

# Wines

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## **BUBBLES**

Bon Courage Blush Vin Doux	85	295
Cinzano Spritz	85	295
Simonsig Kaap se Vonkel	109	495
Simonsig Kaap se Vonkel Satin Nectar	109	495
Moët & Chandon Brut		1695
Moët & Chandon Nectar		1985

## **SAUVIGNON BLANC**

Protea	69	195
Bon Courage Gooseberry Bush	79	225
Diemersdal	89	269
Simonsig Sunbird		295
Peter Falke		385
Springfield Life From Stone		395

## **CHARDONNAY**

Protea	69	195
Bon Courage Unwooded	79	225
Diemersdal	89	269
Springfield Wild Yeast		419

## **CHENIN**

Bon Courage Like Father Like Son	65	179
Simonsig	85	255
Secateurs	89	285
Remhoogte First Light	95	295
Cavalli Unoaked		349
Le Chant Blanc		495

## **WHITE BLENDS**

Tranquil	69	195
Bon Courage Andres Fame Colombard	75	205
Haute Cabriere Chard Pinot Noir	95	279
Springfield Miss Lucy		455

## **ROSÉ**

Protea	69	205
Bon Courage Lady of the House	75	215
Simonsig Needless To Say	85	255
Peter Falke Blanc De Noir		419

## **MERLOT**

Protea	69	205
Bon Courage Mullberry bush	85	219
Overgaauw Stellenbosch		325

## **PINOTAGE**

Darling Chocoholic	79	220
Simonsig Pick of the Bunch	105	299
Chamonix Greywacke		509
Remhoogte Vantage		539

## **CABERNET SAUVIGNON**

Darling	79	220
Bon Courage	95	335
Springfield Wholeberry		449
Peter Falke PF		660

## **RED BLENDS AND OTHER VARIETALS**

Bon Courage Like Father Like Son Merlot/Cab	65	179
Simonsig Cabernet Shiraz	85	219
Bon Courage Estate Blend	89	269
Ridgeback Shiraz		325
Peter Falke Ruby		575
Anthonji Rupert Optima		619
Peter Falke Kanoa Cabernet Merlot		959

# *Cocktails*

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## **GIN COCKTAILS**

**(R65 Mon-Sat)**

White Peach and Berry	85
The Pink Lady	85
Pomegranate and Rosemary	85
The Original	85

## **VODKA COCKTAILS**

**(R65 Mon-Sat)**

Appletini	85
Cosmopolitan	85
Moscow Mule	85

# Jack's Speciality Cocktails

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<b>Aperol Spritz</b>	95
Aperol, MCC, soda and fresh orange wheel	
<b>Vanilla Aperol Sour</b>	95
Aperol, vanilla extract and fresh lime served with edible vegan foam	
<b>Jungle Bird</b>	89
White rum, Campari and pineapple juice	
<b>Bay Breeze</b>	89
Vodka, pineapple and cranberry juice	
<b>Strawberry Rose Daiquiri</b>	95
Rum, strawberries and rose syrup blended	
<b>Mango &amp; Mint Daiquiri</b>	95
Rum, mango and fresh mint blended	
<b>Amaretto Sour</b>	89
Amaretto, lime and orange juice served with edible vegan foam	
<b>Whiskey Sour</b>	95
Jameson, lime juice served with edible foam	
<b>Margarita</b>	95
Gold tequila, lime and served with a salted rim	
<b>The Don</b>	139
Classic Margarita, made with Don Julio tequila	
<b>Berry Mojito</b>	89
Berries, fresh mint, brown sugar and rum muddled	

# Poke Bowls

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Our Poke Bowl base consists of either sticky rice or buckwheat noodles topped with daikon radish, edamame beans, cucumber, carrots, rosa tomato, seaweed salad, pickled ginger, wasabi and your choice of protein.

<b>Crab</b> 7-spiced crab	<b>149</b>
<b>Salmon</b> Fresh Norwegian salmon marinated in sweet teriyaki	<b>175</b>
<b>Tuna</b> Fresh yellow fin tuna marinated in a sweet soy and ginger dressing	<b>165</b>
<b>Prawn</b> Steamed prawns served with sriracha mayo	<b>159</b>
<b>Chicken</b> Strips served with sriracha mayo	<b>145</b>

# Sushi Combos

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Less 30% during special

<b>Salty Sailor</b> Good ol' Fish & Chips (4) + Hot Crunch Roll (4)	<b>160</b>
<b>Reloaded</b> Rainbow Reloaded (4) + Loaded Roses (3)	<b>170</b>
<b>Rocka Fella</b> Rock Shrimp Tempura (4) + Volcano Roll (3)	<b>175</b>
<b>Salmon Jack</b> Salmon Rock Shrimp Roses (3) + Nadare (4)	<b>179</b>
<b>4x4</b> Rainbow Reloaded (4) + Rock Shrimp Tempura (4)	<b>180</b>



# Signature Sushi Plates

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Less 30% during special

**Good ol' Fish & Chips** 4 - 89 8 - 159

Battered hake California topped with rock shrimp sauce, salted potato chips and peas

**Loaded Roses** 3 - 95 6 - 175

Salmon roses topped with 7spiced crab, sweet teriyaki, tempura crumbs and caviar

**Rainbow Reloaded** 4 - 85 8 - 155

Salmon Rainbow roll topped with tempura prawn, soy reduction, kewpie mayo and caviar

**Rock Shrimp Tempura** 4 - 99 8 - 165

Deep fried prawn California topped with tempura prawn and rock shrimp sauce

**Volcano Roll** 3 - 85 6 - 159

Tempura salmon bamboo roll topped with 7spiced crab and chilli bean sauce

**Salmon Rock Shrimp Roses** 3 - 115 6 - 195

Salmon roses topped with tempura prawns and rock shrimp sauce

**Prawn Nadare** 4 - 85 8 - 155

Prawn California topped with avalanche prawns and soy reduction

**Hot Crunch Rolls** 4 - 82 8 - 149

Salmon, tuna or prawn and Philadelphia cream cheese deep-fried California, topped with kewpie and sweet chilli

**The Su'Nut** 1 - 129

Salmon, Tuna or Prawn with Philadelphia and sweet chilli deep fried sushi doughnut topped with soy reduction, kewpie, sweet chilli and caviar

# Sushi Platters

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Less 30% during special

<b>Sushi for 1</b>	<b>199</b>
Salmon Cali (4) Tuna Chilli Roses (3) Prawn Nigiri (2) Crab Maki (4)	
<b>Salmon Platter</b>	<b>395</b>
Salmon Sashimi (4) Salmon Roses (3) Salmon Bean Curd (2) Salmon Nigiri (4)	
<b>Sushi for 2</b>	<b>395</b>
Salmon Cali (8) Tuna Chilli Roses (6) Prawn Nigiri (4) Crab Maki (8)	
<b>Jack's Signature</b>	<b>469</b>
Good 'ol Fish & Chips (4) Rock Shrimp Tempura (4) Loaded Roses (3) Prawn Nadare (4) Volcano Roll (3)	
<b>Gold Platter</b>	<b>459</b>
Crab Bean Curd (2) Tuna Bean Curd (2) Tuna Chilli Roses (3) Salmon Rainbow (8) Seared Tuna Sashimi (4) Tempura Prawn Bamboo (6) Prawn Nigiri (2)	
<b>Sashimi Platter</b>	<b>479</b>
Salmon (4) Seared Salmon (4) Tuna (4) Seared Tuna (4)	
<b>Exotic Platter</b>	<b>495</b>
Tuna Crunch (8) Prawn Nadare (8) Rainbow Reloaded (8) Bam Bam Roll (6)	
<b>Platinum Platter</b>	<b>695</b>
Rainbow reloaded (8) Mixed rainbow (8) Tempura Prawn Bamboo (6) Tuna Chilli Roses (3) Seared Tuna Sashimi (2) Salmon Sashimi (2) Salmon Roses (3) Prawn California (4)	

# Traditional Plates

Less 50% during special

<b>California Rolls</b>	<b>4</b>	<b>8</b>	<b>Bean Curd</b>	<b>2</b>	<b>4</b>
Avo	49	89	Avo	75	135
Salmon	85	145	Salmon	89	169
Tuna	65	115	Tuna	79	149
Prawn	65	115	Prawn	79	149
Crab	60	109	Crab	70	135
<b>Bamboo Rolls</b>	<b>4</b>	<b>8</b>	<b>Roses</b>	<b>3</b>	<b>6</b>
Avo	55	99	Salmon	109	189
Salmon	85	149	Tuna	79	145
Tuna	69	119	Seared Tuna Chilli	85	149
Tempura Prawn	69	119	<b>Sashimi</b>	<b>4</b>	<b>8</b>
Crab	62	109	Salmon	139	260
<b>Rainbow Rolls</b>	<b>4</b>	<b>8</b>	Seared Salmon	145	269
Avo	55	99	Tuna	109	210
Salmon	105	185	Seared Tuna	115	219
Tuna	79	135	<b>Nigiri</b>	<b>2</b>	<b>4</b>
Prawn	79	135	Salmon	85	155
Mixed	85	155	Tuna	69	129
<b>Hand Rolls</b>		<b>1</b>	Prawn	69	129
Avo & Cucumber		75	<b>Sushi Salads</b>		<b>1</b>
Salmon		115	Salmon		115
Tuna		85	Tuna		89
Tempura Prawn		85	Prawn		89
<b>Maki Rolls</b>	<b>4</b>	<b>8</b>	Crab		80
Avo	49	89	<b>Fashion Sandwiches</b>	<b>4</b>	
Salmon	79	149	Avo		55
Tuna	62	115	Salmon		120
Prawn	62	115	Tuna		89
Crab	55	99	Prawn		89

# Starters

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- Marinated Olives** 75  
A combination of green and Kalamata olives, marinated in extra virgin olive oil and chilli flakes
- Char-Grilled Halloumi** 79  
Served either grilled or fried, with a homemade onion chutney
- Chicken Livers** 79  
Served in a medium-spiced Napoli sauce
- Tempura Prawns** 85  
Golden-fried, served with a sweet chilli and pineapple dipping sauce
- Calamari Tentacles** 89  
Crispy-fried, served with home-made tartar sauce
- Grilled Falkland Island Calamari** 99  
Grilled, with your choice of sauce
- Fresh Saldanha Bay Mussels** 99  
Fresh whole shell West Coast mussels, served in Jack's famous sauce
- Falklands Skewer** 119  
Calamari stuffed with prawns and shallots, dusted with a peri-peri seasoning, and grilled on the open flame
- Sesame-Crusted Tuna Sashimi** 129  
Seared fillet of tuna dusted in sesame seeds, served with a sweet soy and ginger dressing
- 031 Calamari** 129  
Calamari stuffed with prawn and curried pineapple, served on smashed avo
- Springbok Carpaccio** 139  
Served with a wasabi mayo, parmesan shavings and balsamic reduction
- Salmon Carpaccio** 165  
Served with daikon radish, Kewpie mayo, seasonal mango\*, soy reduction and caviar

<b>Mezze Platter</b>	<b>235</b>
Calamari tubes and tentacles, halloumi, marinated olives, crusty ciabatta and tartar sauce	
<b>Oysters</b>	
Served <i>au naturale</i> with lemon wedges and Tobasco	
<b>1</b>	<b>35</b>
<b>3</b>	<b>95</b>
<b>6</b>	<b>180</b>
<b>12</b>	<b>345</b>

## Salads

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<b>Greek</b>	<b>89</b>
Feta and olives, served on a bed of fresh greens	
<b>Lentil &amp; Feta</b>	<b>99</b>
Lentils and feta tossed with fresh greens	
Add Calamari	<b>49</b>
<b>Halloumi, Chickpea &amp; Avo</b>	<b>135</b>
Fried halloumi, chickpeas and avocado, served on a bed of fresh greens	
<b>Grilled Chicken, Avo &amp; Feta</b>	<b>135</b>
Tender chicken strips served with feta and avocado on a bed of fresh greens	
<b>Calamari</b>	<b>159</b>
Tubes and tentacles, served with feta, on a bed of fresh greens	
<b>Tempura Prawn, Avo &amp; Feta</b>	<b>159</b>
4 golden tempura prawns served with avocado on a bed of fresh greens	
Add 2 Prawns	<b>25</b>
<b>Smoked Salmon, Cream Cheese &amp; Avo</b>	<b>159</b>
Delicately smoked salmon served with cream cheese, capers and olive oil	

# Falkland Island Calamari

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**Island-Style Calamari** 199  
Succulent tubes of calamari grilled to perfection

**Calamari and Flamed Chouriço** 199  
Calamari and chouriço done in a mild peri-peri, with baby rosa tomatoes

**031 Calamari** 229  
Calamari stuffed with prawn and curried pineapple, served on smashed avo

## Fish

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**Good ol' Fish & Chips** 139  
Jack's award-winning fish and chips

**Thai Fish Cakes\*** 159  
Fresh fish and prawns dusted in panko and fried. Served with a sweet chilli and pineapple dipping sauce

**Gourmet Fish & Chips** 219  
Kingklip goujons served on a bed of creamy mash

**Fresh Line Fish of the Day**  
Grilled with lemon butter or Cajun

<b>200g</b>	<b>169</b>
<b>280g</b>	<b>199</b>
<b>350g</b>	<b>229</b>

**Kingklip**  
Grilled with lemon butter or cajun

<b>220g</b>	<b>229</b>
<b>280g</b>	<b>295</b>

**Sole** 219  
Served with burnt butter and capers, or fresh lemon and black pepper

**Norwegian Salmon** 319  
Grilled to your liking

\*Subject to availability

# Jack's Signature Dishes

- Sesame-Crusted Tuna** 249  
Fillet of tuna, dusted in sesame seeds, and seared.  
Served with a sweet soy and ginger dressing
- Kingklip Cleopatra** 279  
Fillet of kingklip, dusted in panko and grilled. Served  
with a hearty Napoli sauce with olives and capers
- Prawns Pardelle** 295  
10 queen prawns smothered in Jack's Pardelle sauce
- Pesce De Mare** 305  
Fillet of linefish crowned with calamari, mussels  
and prawns
- Jack's Salmon** 329  
Fillet of Norwegian salmon, brushed with mirin and  
soy sauce, served on a bed of wasabi mash and  
seasonal veg
- Whole Fish** SQ  
Enquire about our selection of whole fish

# Prawns

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All our prawns are served with either lemon butter, garlic butter or Jack's famous prawn sauce.

## Medium Prawns

10	189
18	249
24	289

## Queen Prawns

8	239
12	309
16	369

## King Prawns

6	245
9	315
12	385

# Shellfish

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## Fresh Saldanha Bay Mussels 199

Fresh whole shell West Coast mussels served in Jack's famous sauce

## Crayfish

Medium	SQ
Large	SQ

## Langoustines

Medium	SQ
Large	SQ

# Platters

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<b>Sailor's</b>	<b>229</b>
Fillet of hake, calamari tubes and 4 medium prawns	
<b>Captain's</b>	<b>299</b>
Fillet of fresh line fish, calamari tubes and 6 medium prawns	
<b>Pirate's</b>	<b>369</b>
250g fillet steak, calamari tubes and 6 medium prawns	
<b>Crew</b>	<b>459</b>
2 fillets of hake, calamari tubes and 8 medium prawns	
<b>Admiral's</b>	<b>595</b>
2 fillets of line fish, calamari tubes and 12 medium prawns	
<b>Deluxe Platter for Two</b>	<b>1295</b>
2 crayfish, 2 fillets of line fish, mussels, calamari and 12 queen prawns	

# Combos

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<b>Hake &amp; Calamari</b>	<b>199</b>
Fillet of hake and calamari tubes	
<b>Hake &amp; Prawn</b>	<b>199</b>
Fillet of hake and 4 medium prawns	
<b>Prawn &amp; Calamari</b>	<b>229</b>
4 medium prawns and calamari tubes	
<b>Line Fish &amp; Calamari</b>	<b>249</b>
Fresh line fish of the day and calamari tubes	
<b>Line Fish &amp; Prawns</b>	<b>249</b>
Fresh line fish and 4 medium prawns	

# Grills

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<b>Deboned Peri-Peri Chicken</b>	<b>159</b>
Jack's famous deboned peri-peri ½ chicken, served with peri-peri sauce	
<b>Rump 300g</b>	<b>195</b>
Grilled to your liking	
<b>Fillet 250g</b>	<b>239</b>
Grilled to your liking	
<b>Deboned Chicken &amp; Prawns</b>	<b>259</b>
Half deboned peri-peri chicken served with 3 Queen prawns	
<b>Surf &amp; Turf</b>	<b>295</b>
250g fillet served with 4 medium prawns	
<b>Ultimate Surf &amp; Turf</b>	<b>SQ</b>
250g fillet served with a sustainably caught crayfish	
<b>Extra Sauces</b>	<b>39</b>

# Curries

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<b>Chicken</b>	<b>159</b>
Tender chicken served in a medium-spiced curry. Served with basmati rice and poppadom	
<b>Chicken &amp; Prawns</b>	<b>195</b>
Tender chicken and plump prawns served in a medium-spiced curry. Served with basmati rice and poppadom	
<b>Pacific Rim Fish &amp; Prawn</b>	<b>199</b>
Fresh fish and plump prawns in medium-spiced curry with coconut cream. Served with basmati rice and poppadom	

# Pasta

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Your choice of penne or linguini

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|---|------------|
| <b>Napolitana</b>   | <b>89</b>  |
| Served with homemade Napoli sauce   |            |
| <b>Pesto Pasta</b>  | <b>125</b> |
| Tossed in basil pesto, honey-glazed rosa tomatoes and feta                                    |            |
| <b>Pollo Picante</b>  | <b>149</b> |
| Plump chicken pieces worked into a creamy Napoli sauce, with a hint of chilli                 |            |
| <b>Prawns Picante</b>   | <b>189</b> |
| Plump prawns worked into a creamy Napoli sauce, with a hint of chilli                         |            |
| <b>Falklands Fiesta</b>   | <b>189</b> |
| Tubes and tentacles served with a creamy Napoli sauce   |            |
| <b>Seafood Medley</b>   | <b>255</b> |
| Fresh fish, mussels, prawns, calamari tubes and tentacles served in our homemade Napoli sauce |            |

# Desserts

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|---|-----------|
| <b>Crème Brûlée</b>   | <b>69</b> |
| Enquire about the flavour of the day  |           |
| <b>Panna Cotta</b>  | <b>69</b> |
| Enquire about the flavour of the day  |           |
| <b>Affogato</b>   | <b>85</b> |
| Vanilla ice cream served with Amaretto and an espresso                            |           |
| <b>Death by Brownie</b>   | <b>79</b> |
| Deep-fried chocolate brownie served with ice cream, chilli flakes and coarse salt |           |
| <b>Cheesecake</b>   | <b>85</b> |
| Enquire about the flavour of the day  |           |
| <b>Chocolate Lava</b>   | <b>89</b> |
| Soft Chocolate dessert with gooey chocolate filling, served with ice cream        |           |