



SEAFOOD



SEAFOOD SOUP

75

ESCARGOT

75

(NO, WE DID NOT CATCH THEM IN THE GARDEN)

snails with your choice of creamy garlic sauce or garlic butter sauce

PRAWN AU GRATIN

89

prawn meat served in a creamy garlic sauce baked with cheese

CREAMY GARLIC MUSSELS

70

mussels in a creamy garlic white wine sauce

CALAMARI

79

(ADD SQUID HEADS FOR 59)

deep fried calamari strips served on rice

*grilled calamari is served in a feta & cream sauce

OYSTERS served the traditional way

135

PANKO STYLE OYSTERS

145

served with a remoulade sauce



MEAT

CREAMY BILTONG SOUP

69

JALAPENO CHICKEN POPPERS

56

BOBOTIE SPRINGROLLS

55

SKILPADJIES

65

ES-KALAHARI-GOT

89

(IF YOU'RE NOT INTO SHELL ANIMALS)

steak bites served in a creamy garlic sauce with an open braaibroodjie

BONE MARROW

50

served with pulled beef, butter and rosemary bruschetta

SPRINGBOK CARPACCIO

119

CROCODILE CARPACCIO

119



VEGETARIAN

CIABATTA BAKED WITH GARLIC BUTTER AND CHEESE

49

CIABATTA & BUTTER

20

CRUMBED BUTTONS

60

served with a creamy sauce

CHEESE PLATTER

149

selection of local cheeses served with spiced apricot chutney, preserves, biscuits & breads

VEGETARIAN



SALADS



PASTAS



VEGETARIAN MAINS... FOR THOSE WHO ABSTAIN FROM EATING ANYTHING THAT USED TO MOVE...

CREAMY MUSHROOM PENNE

110

creamy white wine sauce with mushrooms, tomato, spinach and basil



VEGETARIAN PLATTER

130

seasonal vegetables, stuffed tomato, crumbed mushrooms, savoury rice, potato & salad



ENJOY WITH ANY OF OUR BLENDS

LIGHTHOUSE SALAD

80

a fresh green salad with tomato, cucumber, onions & salad dressing

ADD SOME LIGHT TO YOUR SALAD:

OLIVES & FETA CHEESE

30

PANKO CHICKEN STRIPS

45

CALAMARI

55

FILLET STEAK STRIPS

75

SPRINGBOK CARPACCIO

80

CROCODILE CARPACCIO

80



SEAFOOD SALAD (ENJOY WITH ROSÉ)

135

a fresh chopped green salad with shrimps, grilled calamari and prawns served with our seafood sauce

FOR THOSE WITH ITALIAN BLOOD IN THEIR VEINS



SEAFOOD TAGLIATELLE

135

(ENJOY WITH SAUVIGNON BLANC)

creamy mussels, prawn-meat, mushrooms and calamari

ZUPPA DI PESCA

129

(ENJOY WITH SAUVIGNON BLANC)

seafood stew, tagliatelle and a Napolitano sauce

CHICKEN & MUSHROOM PENNE

119

(ENJOY WITH CHARDONNAY)

Pan fried chicken strips and mushrooms in a creamy sauce



LAMB RAGU (ENJOY WITH MERLOT)

129

slow cooked pulled leg of lamb served on creamy tagliatelle

SIDE ORDERS



STARCH

29

Potato Fries / Baked / Mash / Wedges or Rice

VEGETABLES IN SEASON

39

CREAMED SPINACH

39

ONION RINGS

29

SALAD

39

EXTRA Butter / Lemon Wedges / Tartare

5

CHEESE / BREAD

10



SAUCES

Tartare / Garlic Butter / Lemon Butter / Sweet Chilli / 15

Strong Chilli / Mayonnaise / Chutney / Vinaigrette /

Mushroom / Barbeque / Cheese / Brandy Pepper / 30

Creamy Garlic / Chilli Cheese / Biltong / Thermidor

FOR THE KIDS



ONLY KIDS 12 AND UNDER...

HAKE or CALAMARI & CHIPS

75

CHICKEN STRIPS & CHIPS

75

RIBS & CHIPS

75

HAM & CHEESE PIZZA

75

MAC N CHEESE

75

COLD DRINKS

25

FRUIT JUICES

25

MILKSHAKES

30

Chocolate / Strawberry / Lime / Vanilla / Banana /
Bubblegum / Coffee

ICE CREAM

30

with Chocolate / Berry sauce

De Kowijf
SEAFRONT RESTAURANT

Owners Fred & Nadine, welcomes you!



OUR SIGNATURE DISHES - LOOK OUT FOR THE ANCHOR ICON



R : COOL RED CENTRE
MR: WARM RED CENTRE WITH A HINT OF PINK
M : WARM PINK CENTRE
MW : VERY LITTLE OR NO PINK IN CENTRE
WD : NO PINK, COOKED ALL THE WAY THROUGH



RUMP	200G 129	300G 159	500G 199
FILLET	150G 149	300G 199	500G 299
RIBEYE	200G 149	300G 179	500G 279
T-BONE			500G 199

TOPPINGS :

CREAMY SNAILS **30** / PRAWN THERMIDOR **40** /
BONE MARROW **30** / PRAWN **69**

SURF & TURF 199

steak, calamari and creamy mussels
(*ADD PRAWNS 69)

RIBS (PORK) 500G 169**KASSLER CHOPS / EISBEIN 139**

PORKCHOPS / PORKSHANKS - FOR THOSE WHO DON'T KNOW
grilled and served with mash, gravy and vegetables

CORDON BLEU 130

chicken fillet filled with ham and cheese, deep fried,
with a cheese sauce

CHICKEN AND PRAWN CURRY 139

served with rice, sambals and a fried poppadom

LEMON CHICKEN 139

pan fried chicken fillets stack with cream spinach
& feta cheese

CHICKEN SCHNITZEL HALF 90 FULL 130

chicken fillet crumbed and pan fried
(*ADD PARMIGIANA FOR HALF 35 FULL 45)

HANDS ON DECK BURGER 109

Chicken or Beef Burger topped with bacon and
cheese served with onion rings and chips

*THE ABOVE SERVED WITH VEGETABLES
AND A CHOICE OF STARCH,
(CHIPS, RICE, MASH OR BAKED POTATO)

OR JUST SALAD

PLEASE NOTE

- *Service fee may be added.
- *All our food is prepared the traditional South African way
- *Changes to the menu will result in an extra 20 minute delay to your order
- *Ask your waiter about our black board specials
- *Subject to availability *no split bills

TRADITIONAL



TRADITIONAL SOUTH AFRICAN. ENJOY
WITH ANY RED WINE, TO BE DARING TRY
SOMETHING FROM OUR CAPTAINS LIST

OXTAIL 160

served with rice and vegetables

AFRICAN MEDLEY OF MEATS 289

Kudu with mushrooms sauce,
Ostrich with berry sauce,
Beef fillet with creamy pepper sauce,
Served with mash, vegetables and chakalaka

BOBOTIE 129

served with rice, salsa and a poppadum

CURRY TRIPE 150

served with rice and vegetables

MARINERS CHOICE



ENJOY WITH ANY OF OUR BLENDS

**YAWL BOWL 139**

hake goujons, chickens goujon, calamari, onion rings,
fish croquette and chips

FEAST PLATTER 249

hake goujons, calamari, creamy mussels, ribs, chicken
goujons, crumbed mushrooms, fish croquette, onion
rings, chips and rice.

SEAFOOD PLATTER 329

prawns, hake goujons, calamari, squid heads, creamy
mussels, fish croquette, onion rings, chips and rice.

COMBINATIONS :

Hake, Calamari on Rice & Chips	149
Line Fish of the Day, Calamari on Rice & Chips	159
Kingklip Fillet, Calamari on Rice & Chips	169
Sole, Calamari on Rice & Chips	179
Prawns, Calamari on Rice & Chips	189
Prawns, Mussels on Rice & Chips	179
Prawns, Mussels, Calamari on Rice and Chips	199

ADD ON:

CREAMY MUSSELS	49
PRAWNS	69
CALAMARI	100G 59
SQUID HEADS	100G 59
HAKE	100G 69
CHICKEN GOUJONS	100g 59
RIBS	200G 69
CHIPS OR RICE	15
CRAYFISHTALES or CRAYFISH	SQ

CAPTAIN VAN DIJKHORST CHOICE



FRESH FROM THE SEA, YOU CAN'T GO
WRONG... ENJOY WITH CHENIN BLANC
OR SAUVIGNON BLANC

HAKE 180C 95 250g 129

fresh hake fried or grilled to perfection

LINEFISH OF THE DAY 220G - 250g 169

grilled with lemon butter or garlic butter

CALAMARI 220G - 250g 139

served on savoury rice

*grilled calamari is served in a creamy feta sauce

BABY KINGKLIP SQ

(SUBJECT TO AVAILABILITY)

grilled on the bone, with lemon butter of garlic butter

SOLE SQ

(SUBJECT TO AVAILABILITY)

grilled on the bone, with lemon butter of garlic butter

GRILLED PRAWNS 400G - 500g 189

grilled to perfection and served on a bed of rice
with lemon butter / garlic butter / peri-peri sauce /
secret sauce

CAPTAINS PLATTER (SERVES 3 TO 4) 849

hake, line fish, kingklip fillet, prawns, calamari,
creamy mussels & squid heads
ADD CRAYFISH OR CRAYFISHTALES SQ

*THE ABOVE SERVED WITH
VEGETABLES AND A CHOICE
OF STARCH, (CHIPS, RICE,
MASH OR BAKED POTATO)



OR JUST SALAD

THAI SEAFOOD POT 139

ENJOY WITH PINOTAGE ROSÉ OR SEMI-SWEET)

fish, mussels, prawns & calamari cooked in a mild
thai curry paste served with rice

BLACK POT MUSSELS 139

mussels in a creamy garlic white wine sauce served
with rice

PAELLA MIXTA 119

ENJOY WITH PINOTAGE ROSÉ, RIESLING OR VIOGNIER)

a Spanish dish made with rice, chicken breast, calamari
chorizo, peas, mussels, onion, garlic, prawns and some
secret ingredients