

WELCOME TO



The Heights

RESTAURANT & BISTRO (Est Dec 22)

MENU & WINE LIST

GORGEOUS FOOD

GREAT HOSPITALITY



*Thank you for choosing The Heights.
We trust you enjoy our hospitality.
Your support and patience is appreciated.*

*Your hosts are Waltie, Clint, Tariq, Felicia, Natasja
& Saru. Our head chef is Mabel Kapanda.*

*Please don't hesitate to call upon one of us
if we can make your experience more memorable!*



SALADS

CAESAR

R139

Anchovy, bacon, eggs, parmesan, croutons, cocktail tomatoes, sliced onion, lettuce topped with Caesar dressing

GREEK

R129

Olives, cocktail tomatoes, sliced onion, feta topped with tzatziki

PRAWN COCKTAIL

R139

Shelled prawns on crisp summer leaves, cocktail tomatoes, sliced onion, avocado & pickled ginger topped with Marie Rose Sauce

TUNA

R119

Shredded Tuna on garden greens, cocktail tomatoes, eggs, sliced onion, topped with mayonnaise & pickled ginger

SMOKED SALMON

R169

On leafy greens with avo, sliced onion, cocktail tomatoes, capers & lemon wedges With mayonnaise and drizzled with olive oil



STARTERS

FLAMING CHORIZO

R109

Grilled Iberian sausage flaming on a clay burner

GARLIC FOOTLONG ROLL

R59

With melted cheese, paprika & parsley

CALAMARI

R119

Deep-fried rings with mayonnaise, pickled ginger & lemon wedges

BEEF CARPACCIO

R139

Thinly sliced cured beef fillet with leafy greens, sliced onion, capers, parmesan cheese, olive oil, balsamic reduction & lemon wedges

CHEESY GARLIC SNAILS OR PRAWNS

R119

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

CHICKEN LIVERS

R89

Spicy Chicken livers with baguette slices

MUSSEL BOWL

R129

In a creamy garlic white wine sauce with parsley & baguette slices





EISBEIN



LAMB SHOULDER

CHEF'S RECOMMENDATIONS

EISBEIN

R219

Deep fried crispy pork knuckle with hot veg, mashed potatoes, topped with sweet mustard and with apple sauce on the side

LAMB SHOULDER

R339

500g Lamb shoulder, slow roasted, drizzled with jus, served with mashed potatoes, hot veg & mint sauce

LADIES STEAK

R239

200g Beef fillet mignon topped with Café de Paris butter. Served with hot veg, Italian salad & dressing

STEAK MADAGASCAR

200g

300g

Beef fillet medallion, flame-grilled then pan-fried in a creamy green pepper corns sauce

R279

R359

GARLIC STEAK

200g

300g

Beef fillet medallion, flame-grilled then pan-fried in home-made garlic butter

R279

R359

VEGETARIAN PLATTER

R169

Jacket potato, crumbed mushrooms, morogo, grilled tomato with baby onion, hot veg, avocado, olives & feta and cheese sauce. Served on a wrap



STEAK MADAGASCAR



VEGETARIAN PLATTER

SIDES

MAROGO

R49

Traditional spinash

PHUTU

R39

With rich tomato & onion gravy

ONION RINGS

R39

Individual onion rings, dusted in flour & deep fried

CHIPS

R39

With potato spices

HOT VEGETABLES

R49

Two seasonal veggies of the day

SALAD

R49

Italian salad topped with Vinaigrette dressing



PRAWN CURRY



LAMB CURRY



CASSEROLES & CURRIES

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

CHICKEN CURRY

R229

Grilled deboned chicken in a mild and spicy curry sauce

LAMB CURRY

R299

Aromatic lamb gaulash

PRAWN CURRY

R269

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

OXTAIL

R239

Slow cooked and served with mashed potatoes & hot veg

BEEF STEW & DOMBOLO

R199

Braised rump steak with cabbage, dumplings, chutney, tomato & onion gravy & cole slaw

SCHNITZELS

With Chips & Italian Salad

BEEF SCHNITZEL

R179

Topped with a sauce of your choice

CHICKEN SCHNITZEL

R179

Topped with sliced cheese & a sauce of your choice

CORDON BLEU

R189

Pork Fillet with bacon, ham & cheese. Topped with sweet mustard with apple sauce on the side

GRILLS

Chargrilled and served with Chips & Hot Veg



T-BONE

R239

300g Fillet & sirloin on the bone



PICANHA

R339

2 X 150g Flavourful, tender cuts from the rump cap

BEEF FILLET STEAK

**200g
R239**

**300g
R339**

Tender Medallions

RUMP STEAK

R189

R239

Prime face cut

LAMB CUTLETS

R259

Three lamb loin chops with home-made mint sauce

SPARERIBS

R289

Full rack of Pork Ribs with chips & onion rings



SIRLOIN

R339

500g Butterflied and surrounded with generous fat

TOMAHAWK

R339

500g Ribeye on the bone



LIGHT MEALS *with chips*

CHICKEN MAYONNAISE WRAP

R109

Chunky, pan-fried Chicken Breast Strips with Bell Peppers & Grated Carrots in a Toasted Folded Wrap

BEEF WRAP

R109

Loaded with Grilled Beef Strips, Garden Greens & Tzatziki in a Toasted Folded Wrap

CHICKEN AND BACON FOOTLONG

R109

Grilled Chicken and Bacon, BBQ-mayo, topped with Melted Cheese

STEAK, EGGS & CHIPS

R129

Spiced Sirloin and Two Fried Eggs

CHICKEN & SALAD

R149

Crispy Half Chicken

BEEF BANGERS & MASH

R109

With gravy & hot veg

BURGERS *with chips*



GORGEOUS BURGER

180g Beef burger topped with sliced cheese, grilled pineapple, pepper & mushroom sauce, fried egg and onion rings

R159

BISTRO BURGER

R129

180g Plain Beef Burger with Sliced Cheese

SAUCY MELT BURGER

R149

180g Beef Burger with Sliced Cheese and Pepper & Mushroom Sauce

CHICKEN BURGER

R129

Grilled Breast topped with a Sauce of your choice

SPICY STEAK ROLL

R149

Marinated Sirloin drizzled with Prego Sauce

COMBO BURGER

R169

Beef & chicken burger topped with sauces of your choice

SAUCES

Cheese | Mushroom | Pepper | Prego

R35

SEAFOOD

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

GRILLED HAKE

R169

Lightly dusted in flour and deep-fried

GRILLED KINGKLIP

R289

Lemon buttered fillet, pan-fried with coarse salt & pepper

GRILLED SOLE

R229

Lightly dusted and lemon buttered

SALMON STEAK

R319

Pan-fried and oven grilled with lemon butter and a touch of garlic

CALAMARI

R249

Deep-fried lightly dusted rings

MUSSEL POT

R199

Half-shell sea mussels in a creamy garlic white wine sauce, parsley & baguette slices

OCEAN PLATTER

R449

Calamari rings, hake, sole & sea mussels with creamy pan-fried shelled prawns

SEAFOOD PAELLA

R249

Calamari, mussels & shelled prawns chowder

SHELLED PRAWNS COMBOS

with Lemon Wedges, Pickled Ginger, Rice or Chips and Mayonnaise



PRAWNS & CALAMARI

PRAWNS AND CALAMARI

R279

Creamy shelled prawns, pan-fried in light peri-peri oil & a portion of deep-fried calamari rings

PRAWNS AND CHICKEN

R269

Creamy shelled prawns, pan-fried in light peri-peri oil & a grilled half chicken

PRAWNS AND STEAK

R299

Creamy shelled prawns, pan-fried in light peri-peri oil & a 300g char-grilled T-bone

PRAWNS AND SOLE

R279

Pan-fried shelled prawns & a lightly dusted lemon buttered sole

NOW WITH
50g EXTRA
 Cheddarella Cheese

PIZZA

BAKED WITH PARMESAN CHEESE & ITALIAN HERBS

BBQ CHICKEN

R179

Grilled Mayo Chicken, Mushrooms, Pineapple, Feta & Garlic

FOUR CHEESE

R159

Mozzarella, Cheddarella, Feta, Parmesan & Garlic

HAWAIIAN

R165

Bacon, Ham & Pineapple

ITALIAN

R185

Bacon, Ham, Pepperoni, Salami, Olives, Peppadews, Chilli Flakes & Garlic

MARGHERITA

R99

Topped with Cocktail Tomatoes



ITALIAN

SEAFOOD



SEAFOOD

R199

Calamari, Sea Mussels, Shelled Prawns, Shredded Tuna & Garlic

MEATY

R179

Boerewors, Bolognese Mince, Spiced 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

VEGETARIAN

R169

Caramelized Onions, Cocktail Tomatoes, Bell Peppers, Mushrooms, Olives, Peppadews, Garlic & Sesame Seeds

PASTA

BAKED WITH PARMESAN CHEESE & SERVED WITH ITALIAN SIDE SALAD

SPAGHETTI

BOLOGNESE

R169

Beef Mince in Tomato, Onion & Herb Sauce

PENNE

ALFREDO

R179

Pan-fried Bacon, Ham, Garlic & Mushrooms with Fresh Cream

POLLO

R179

Grilled Chicken Strips, Mushrooms & Garlic

SEAFOOD

R199

Calamari Rings, Sea Mussels, Shelled Prawns, Shredded Tuna & Garlic

BAKED

BEEF LASAGNA

R179

Layered with Rich Cheesy Bolognese Mince

VEGETABLE LASAGNA

R159

Selection of Seasonal Fresh Garden Veg, Baby Marrow, Broccoli, Cauliflower, Patty Pans, Carrots, Green Beans, Cocktail Tomatoes, Peppers, Celery & Sesame Seeds

TUNA LASAGNA

R169

Stacked with Rich Cheesy Shredded Tuna, Chopped Onions & Garlic

EXTRA TOPPINGS

Cheese, Bacon, Ham, Salami, Pepperoni

R39

Avo, Mushrooms, Pineapple

R29



SPAGHETTI
BOLOGNAISE