The Heights
RESTAURANT & BISTRO

LIGHT MEALS

BUFFALO WINGS
with chips, blue cheese dip & Prego sauce

FIVE (5) FULL WINGS	R139
TEN (10) FULL WINGS	R199

BEEF WRAP & CHIPS — R149
Loaded with Grilled Sirloin Strips, Garden Greens & Dressing

CHICKEN, CHIPS & SALAD — R159
Grilled half chicken with Prego sauce on the side

CHICKEN MAYO WRAP & CHIPS — R139
Grilled chicken strips with lettuce, bell peppers, cocktail tomatoes & grated carrots

STEAK, EGG & CHIPS — R149
150g Sirloin Steak and Two Fried Eggs

FISH & CHIPS — R159
Deep-fried hake goujons with mayonaise and pickled ginger



PIZZA

Oven-baked with Mozzarella, Cheddar, Parmesan & Italian Herbs

BBQ CHICKEN — R179
Grilled Chicken Fillet Strips, Mushrooms, Pineapple, Feta & Garlic. Garnished with BBQ Mayo

HAWAIIN — R169
Bacon, Ham & Pineapple

ITALIAN — R189
Bacon, Ham, Pepperoni, Salami, Olives, Peppadews, Chilli Flakes & Garlic

MEAT FEAST — R189
Boerewors, Bolognese Mince, Sirloin Steak Strips, Caramelized Onions & Cocktail Tomatoes

MEXICAN — R179
Bolognese Mince, Caramelized Onions, Cocktail Tomatoes, Bell Peppers, Chilli Flakes & Garlic. Garnished with Plain Yogurt

REGINA — R169
Bacon, Ham & Mushrooms

PASTA

Served with an Italian Side Salad

SPAGHETTI BOLOGNESE — R169
Beef Mince in Onion, Tomato & Herbs Sauce

PENNE ALFREDO — R179
Pan-fried Bacon and Ham in a Creamy Mushroom & Garlic Sauce

PENNE POLLO — R169
Grilled Chicken Fillet Strips in a Creamy Mushroom & Garlic Sauce

PENNE SEAFOOD — R199
Calamari Rings, Shelled Prawns, Mussels & a Touch of Garlic

BEEF LASAGNA *Oven-baked with Parmesan* — R179



VEGETARIAN

FOUR CHEESE PIZZA — R129
Mozzarella, Feta, Parmesan, Cheddar, Garlic & Italian Herbs

MARGHERITA PIZZA — R79
Topped with Cocktail Tomatoes

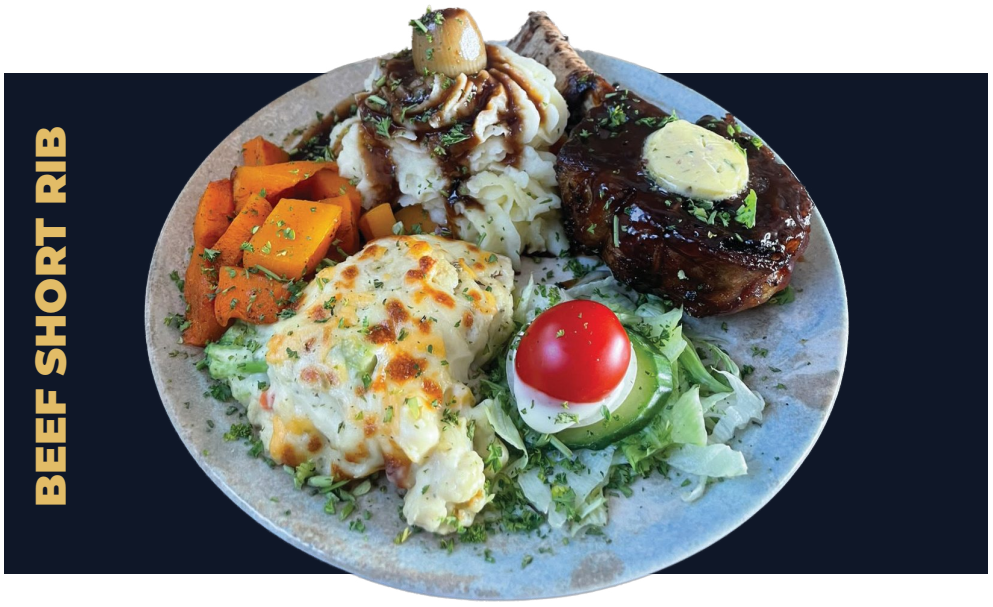
VEGETARIAN PIZZA — R149
Caramelized Onions, Cocktail Tomatoes, Bell Peppers, Peppadews, Mushrooms, Olives, Garlic & Sesame Seeds

VEGETARIAN LASAGNA — R149
Selection of Vegetables, Cocktail Tomatoes, Bell Peppers, Mushroom Sauce and Sesame Seeds

VEGETARIAN PLATTER — R179
Jacket potato, crumbed mushrooms, grilled tomato, seasonal hot veg, avocado, olives, feta & cheese sauce. Served on a wrap

The Heights
RESTAURANT & BISTRO

GORGEOUS FOOD ★ GREAT HOSPITALITY



Welcome to The Heights.
Your support and patience are appreciated.
Please don't hesitate to call upon management if we could make your experience more memorable!



CULINARY ATTRACTIONS

BEEF SHORT RIB — R249
Slow roasted and served with extra gravy, mash & hot veg

BEEF STEW & DOMBI — R229
Braised rump steak stew served with dumplings, chutney & cole slaw

EISBEIN — R229
Deep fried crispy pork knuckle with hot veg and mash topped with home-made sweet mustard sauce, with apple sauce on the side

GARLIC STEAK — R359
300g Beef fillet, topped with home-made garlic butter and served with hot veg & chips

LADIES STEAK — R239
200g Beef fillet topped with Café de Paris butter. Served with hot veg, Italian salad & dressing

LAMB CURRY — R299
Lamb knuckle and leg cubes. Served with Basmati rice, banana, chutney, coconut & sambals

LAMB SHOULDER — R339
Slow roasted and served with extra gravy, mash, hot veg & mint sauce

OXTAIL — R259
Slow cooked and served with mash and hot veg

PICANHA — R339
Popular Brazilian beef cut from the top of the rump, with a distinctive layer of fat, topped with Café de Paris butter and served with hot veg & chips

SPARERIBS — R299
Full rack of ribs with chips and onion rings

STEAK MADAGASCAR — R359
300g Beef fillet, topped with home-made creamy whole green pepper corn sauce. Served with hot veg & chips

TOMAHAWK STEAK — R339
Ribeye on the bone, topped with Café de Paris butter and served with hot veg & chips

VEGETARIAN PLATTER — R179
Jacket potato, crumbed mushrooms, grilled tomato, seasonal hot veg, avocado, olives, feta & cheese sauce. Served on a wrap



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SALADS & STARTERS

CAESAR SALAD R139
Anchovy, bacon, eggs, parmesan, croutons, lettuce & Caesar dressing

CALAMARI R119
Deep-fried rings with mayonaise, pickled ginger & lemon wedges

CHICKEN LIVERS R89
Spicy Chicken livers with flatbread

CHEESY GARLIC SNAILS OR PRAWNS R129
Pan-fried in garlic butter with parsley, topped with melted cheese & paprika, served with baguette slices

CRUMBED MUSHROOMS R119
Deep-fried mushrooms with cheese sauce

COBB SALAD R139
Avo, bacon, chicken, greens, hard boiled eggs, tomato & blue cheese dressing

FLAMING CHORIZO R129
Grilled Iberian sausage flaming on a clay burner

FLATBREAD R59 R79
Garlic & Herbs. Topped with parmesan
Four Cheese. Cheddar, feta, mozzarella & parmesan

GARLIC BAGUETTE SLICES R59
With melted cheese, paprika & parsley

GREEK SALAD R129
Olives, feta & tzatziki

ITALIAN SALAD R139
Bell peppers, cucumbers, greens, olives, red onions, tomatoes, mozzarella & parmesan, pepperoni slices & creamy herb dressing

MUSSEL BOWL R129
In a creamy garlic white wine sauce with parsley & flatbread

PRAWN COCKTAIL R139
In Marie Rose Sauce on crisp summer leaves, avocado & pickled ginger



SIDES

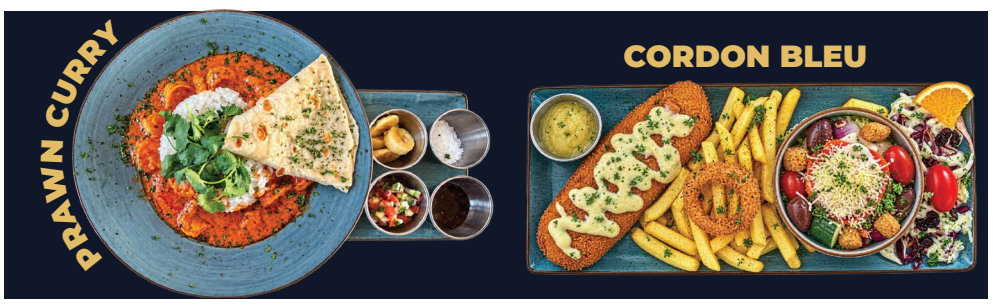
CHIPS or ONION RINGS or PHUTU PAP or DOMBI R29

HOT VEG or ITALIAN SALAD or MOROGO R39

CURRIES
Curries served with Basmati Rice, Roti, Banana, Chutney, Coconut & Sambals

CHICKEN CURRY R229
Diced chicken breast in a mild and spicey curry sauce

PRAWN CURRY R269
Shelled prawns in a creamy curry sauce with a dash of white wine



SCHNITZELS
With Chips, Italian Salad & Dressing

BEEF SCHNITZEL R179
Topped with cheese, mushroom, or pepper sauce

CHICKEN SCHNITZEL R179
Topped with cheese, mushroom, or pepper sauce

CORDON BLEU R199
Pork Fillet with bacon, ham & cheese. Topped with a home-made sweet mustard sauce with apple sauce on the side

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GRILLS *Chargrilled and served with Chips & Hot Veg*

BEEF FILLET STEAK R339
Tender 300g Medallion

SIRLOIN R339
500g Butterflied and surrounded with generous fat

T-BONE R239
300g Fillet & sirloin on the bone

LAMB CHOPS R299
Three flame-grilled 150g lamb loin chops with mint sauce

RUMP STEAK 200g **R189** | 300g **R239**
Prime face cut



SAUCES
CHEESE | MUSHROOM | PEPPER R29

BURGERS *With Chips & Onion Rings*

BISTRO BURGER R119
Beef or Chicken

CHEESE BURGER R129
Topped with a slice of Full Cream Cheddar Cheese

SAUCY BURGER R139
Cheese or Mushroom or Pepper

STEAK BURGER R149
Flame-grilled 150g Sirloin Steak

SAUCY MELT BURGER R149
Sliced Cheese, Mushroom & Pepper Sauce

GORGEOUS BURGER R169
Sliced Cheese, Grilled Pineapple, Mushroom & Pepper Sauce, topped with a Fried Egg

BREAKFAST BURGER R169
Bacon, Egg & Cheese

COMBO DOUBLE BURGER R189
Beef & Chicken Burgers, topped with Sauces of your Choice



SEAFOOD
Served with Basmati Rice or Chips, Italian Salad, Sliced Lemon, Mayonaise and Pickled Ginger

CALAMARI R259
Deep-fried, lightly dusted rings

CALAMARI & SHELLED PRAWNS R259
Calamari rings and pan-fried Cajun shelled prawns

MUSSEL POT R199
In a creamy garlic white wine sauce with parsley & flatbread

PAN-FRIED HAKE R189
Lightly dusted in flour

SALMON STEAK R249
Pan-fried and finished under the grill

SEAFOOD PLATTER R349
Deep-fried hake goujons, calamari, pan-fried Cajun shelled prawns and mussels in a creamy, garlic sauce with dash of white wine

COMBOS & PLATTERS

BRAAI SPECIAL R249
Boerewors, lamb saddle chop & sirloin steak. Served with potato salad, coleslaw, hot veg & chips

STEAK & PRAWNS R299
300g T-bone steak & Cajun pan-fried shelled prawns. Served with chips or basmati rice

MEAT PLATTER R449
Boerewors, chicken winglets, cocktail cheese grillers, sirloin steak strips, spareribs, chips & onion rings

MEAT & SEAFOOD PLATTER R549
Boerewors, chicken winglets, spareribs, hake goujons, calamari rings & a Cajun pan-fried shelled prawns, chips & onion rings