



12 OCEANS HOTEL
& CONFERENCE CENTRE

Menu

Breakfast

Break The Fast 50

1 Egg, 2 Rashers Bacon, Grilled Tomato with Toast, Jam & Butter

Full House 130

2 Eggs, Grilled Tomato, Mushroom, Baked Beans, Bacon, Sausage, 2 Slices of Toast

Salmon Benedict 125

Smoked Salmon, Wilted Spinach, 2 Poached Eggs on a Toasted English Muffin with Hollandaise sauce

Build an Omelette 70

2 Egg Omelette with Sauteed Tomato, Roasted Sweet Peppers and Mozzarella Cheese.

ADD: Ham or Bacon
Salmon or Mushroom 15

Granola Trifle 65

With Double Thick Greek Yoghurt
Fresh Seasonal Fruit & Honey

Vegetarian Breakfast 90

Vegetarian Sausage, Hash Brown, Grilled Tomato, Sauteed Mushroom & Baked Beans. Served with White or Brown Toast, Jam & Butter

Start your
day with a
12 Oceans Breakfast



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LIGHT MEALS

Mediterranean Wrap 85

Roasted Mediterranean Style Vegetables, Served in a Toasted Wrap with Mozzarella & a Basil Pesto Drizzle

Chicken Wrap 95

Crispy Crumbed Chicken Strips, Salad & Sweet Chilli Mayo. Served with a side of Chips

Mutton Burger 95

Spicy Mutton Patty served on a Toasted Bun, Garnish and hand cut Chips

Beef Burger 95

Succulent Beef Patty served on a Toasted Bun, garnish and hand cut Chips

Chicken Burger 85

Tender, Grilled Chicken Fillet served on a Toasted Bun, garnish and hand cut Chips

Vegetarian Burger 75

Vegetarian Patty served on a Toasted Bun, garnish and hand cut Chips

TOASTIES

Classic Cheese & Tomato 60

Served with a side of hand cut Chips

Bacon & Egg 65

Served with a side of hand cut Chips

Cajun Peppadew Chicken 95

Served with a side of hand cut Chips

Mutton Curry 70

Served with Carrot Salad & Sambals

Chicken Curry 50

Served with Carrot Salad & Sambals



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KIDDIES MEALS

Chicken Strips & Chips	60
Chicken Burger & Chips	70
Hot Dog with Chips	45
Mac & Cheese	60

STARTERS

Creamy Mussel Pot	95
Half Shell Mussels in a Creamy Garlic & White Wine Sauce, garnished with Parsley & served with toasted Ciabatta	
Spicy Chicken Livers	80
Tender Chicken Livers. Sauteed with Onion & Garlic, in our Homemade Creamy Peri-peri Sauce. Served with Toasted Ciabatta	
Wings	95
Deliciously marinated Chicken Wings in your choice of BBQ or Peri-Peri sauce	
Crumbed Mushrooms	70
Fresh Button Mushrooms, Crumbed & Fried. Served with Aioli dip	
Cheesy Garlic Bread	50
Crispy Bread smothered in Garlic butter & Cheese	

SALADS

Cajun Chicken	120
Seasonal Salad Leaves, Cucumber, Tomato, Red Onion Rings & Pineapple. Topped with Cajun Spiced Chicken Fillet	
Roasted Vegetable & Seeds	85
Tender Roasted Veg, topped with Feta , Toasted Nuts & Seeds, Drizzled with basil pesto oil . Served on a bed of Crispy Salad Greens	
Greek Salad	85
Traditional Salad with Cucumber , Cherry Tomato , Red Onions , Peppers ., Olives & Feta	



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MAINS

Sirloin Steak 180

250g Sirloin, Grilled to perfection, finished off with a Red Wine Jus. Served with Chips & Seasonal Veg

Fillet Steak 250

200g Fillet Steak grilled to perfection, with your choice of Pepper, Garlic or Cheese Sauce. Served with Chips & Seasonal Veg

Lamb Cutlets 280

400g Lamb Cutlets, served with Mashed Potato, Seasonal Veg & Mint sauce

Chicken Schnitzel 125

Homemade Crumbed Chicken Fillet. Topped with Creamy Mushroom or Cheese Sauce. Served with Chips & Seasonal Veg

Chicken Flatty 125

1/2 Chicken Flatty (Lemon & Herb or Peri Peri) Served with Chips, Salad & Roll

Grilled Cajun Calamari 200

Lightly seasoned calamari, served on a bed of Savoury Rice & your choice of Lemon Butter or Garlic sauce & a side of Chips

Grilled Prawns 270

10 Queen Prawns in Lemon Butter sauce, Savoury Rice & Side Salad

Beer Battered Hake 120

Beer Battered Hake served with Chips, Tartar Sauce & Side Salad

CURRIES

Mutton Curry 95

Tender Mutton on the bone with Basmati Rice or Roti, & Sambals

Butter Chicken 75

Aromatic cubed Chicken Fillet in a Creamy Curry sauce. Served with Basmati Rice or Roti & Sambals

Chicken Curry 65

Fragrant Chicken Curry Served with Rice or Roti

Trotters & Beans Curry SQ

Lamb Trotters & Sugar Beans. Served with Rice or Roti & Sambals

Tripe & Potato Curry SQ

Cleaned Tripe cooked to perfection with Potato. Served with Rice or Roti & Sambals

Mutton Biryani with Dhal SQ

A fragrant Rice dish layered with Tender Mutton marinated in Spices & Yoghurt

Vegetable Biryani with Dhal SQ

A fragrant Rice dish layered with Vegetables & Spices.

Mutton kebab Chutney 95

Homemade Mutton kebab in our spicy Tomato chutney, served with Rice or Roti

Prawn Chutney 145

6 Juicy Queen Prawns cooked in a spicy Tomato Chutney, Served with Rice or Roti

Paneer Chutney 85

Mouthwatering Paneer in a spicy Tomato Chutney, served with Rice or Roti

Beans Curry 55

Spicy Curried Beans served with Roti or Rice



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BUNNIES

Mutton Curry on the bone, in a 1/4 Loaf of Bread	85
Chicken Curry on the bone, in a 1/4 Loaf of Bread	75
Sugar Beans Curry, in a 1/4 Loaf of Bread	50
Broad Beans Curry, in a 1/4 Loaf of Bread	50

PASTA

Prawn Pasta	200
Succulent Prawns cooked in a rich, Buttery, Chilli & Lemon sauce. Finished off with a dash of Fresh Cream and served on a bed of Penne or Linguini	
Chicken Alfredo	115
Tender Chicken Fillet & Mushrooms in a Creamy sauce, topped with Parmesan Shavings	
Roasted Vegetable Pasta	95
Roasted Mediterranean Vegetables, served with Napolitana sauce and Parmesan shavings	

BASKETS

Seafood	250
Panko Prawns, Crumbed Calamari Rings, Squid Heads, Mussels in a Half Shell, Fish Goujons', Chips & Tartar Sauce	
Meaty	220
Sticky Pork Ribs, Chipolata, Wings, Meatballs , Onion Rings , Chips & BBQ dipping sauce	
Ribs & Chips	200
600g Marinated Pork Ribs served with Chips	



Menu

DESSERTS

Malva Pudding & Custard 85

Sticky & Sweet traditional baked pudding, served with homemade custard

Chocolate Brownie 85

Rich Chocolate Brownie served with
Vanilla Ice Cream

Cheese Cake 85

Creamy Cheese Cake, topped with Berry Coulis

Ice Cream & Chocolate Sauce 55

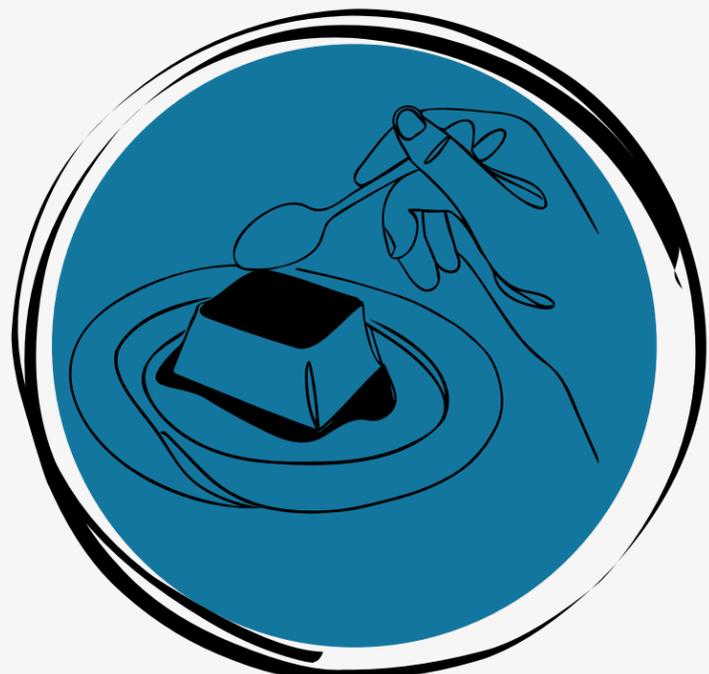
Full Cream Ice Cream served with
homemade Chocolate Sauce

Chocolate volcano 85

A Delicious Chocolate Cake with a rich and moist texture
that melts in your mouth, served with Ice Cream

MILKSHAKES

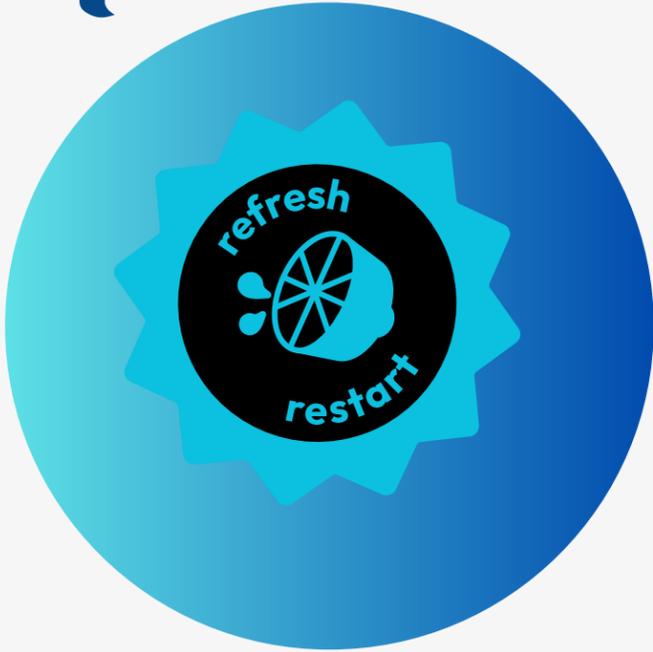
Chocolate	50
Lime	50
Strawberry	50
Bubblegum	50





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COFFEE

Espresso Single	25
Espresso Double	40
Cappuccino	35
Americano	30
Cafe Latte	35
Iced Coffee Frappe	30
Salted Caramel Frappe	30

TEA

Five Roses	25
Rooibos Tea	25
Masala Tea	35

JUICE

Cappy Orange	35
Cappy Apple	35
Cappy Mango & Orange	35

SOFT DRINKS

Appletizer	35
Grapetizer	35
Coke	25
Coke Zero	25
Creme Soda	25
Dry Lemon	25
Fanta Orange	25
Lemonade	20
Soda Water	20
Sparberry	25
Sprite	25
Sprite Zero	25
Stoney	25
Sparkling Water	15
Still Water	15
Tonic Water	20

ENERGY DRINKS

Monster	35
Red Bull	25
Rockstar	20

Enjoy your meal

12 Oceans Hotel &
Conference Centre
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Wine

HOUSE WINE BY THE GLASS - R45

Robertson Chapel White/chenin

Robertson Natural Sweet Rose

Cape Auction Classic Red

Robertson Chapel Red

ROSE

Allesverloren Tinta Rosa- R225

Wine Style - A mild fruity wine.

Tasting Notes - Fresh raspberries and strawberries on the palate, with a hint of vanilla. Exhibiting a perfect sugar / acidity balance, it has a lingering aftertaste.

Pairing Notes - Enjoyed with Salmon, Trout or Asian inspired dishes

Van Loveren Daydream - R215

Wine Style - A delicate off- dry wine.

Tasting Notes - A crisp off dry wine with upfront fresh floral flavours and a soft and fruity finish. The Chardonnay contributes elegance and crisp acidity whilst the Pinot Noir brings intensity in flavours.

Pairing Notes - Best enjoyed with tuna, light curries, smoked salmon or chicken



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Wine

RED WINES

Van Loveren African Java Pinotage- R215

Wine Style - A smooth, lightly oaked dry red wine.

Tasting Notes - Oak matured with vibrant plum & ripe berry fruit on the palate. The wine has an intense aroma of roasted coffee beans, followed by a smokey mocha-java aftertaste.

Pairing Notes - Ideal with hearty red meat dishes such as Osso Bucco, lamb, BBQ, curry, spare ribs and stew.

Van Loveren Merlot - R215

Wine Style - A medium-bodied, fruity wine.

Tasting Notes - Lightly oaked full-bodied wine with strawberry & black berry notes on the nose and a rich fruity plate with balanced tannins that ensure easy drinking.

Pairing Notes - Good with stews, chargrilled chicken, venison, lamb, red meat dishes, smoked meats and flavourful cheeses.

Van Loveren Shiraz- R165

Wine Style - Unwooded, fruity dry blend. Easy drinking.

Tasting Notes - This generous, unwooded red wine will surprise you with ripe plum and spicy, dark cherry flavours and a smooth and silky finish

Pairing Notes - It's a great partner to your favourite burger and pizza.

The Wolf Trap red -R185

Wine Style - A spicy and rich South African red.

Tasting Notes - leads with intense dark fruit aromas of blackberries, blueberries and a whiff of violets, while on the palate a hint of liquorice and sweet tobacco add to the full, dark berry flavours. With a really silky texture it's very smooth and well balanced.

Pairing Notes - Roasted red meats, stews & bbq.

Allesverloren Cabernet Sauvignon- R395

Wine Style - Intensely flavoured wine brimming with traditional Cabernet aromas

Tasting Notes - lots of berry fruit flavours such as blackcurrant and cherries with undertones of dark chocolate.

Pairing Notes - Roasted lamb, beef stew, or aged cheeses.

Christiena cabernet sauvignon- R600

Wine Style - A barrel-matured, full-bodied red wine.

Tasting Notes - Delicious concentration of ripe plum, blackcurrant and blackberry fruit flavours are accompanied by gentle vanilla spice, supple tannins and a long finish.

Elegant and beautifully weighted.

Pairing Notes - Enjoy with rich meat dishes, smoked foods, stews & venison.



Wine

WHITE WINES

Bon courage - R225

Wine Style - A delicate fruitful wine in the "new world" style.

Tasting Notes - The style is crisp and dry with mouthwatering gooseberry and tropical fruit salad flavours, with a hint of citrus on the palate.

Pairing Notes - Nose loaded with guava and coriander amongst other ripe tropical tones. It is excellent with seafood, pasta, grilled chicken kebabs and fresh summer salads.

Van Loveren Sauvignon Blanc- R215

Wine Style - A fruit driven dry white wine

Tasting Notes - Fragrant tropical style with attractive gooseberry & fig character.

Pairing Notes - This hugely popular Sauvignon Blanc has a great tropical grassy character. It is an aromatic & full bodied wine with hints of melon & figs on the palate. Robust character and an elegant, tropical, lingering finish.

Van Loveren Blanc De Blanc- R165

Wine Style - A crisp, dry, fruit driven wine.

Tasting Notes - The fruity character of the Colombar, combined with the grassiness of Sauvignon Blanc creates a harmonious, delightful wine with a fruity nose and dry palate.

Pairing Notes - Ideal with light meals, pastas, salads, seafood and veal.

Van Loveren Colombar- R130

Wine Style - This is a stunning off-dry wine with a fragrant guava-roll nose that follows through on the palate.

Tasting Notes - A fruit-driven, off-dry white wine.

Pairing Notes - Enjoy with poultry, duck or light stews

Christiena Sauvignon Blanc - R450

Wine Style - A fruit driven dry white wine

Tasting Notes - This single vineyard Sauvignon Blanc is full-bodied with a typical grassy & green pea character. Fresh, herbaceous tones are balanced with apple and green fig on the palate to ensure an elegant, lingering finish

Pairing Notes - Ideal with salads, goats cheese, fish & Thai food

Christiena Chardonnay - R480

Wine Style - A premium quality, full-bodied and oak matured white wine.

Tasting Notes - Decadent and delicious, this is a well-balanced and generous Chardonnay that combines flavours of ripe peach, melon, tropical pineapple, zesty lime and rich vanilla spice on the finish.

Pairing Notes - A serious wine to accompany fine cuisine. Good shellfish, grilled fish, rich chicken dishes and creamy pastas.

De Krans Moscato - R225

Wine Style - Fresh tropical fruit flavours of litchi and apricot enhanced by a hint of muscat

Tasting Notes - Alluring freshness of tropical fruit, muscat and honey amplified with a fuzzy taste and exotic spice.

Pairing Notes - Great served with fresh summer salads, cold meats or light meals. Also makes an interesting pairing with mild curries.