

WELCOME TO WAVES RESTAURANT

DINNER IS SERVED

WAVES Restaurant, along with its Executive Chef, Duncan Pontac, has put together an Italian-inspired menu that will enchant every foodie.

We have created a relaxing atmosphere that welcomes both those suited up, and those wet-suited up.

With our wood-fired pizza oven and live show kitchen, we encourage you to sit back, take in the views and enjoy your time with us.

Using locally sourced, fresh ingredients, our team aims to create wholesome dishes that will satisfy every craving. Whether you wish to spoil that special someone with a romantic evening or meet friends and family, WAVES Restaurant is able to cater for any occasion.

We would love to hear all about your experience with us, so share your WAVES moments on any of our social media platforms using the hashtag
[#wavesrestaurant](#) [#blaauwbergbeachhotel](#) [#lifesabeach7daysaweek](#)
[#lifeisbetterinflipflops](#)

* (V) - Vegetarian

(P) - Pescatarian

(N)- Nuts

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, wheat or pork. While we take steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.

SOCIAL MEDIA

Facebook: Blaauwberg Beach Hotel

Instagram: [blaauwbergbeachhotel](#)

TikTok: Blaauwberg Beach Hotel

WAVES

RESTAURANT

STARTERS

Caprese Salad (v, p)

Basil garlic compressed tomatoes, salted Rosa tomatoes, confit tomato slices, Mozzarella, olive oil pearls, crispy capers, red onion shavings, basil leaves

R 160**Chicken Caesar**

Baby gem lettuce, Parmesan chicken croquette, Parmesan crisp, poached egg, anchovy fillets, Caesar dressing

R 150**Beef Carpaccio**

Dukkah spiced beef fillet, Parmesan shavings, garlic aioli, crisp onion rings, watercress leaves

R 165**Salmon Gravlax (p)**

Charcoal cured salmon, beetroot mousse, lemon panna cotta

R 175**Tempura Prawns (p)**

Six crispy fried tempura prawns, mango mousse, avocado puree, chili micro herb salad

R 165

SOUPS

Tomato Consommé (v)

Cold pressed clear tomato soup, olive oil pearls, compressed exotic tomatoes, Mozzarella

R 75**Roasted Cauliflower (v)**

Creamy roasted cauliflower soup, cauliflower croutons, truffle onion

R 60**Chicken Ramen**

Chicken broth, roasted shredded chicken, sesame noodles, julienne vegetables, soft boiled egg

R 110**Beef & Dumpling**

Shredded beef brisket, beef consommé, parsley dumplings

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WAVES

RESTAURANT

Mon - Sun
17h30- 22h30

DINNER

WOOD-FIRED PIZZAS

Margherita (v) Wood-fired Rosa tomatoes, Mozzarella, Napolitana	R 105
Carciofi (v) Roasted artichokes, sundried tomatoes, basil pesto baby marrow ribbons, Mozzarella, Napolitana	R 130
Spinaci & Cavolfiore (v) Wilted spinach, cauliflower shavings, basil pesto, Mozzarella, Napolitana	R 150
Acciuga (p) Anchovies, crispy capers, smoked olives, Mozzarella, Napolitana	R 195
Pollo Tandoori shredded chicken, coriander yoghurt dressing, Mozzarella, Napolitana	R 195
Hawaiian Gypsy ham, caramelised pineapple, Mozzarella, Napolitana	R 190
Calamari Allo Zenzero Pan fried ginger Patagonia calamari, Mozzarella, Napolitana	R 190
Roast Beef Al Sangue Rare roast beef, onion marmalade, wild rocket, Parmesan shavings, Mozzarella, Napolitana	R 195
Pepperoni Pepperoni slices, Mozzarella, Napolitana	R 180
OVEN BAKED GLUTEN FREE BASES AVAILABLE	R 25

PASTAS

CHOOSE ANY OF THE FOLLOWING PASTA OPTIONS:
RIGATONI, PENNE, SPAGHETTI, LINGUINI, TAGLIATELLE

Arrabiata (V) R 115
Spicy tomato concasse, kalamata olives, wood-fired Rosa tomatoes, basil leaves

Napolitano (V) R 95
Wood-fired Rosa tomatoes, Italian herbs

Aubergine (V) R 105
Slow roasted aubergine, wood-fired Rosa tomatoes, salted ricotta

Spicy Squid R 230
Pan fried squid, chorizo, chili & garlic paste, wood-fired Rosa tomatoes

Smoked Salmon R 185
Smoked salmon shavings, sundried tomato pesto, tomato concasse, fennel cream

Pulled Beef Brisket R 180
Slow roasted thyme brisket, onion marmalade, wild mushrooms, thyme jus

Italian Parsley Meatballs R 195
Wood-fired roasted beef meatballs, tomato concasse

Basil Pesto Chicken R 165
Pan fried chicken breast, basil pesto cream, crispy basil leaves

Chicken Alfredo R 170
Pan seared chicken breast, Pecorino, cream

PAN FRIED GNOCCHI AVAILABLE R 25

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MAINS

Lamb Crêpinette

Lamb loin wrapped in nett vet, cinnamon carrot puree, cauliflower croutons, fondant potatoes, rosemary jus

R 260**Smoked Beef Fillet**

200g grilled smoked beef fillet, pea mousse, exotic mushrooms, baby corn, turned potatoes, thyme jus

R 295**Rib Eye Steak**

200g grilled rib eye steak, potato gratin, parsnip puree, kale crisps, Italian parsley jus

R 275**Chicken Curry**

Butter curry sauce, tandoori chicken, steamed coriander basmati rice, crispy delights

R 195**Chicken Roulade**

Caprese rolled chicken breast, sundried tomato risotto, basil hollandaise

R 180**Pork Belly Ribs**

500g sticky pork belly ribs, rustic fries, crispy onion rings

R 240**Pork Fillet**

Buttered pork fillet, confit sweet potato, black garlic paste, steamed green beans, onion jus

R 205



MAINS CONTINUED

Hake & Pommes

Pan seared hake, Parmesan pommes straws, mushy peas, lemon Beurre blanc

R175

Wood-fired Mussels (p)

Wood-fired mussels, garlic white wine sauce, crispy nori, smoked onions, fennel bread

R185

Buttered Crayfish (p)

Buttered poached crayfish, bisque panna cotta, sticky coconut rice, lemon curd, fennel foam

R365

Butternut Wellington (v)

Butternut steak, butternut puree, truffle oil mushroom duxelle, baby spinach, brown lentil concasse, flaky puff pastry

R160

Cauliflower Steak (v)

Grilled cauliflower, pickled cauliflower, cauliflower croutons, pea mousse, smoked potato fondant

R150

Chickpea Tofu Curry (v)

Pan fried smoked paprika chickpeas, firm tofu, spicy curry sauce, steamed basmati rice, crispy delights

R125

Aubergine Steak (v)

Grilled aubergine steak, tomato chutney, confit garlic paste, steamed green beans, saffron risotto

R155

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DESSERTS

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| Churros
Crispy churros, caramel mousse, cocoa crumb, orange ice cream | R 80 |
| Ice Cream Lollipop
Oreo ice cream pop, caramel donut | R 95 |
| Chocolate & Orange
Chocolate sphere, orange mousse, chocolate & orange praline | R 85 |
| WAVES Deconstructed Tiramisu
Coffee sponge, Frangelico jelly, mascarpone mousse, coffee brittle, Kahlua ice cream | R 140 |
| Chocolate Tart (V)
Eggless chocolate tart, cashew brittle, raspberry ice cream | R 85 |
| Crème Brûlée (n)
Soft set Anglaise, almond crunch, almond milk ice cream | R 85 |
| Lemon Posset
Soft set lemon mousse, lemon crumble, raspberry candy floss, raspberry sorbet | R 95 |
| Berry Cheesecake
Berry cheesecake, thyme crumble, Oreo ice cream | R 90 |
| Cheese Plate
Pepper tuile biscuit, fig syrup, grape jam, Camembert croquette, Chevin cheese ice cream | R 120 |
| Cheese Board
Selection of local cheeses, fig preserve, berry compote, salted exotic nuts, crackers, wood-fired garlic flatbread | R 245 |

COFFEE

Cappuccino	R 28
Americano / Decaf	R 26
Café Latte	R 30
Espresso Single	R 22
Espresso Double	R 26
Macchiato	R 28
Hot Chocolate	R 30
Baby Chino	R 12

TEA

Selection of Teas	R 25
English Breakfast	
Rooibos Tea	
Camomile	
Peppermint	
Earl Grey	
Lemon	
Classic green	
Forestberry Cocktail	
Red Latte	R 30

WAVES

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SOMETHING HOT

MOCKTAILS

Watermelon & Apple

DaVinci watermelon syrup, soda water, DaVinci green apple syrup, lime juice

R 65

Virgin Daquiri flavours**(Strawberry or Mango)**

Non alcoholic variation of the classic

R 65

Table Mountain Mojito

Non-alcoholic variation of the classic, made with muddled fresh lime, torn mint leaves & DaVinci natural extracts. Churned with crushed ice & soda water

R 70

Berry Cooler

DaVinci pomegranate shaken with fresh lime juice, cranberry juice, frozen berries & charged with soda

R 75

Rock Shandy Lemonade, soda water, bitters

R 50

Steel Works Ginger beer, cola tonic, lime cordial, bitters

R 50

Malawi Shandy Ginger ale, soda water, bitters

R 50

COCKTAILS

CosmopolitanPremium vodka shaken with fresh lime, DaVinci triple sec and cranberry juice
Garnished with a citrus twist

R 60

MargaritaPremium tequila with freshly squeezed lime juice & DaVinci triple sec
Served straight up or frozen

R 70

Piña Colada

Most famous tropical cocktail, Cuban light rum blended with fresh pineapple pieces & natural coconut extracts

R 80

Daquiri Flavours**(Strawberry or Mango)**

Alcoholic variation of the classic. Cuban light rum based cocktails blended smooth with a choice of two fruit flavours

R 85

MojitoCuban light rum muddled with fresh lime, torn mint leaves and DaVinci wild mint syrup
Churned with crushed ice and charged with soda water

R 95

Long Island Ice Tea

Variation of the classic, made with five white spirits & charged with a choice of

Coke

R 80

Cranberry

R 85

Redbull

R 110

SOFT DRINKS

Mineral Water Still / Sparkling 500ml	R 25
Mineral Water Still / Sparkling 1lt	R 35
Coke / Coke Zero 200ml	R 25
Coke / Coke lite / Coke Zero 300ml	R 29
Fanta Orange 300ml	R 29
Ginger Beer 300ml	R 29
Cream Soda	R 25
Sprite 300ml	R 29
Appletiser / Grapetiser Red	R 36
Ice Tea Lemon / Peach 300ml	R 29
Tomato Juice 200ml	R 35
Red Bull / Red Bull sugar free	R 50
Fitch & Leedes 200ml	R 25
<small>Pink Tonic / Blue Tonic / Grapefruit Tonic / Dry Lemon / Tonic Water / Ginger Ale Lemonade / Soda Water</small>	

WAVES

RESTAURANT

FEELING THIRSTY?

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FEELING THIRSTY?

BEERS & CIDERS

Beach Lager on tap

330ml / 500ml

R 30

R 50

Amstel

R 34

Black Label

R 35

Castle Light

R 37

Castle

R 35

Heineken Zero

R 38

Heineken

R 40

Windhoek Draught

R 45

Windhoek

R 37

Windhoek Light

R 37

Hunters Dry

R 40

Savanah Dry

R 44

Savanah Light

R 44

GIN

Bombay Sapphire	R 32
Star of Bombay	R 55
Bombay Brumble	R 30
Gordons	R 25
Strettons Original	R 20
Strettons Double Cut	R 24
Strettons Triple Berry	R 20

VODKA

Cruz Watermelon	R 30
Skyy	R 30
Absolute	R 30
Belvedere	R 52
Smirnoff Red	R 25
Grey Goose	R 52

RUM

Bacardi	R 25
Bacardi Spiced	R 20
Bacardi Anejo 4	R 28
Captain Morgan	R 25
Spiced Gold	R 25

TEQUILA

Leonista Blanco	R 45
Leonista Reposado	R 50
Leonista Reposado Black	R 50
Leonista Honey Reposado	R 50
Jose Quervo Silver	R 32
Jose Quervo Gold	R 32
Patron Tequila Silver	R 50
Patron XO coffee	R 40

WAVES

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SHOOT YOUR SHOT

BRANDY

Klipdrift	R 22
Klipdrift Premium	R 25
KWV 3-year-Old	R 20
KWV 5-year-Old	R 25
KWV 10-year-Old	R 32
KWV XO	R 80

COGNAC

Hennessy VS	R 55
Hennessy VSOP	R 85
Remy Martin	R 80

WHISKEY

Bains	R 30
Bells	R 25
Chivas Regal 12 years old	R 42
Famous Grouse	R 25
Glenfiddich 12 years old	R 54
Glenlivet 12 years old	R 60
Glenmorangie 10 years old	R 65
J&B	R 25
Jack Daniels	R 35
Jamesons	R 38
Jamesons Select	R 47
Jamesons 18 years old	R 160
Johnnie Walker Red Label	R 28
Johnnie Walker Black Label	R 42
Oban	R 115
Talisker 10 years old	R 77
Tullamore Dew	R 35

LIQUERS

Amaretto Dissaranno	R 36
Amarula Cream	R 20
Baileys Irish Cream	R 25
Cointreau	R 37
Cremede Menthe	R 20
Drambuie	R 40
Frangelico	R 30
Grand Marnier	R 64
Kahlua	R 27
Malibu	R 20
Sambuca Black	R 25
Sambuca White	R 25
Southern Comfort	R 23
Tia Maria Coffee	R 34
Cape Velvet	R 25
Jagermeister	R 28
Lovoka Caramel Vodka	R 25

CORDIALS

(sold in 25ml shots)

Kola Tonic	R 6
Lime	R 6
Passion Fruit	R 6
Grenedine	R 6

CHAMPAGNE

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Belaire Luc Belaire Rose

Delightful effervescence, deep red sparkling Rosé with aromas of strawberry & blackcurrant. A final liqueur de dosage addition of 100% Syrah adds a fruity nuance, resulting in a perfect harmony of aroma, taste, body, and finish

R1 150

Moët & Chandon

Iconic Champagne, possessing a stylish golden straw colour with flashes of green Bouquet alive with aromas of citrus fruit, green apple, blond notes (nuts, cereal and brioche), white flowers and a distinct mineral note
Rich and delicate palate, with a follow through of fruit intensity from the nose
Pairs a dream with sushi, oysters and white meats

R1 950

PROSECCO

Martini Prosecco

A fresh scent of flowers and fruits with notes of apple, pear, banana and thyme

R 475

Prosecco Valdobbiadene Extra Dry DOCG

Light yellow colour. Pleasant notes of golden apples & acacia
Slightly soft, harmonious and balanced, good acidity

R 130 R 520

Prosecco Col Sandago Brut Rose DOCG

Full, fruity and floral aromas, with clear notes of wild strawberry and rose petals

R 640

BUBBLY BUBBLES

L`Ormarins Brut NV

Elegant, fresh and lively rich in minerality with hints of brioche. Crisp natural acidity on the palate, rounded with creamy texture and a long pleasant finish
An exquisite Methode Cap Classique!

**R 98****R 390****Simonsig Kaapse Vonkel**

A biscuit and lemon-zest profile and rich mousse confirms class and appeal
58 % Pinot Noir, 39% Chardonnay and 3% Pinot Meunier

R 455**Simonsig Brut Rose**

Rosy salmon pink colour, sensory adventure filled with fresh red berry pockets & hints of candyfloss

R 455**Graham Beck Brut Rose NV**

Unique pale silver-pink hue. Aromas of raspberries, cherries and whiffs of minerality
Lively mousse, fine on the palate finished off with subtle red berry flavours and bright acidity sparkling wine

R 520**Krone Borealis Vintage Cuvee Brut**

Fresh and fizzy on the palate with a fruit explosion. Rounded fruit palate with a longer refreshing linger. Perfect for a hot summer's day at the beach

R 485**Steenberg Sauvignon Blanc Sparkling Brut NV**

A light and smooth yet with a zippy acidity to lift the tropical flavours of pineapple, pear and guava

R 380**Van Loveren Papillon Non Alcoholic Sparkling**

A delightful sparkling white with festive flavours of sun-kissed grapes

R 180

WHITE BLEND

WAVES

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Buitenverwachting Buiten Blanc

(85%) Sauvignon Blanc and (15%) Chenin Blanc blend.

Pleasant harmonious complexity with grassy nose and fruity hints of fig

🍷
R 55

🍷
R 195

The Wolftrap

The flavour is concentrated and balanced, with flavours of yellow apple, molasses, papaya, poached pear, dragon fruit, and lime

R 175

SAUVIGNON BLANC

Seven Sisters

Fresh, youthful and inviting. This wine is a full-bodied wine with powerful varietal flavours of bell pepper, green apple and freshly cut grass

R 55

R 185

Meerendal Moments

This Sauvignon Blanc shows a crisp and refreshing after taste with a delightfully rich mouth feel. It has tropical aromas of lemon grass, green pepper, and fynbos on the nose

R 190

Spier Signature

Intense aromas of gooseberries, passion fruit and green fig, with green bell pepper undertones. The palate is fresh and mouth-watering with a well-balanced acidity

R 55

R 210

First Sighting

Expressive tropical and citrus fruit on the nose. Full yet fresh on the palate with typical notes of buchu and minerality

R 235

Fryer's Cove

A vibrant mix of clean herbaceous and tangy passion fruit aromas, with wisps of intense fresh seaweed and gravelly crunch in the background. The palate shows a full lingering powerful combination of ripe citrus, stone fruit and lemon grass

R 285

FOR THE WINE LOVERS

CHENIN BLANC

**Kaapzicht**

Ripe quince, pineapple and stone fruit and savoury undertones
Lightly textured palate, hints of sweetness and balancing crunchy acid finish

R 215

Saxenburg Guinea Fowl

Stone fruit aromas with hints of pineapple & apple flavours on the nose
Vibrant fruit follow & lengthy mid-palate weight giving a lingering fruit finish

R 230

Spier Signature

Crisp and fruity with green guava, pear, apple and hints of litchi on the nose
A well-balanced palate and a strong finish

R 55

R 185

CHARDONNAY

WOODED

Durbanville Hills

Mouth-filling with a well-balanced acidity. The aromas of fresh orange and apricots lingers on the aftertaste ending with a sweet sensation

R 60

R 200

Brutus Family Reserve

Grape fruit, lime, yellow apple, pear and hints of vanilla and butterscotch on the nose
Creamy palate with layered fruit, pleasant acidity and good balance

R 55

R 210

UNWOODED

Spier Signature

Grape fruit, lime, yellow apple, pear and hints of vanilla and butterscotch on the nose
Creamy palate with layered fruit, pleasant acidity and good balance

R 55

R 210

Seven Sisters

Lime and orange peel and apple blossom fragrance aromas
Pineapple, apple and lemony freshness on the palate and subtle wet stone salinity
Gently textured mouthfeel with a lingering fresh finish

R 260

RIESLING

WAVES

RESTAURANT



Paul Cluver

Aromas of fresh green apple, apple blossom, beeswax and fynbos honey notes
Crisp and clean palate, almost lemon sorbet like.
Regarded as restrained and showcasing typical Riesling 'nervousness'

R 295

ROSE & BLUSH

Glen Carlo Rose

Opulent bouquet of raspberry, tropical fruits and citrus. Refreshing and vibrant red berry flavours rose petal undertones and a crisp mouth-feel

R 300

Spier Signature Chardonnay Pinot Noir

This salmon-coloured summertime sipper is elegant, unpretentious and beautifully balanced, marrying strawberry and apple flavours with a crisp finish

R 55

R 200

Merendal Moments

Aromas of strawberries and yellow apple, with a crisp fruit finish

R 190

Fryer's Cove Doringbay Pinot Noir Rose

It screams at you! "Sexy gorgeous colour, fresh, crisp, Strawberries, gentle Raspberries, dry moreish elegance

R 75

R 285

FOR THE WINE LOVERS

RED WINE

**Spier Signature Cab Sauvignon/Merlot/Shiraz**

R 60

R 235

Raspberrry,plum aromas with hints of vanilla spice

A well-structured palate with soft tannins and luscious fruit

Allesverloren Shiraz/Tinta Barocca

R 230

Blackberry, sweet dark fruit on the palate with hints of cloves and aniseed

Well balanced with elegant integrated tannins

A smooth, long finish with lingering olive and black fruit flavours

Jogan Brutus Reserve

R 430

Blackberry, sweet dark fruit on the palate with hints of cloves and aniseed

Well balanced with elegant integrated tannins

A smooth, long finish with lingering olive and black fruit flavours

Meerendal Moments Red

R 190

Blackberry, sweet dark fruit on the palate with hints of cloves and aniseed

Well balanced with elegant integrated tannins

A smooth, long finish with lingering olive and black fruit flavours

MERLOT

Villiera

R 70

R 270

Aroma of wood spice and red berry fruit

Rich and full palate with juicy soft tannins and good acidity

Glen Carlou

R 95

R 375

Hints of herbs and violet aromas are folded in layers of savoury and dark chocolate scent

Nederburg Winemasters

R 275

Aromas of crushed strawberries and prunes showcasing the true character of the terroir

A subtle, balanced palate with a velvety mouthfeel

CABERNET SAUVIGNON

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Guardian Peak Frontier

Refreshing restrained cassis, cocoa and hints of fynbos. Satin smooth yet structured
The palate is layered, textured and beautifully integrated

R 250

Villiera

Cassis-infused yet with underlying savoury tones, gently oaked in a medium-body structure

R 80

R 315

PINOT NOIR

Iona Mr P Pinot Noir

Elegant, fresh cherry and red berry nose. Pure palate, lovely texture and sweet
cherry fruit dominate with spicy undertones. Fresh and intense lingering mouthfeel

R 385

PINOTAGE

Bellingham Homestead

Aromas of sweet spices, plums and mulberries with hints of vanilla on the nose
Palate full of ripe and juicy raspberry, strawberry, black cherry flavours supported
by great tannin structure filled with oak spice

R 75

R 290

Simonsig

Unwooded. Deep dark plum and bramble fruit on nose and palate
Silky polished tannins support a succulent and ripe fruit finish

R 315

Seven Sisters

A red wine that combines the delicious flavours of ripe strawberry, banana,
juicy plums, and rich, red cherries

R 55

R 190

FOR THE WINE LOVERS

SHIRAZ

**Leeuwenkuil**

Opulent, bright fruit. A beautifully elegant palate with round tannins, layered with clove spice, ripe cherries and violet

R 65

R 245

Protea

Gentle smoke nuances, dark cherry, spice and earth aromas rich, fruity, black cherry, blueberry and spicy plum flavours on the palate

R 55

R 210

Brutus Family Reserve

This wine is medium bodied with vibrant ripe flavours of cherries and plums, supported with the balanced use of French oak and complimented with notes of pepper and spice

R 330

DESSERT WINE

(sold in 50ml shots)

Glen Carlou The Welder 500ml

Stewed apricots with baked green apples and hints of lemon meringue

R 35

R 340

FORTIFIED WINE

(sold in 50ml shots)

Port Allesverloren

R 27

Monis Dry / Full Cream / Med Cream / Vintage

R 22

GRAPPA

Klein Constantia Husk

Clear, limpid spirit. Exotic aromas of Turkish delight and citrus rind

R 55