Burgers

RCYC BURGER

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

R99.00/R83.00

CAPTAINS BURGER

Homemade grain fed beef patty char grilled to your liking, topped with bacon, cheddar cheese, mushroom sauce and served on a soft sesame seed bun with all the trimmings, coleslaw and fries.

R125.00/R105.00

GRILLED CHICKEN BURGER

Free range chicken fillet butterflied and char grilled with harissa spices and served on a soft sesame seed bun with all the trimmings, coleslaw and fries.

R93.00/R78.00

CHICPEA & LENTIL BURGER (V)

Chickpea and lentil patty with tomato chutney served on a soft sesame seed bun with all the trimmings, coleslaw, fries and butternut crisps.

R90.00/R75.00

SMOKE HOUSE PULLED PORK ROLL

Home smoked pork with sweet Asian sauce on a crisp ciabatta roll, topped with grilled pineapple and pickled mirin cucumber and served with fries.

R89.00/R74.00

PREGO STYLE STEAK ROLL

150g grilled sirloin steak to your liking and marinated in red wine, bay leaves & garlic, topped with caramelized onions, served on a ciabatta roll with fries.

R96.00/R80.00

“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sail.”.

- William Arthur Ward





MENU

Hand Crafted Pizza

	Non Members/Members
GARLIC & FETA FOCACCIA (V) <i>Plain pizza base with garlic, feta cheese and fresh herbs.</i>	R69.00/R57.00
MARGHERITA (V) <i>Plain pizza base with tomato concasse and mozzarella cheese.</i>	R77.00/R64.00
OBLIVION <i>The local favourite: Blue cheese, fig preserve and bacon.</i>	R110.00/R92.00
ROYAL CAPE SICILIAN <i>Mozzarella and cheddar cheese, spicy savoury mince and chorizo.</i>	R115.00/R96.00
SMOKE HOUSE PULLED PORK <i>Mozzarella and cheddar cheese, pineapple and home smoked pulled pork drizzled with Asian sauce.</i>	R115.00/R96.00
FRUITS OF THE SEA <i>Mozzarella and cheddar cheese, prawn meat, mussel meat and crab.</i>	R130.00/R108.00
CAPE MALAY BOBOTIE <i>Cape Malay spiced ground beef, mozzarella, shaved pecorino and wild rocket.</i>	R115.00/R96.00
SOUTH EASTER <i>Avocado, crispy bacon and feta cheese</i>	R110.00/R92.00
MEXICAN CHIMICHURRI <i>Glazed honey butternut, chorizo and mozzarella cheese.</i>	R115.00/R96.00

*Gluten free pizza bases available at a small charge of R20.00

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Sweet Temptations

	Non Members/Members
CRÈME BRULEE AMARULA <i>With a brittle sugar crust and wild berry coulis</i>	R54.00/R42.00
MALVA PUDDING <i>A member’s classic. Served with fresh cream or ice cream.</i>	R55.00/R46.00
PAVLOVA NEST <i>Filled with fine saffron fruit salad and served with Bourbon vanilla bean ice cream.</i>	R57.00/R48.00
DECADENT CHOCOLATE <i>Hazelnut mousse with white chocolate froth.</i>	R57.00/R48.00
WARM CHURROS <i>Served with chocolate dipping sauce and espresso coffee shot.</i>	R50.00/R42.00
VANILLA BEAN BOURBON ICE CREAM <i>Served with chocolate sauce.</i>	R40.00/R33.00

*For the most part, a sailboat navigates through its world of wind and water not leaving a single trace of its passage. Nothing is consumed. Nothing is altered. The winds and the water are left in exactly the same condition for the next user.
Sailing is forever.*

- Michael B. McPhee

