

BORN AT 34° - RAISED BY THE SEA

**YOU ARE
HERE**

34
SOUTH
The Market

**Latitude isn't just a line on a map.
It's a state of mind.
At 34° South, 23° East, something clicks.
Ocean meets forest. Lagoon meets mountain.
Salt, sun, and a little wild optimism.
Some call it ley lines. Some blame the light.
We just know it works.
This is Knysna. This is 34° South.
This is attitude at our latitude.**

When the coordinates are spot on, Magic Happens

AM MENU

BREAKFAST: 08:30-11:30



PÂTISSERIE

Served with Ice-cream or Whipped Cream

MILKTART - 38

PASTEIS DE NATA - 38

APPLE & NUT CRUMBLE - 45

PETITE CHEESECAKE - 65

Ask your server for this weeks flavours

CARROT CAKE - 50

OPERA SLICE - 60

Layers of Chocolate, Coffee and Wafer



ESPRESSO
SINGLE - 32 | DOUBLE - 40
AMERICANO
ITALIAN - 32 | LARGE - 40
CAPPUCCINO
ITALIAN - 34 | LARGE - 42
RED CAPPUCCINO
ITALIAN - 36 | LARGE - 42
LATTE
CAFFÉ - 46 | CHAI - 48

CORTADO - 40
CHOCOCHINO - 48
HOT CHOCOLATE - 48
MILO - 48
ROOIBOS TEA - 30
CEYLON TEA - 30
EARL GREY TEA - 35
GREEN TEA - 35

ALMOND OR OAT MILK = +R8
DECAF = +R5

KOMBUCHA - 78
Buchu Babe OR Africa Rose
FRESHLY SQUEEZED JUICE- 40

Ask your server what today's squeeze is

ICED COFFEE - 45

Coffee, Ice Cream and Milk

FREDDO CAPPUCCINO - 45

Coffee, Milk and Blended Ice

SMOOTHIES

Full Cream Milk, Yoghurt, Honey & Ice

BANANA - 45

MIXED BERRIES - 85

MORNING MAGIC
MIMOSA
R60



CAPPUCCINO & DANISH

THREE ASSORTED DANISHES+ AN ITALIAN STYLE CAPPUCCINO

55



MORNING CLASSICS

- AVAILABLE FROM 08:30-11:30 -

CROISSANT - 79

- Cheese & Jam -

EGGS ONLY - 49

- Two Eggs, Toast -

34 SUNRISE - 99

- Two Eggs, Streaky Bacon, Tomato, Toast, Small Juice & Coffee -

FARMHOUSE - 175

- Two Eggs, Bacon, Tomato, Potato Rosti, 34 Beans, Mushrooms, Toast

FULL-HOUSE FLATBREAD - 99

- Bacon, Egg, Tomato, Mushrooms, Caramelised Onions -



ALL DAY BREAKFASTS

- AVAILABLE FROM 08:30-16:00 -

MORNING CRUNCH - 115

- Yoghurt, Granola, Fresh Fruit, Berry Sauce -

GOLDEN GLOW OATS - 75

- Banana, Blueberries, Granola, Honey & Cinnamon Milk -

CAPRESE GONE DUTCH - 85

- Tomato, Gouda, Basil Pesto, Red Onion, Avo, Health Bread -

TOAST PLATTER - 79

- Selection of toast, Bovril, Anchovette, Gouda -

AVOCADO HASH - 75

- Hashbrown, Zesty Avo, Labneh Dip, Roasted Tomatoes -

SALMON BAGEL - 215

- Cream Cheese, Smoked Salmon, Avo, Capers, Red Onion -

SMOKEY KIPPERS - 115

- Poached Egg, Rocket, Red Onion, Tomato, Artisan Toast -

EGGS BENEDICT

- Health bread, poached Eggs, Hollandaise, Rocket & Spring Onion -

BACON - 125

SALMON - 185



BONUS BITES

EGG 15

AVOCADO 25

BACON 35

MUSHROOMS 35

CHEESE 25

HOLLANDAISE 30

34 BAKED BEANS 25

ROSTI 15

OY! STERS



HOME OF THE KNYSNA OYSTER

OYSTERS ARE SUSTAINABLY COLLECTED BY HARVESTERS
WHO ARE RELIANT ON WEATHER AND SEA TIDES

PURE

Served on Ice with Fresh Lemon & Tabasco

- COASTAL COCKTAIL - 24
- COASTAL MEDIUM - 42
- COASTAL LARGE - 50
- CULTIVATED - 35

LOADED

Cultivated Oysters, with a Delicious Twist

- FRESH CEVICHE - 40
- Lime, Tomato, Coriander -
- TANGY ASIAN SOY - 40
- Ginger, Garlic, Sweet Soya -
- GRILLED BLUE CHEESE - 40
- Blue Cheese & Garlic Butter -
- SPICY MEXICAN SALSA - 40 
- Jose Cuervo Tequila, Tomato Cocktail, Spicy Salsa -

HEROES

OYSTER & PRAWN TAPAS - 295

Three Medium Coastal Oysters, Three Cultivated Oysters, and Six Poached Quayside Prawns. Served with an Asian Dipping Sauce

OYSTERS IN GARLIC - 165

Six Cocktail Coastal Oysters, grilled in Blue Cheese & Garlic Butter. Served with Freshly Baked Artisan Bread

OYSTER SOUP - 99

Creamy and Decadent Soup, with Freshly Shucked Cultivated Oysters. Served with Freshly Baked Artisan Bread



OYSTER EXPERIENCE

- 1 x Large Coastal
 - 1 x Medium Coastal
 - 1 x Cocktail Coastal
 - 1 x Cultivated
- served with Rock Salt & Rosemary Baguette

Leopard's Leap

155

ADD A GLASS OF
LEOPARD'S LEAP BUBBLES @ 20

TEASERS

WHAT CAN WE START YOU WITH?



34 STYLE AVOCADO RITZ - 120

- Prawn Cocktail, Avocado on a Ciabatta Crisp -

PATAGONIAN CALAMARI TUBES - 120

- Fried or Grilled / Tartare Or Fire Sauce / Mixed Herb Salad -

MUSSELS IN GARLIC & WHITE WINE - 135

Choice of Savoury Rice or Rosemary baguette

GARLIC & BLUE CHEESE SNAILS - 110

PRAWNS IN GARLIC - 115

NEW AGE SALMON CARPACCIO - 120

- Salmon, Oriental Sauce, Avo, Pickled Peppers, Mayo, Caviar -

PERI-PERI CHICKEN LIVERS - 99

FOCCACIA - GARLIC & FETA - 75

FOCCACIA - MEDITERRANEAN - 115

- Garlic, Capers, Parmesan, Rocket & Cherry Tomatoes -

SOUPS & SALADS

200ML

RICH TOMATO (V) - 65

SEAFOOD BISQUE - 99

OYSTER SOUP - 99

GREEK (V) - 65 | 95

PRAWN & AVOCADO - 165

CAESAR - 155

- Anchovy, Bacon, Soft Poached Egg -

ADD CHICKEN - 25

MEZZE

Choose any **FOUR** of our delicious Mezze items

SEAFOOD

Pickled Fish

Baby Octopus

Rollmops

Prawn Cocktail

Smoked Salmon Pâté

Snoek Pâté

Danish Herring

Taramasalata

DIPS & SPREADS

Marinated Aubergine

Zesty Avo

Artichokes

Dolmades

Chicken Liver Pâté

Tzatziki

Mediterranean Dip

Labneh Dip

Hummus

SKEWERS ETC

Cocktail Skewers

Antipasto Skewers

Peppadews

Olives & Feta

Sundried Tomatoes



130



* MEZZE'S ARE
AVAILABLE IN
OUR RETAIL SHOP
TO TAKE HOME

ALL MEZZE SERVED WITH ROSEMARY & ROCK SALT BAGUETTE

LIGHT MEALS

NACHOS

- Topped with Melted Mozzarella and Cheddar -
Served with Zesty Avo, Salsa & Soured Cream

PICKLED JALAPENO (V) - 140

CHICKEN - 195

MEXICAN MINCE - 195

SANDWICHES

Choice of: Tramezzini or Flatbread

CHICKEN MAYO - 75

BACON, AVO & PEPPADEW - 90

HAM, CHEESE & TOMATO - 90

CHEESE, TOMATO & ONION - 75

VEGETARIAN - 75

- Hummus, Avocado, Pickles, Red Onion, Cucumber, Tomato -

PIZZAS

Handcrafted thin bases using Stoneground Flour, topped
with Italian Tomato Pizza Sauce and Mozzarella Cheese

TANGY CHORIZO - R165

Spiced Chorizo, Caramelised Onions & Mrs. Balls Chutney

34 SOUTH SEAFOOD - 215

Calamari, Catch of the Day, Mussels, Crab and Prawn Meat,
Garlic Butter and Fresh Herbs

MEDITERRANEAN CHICKEN - 170

Spiced Chicken, Danish Feta and Peppadews

FIRE ISLAND - 195

Ham, Chorizo, Bacon, Salami, Peppers, Danish Feta and Fire
Sauce (Sriracha Mayo)

BUILD YOUR PERFECT PIZZA

MARGHERITA (V) - 110

Just Cheese, Tomato and Herbs. A Classic

TOPPINGS

ROCKET, ONION, BANANA, PEPPERS, GARLIC, PINEAPPLE - 18
OLIVES, JALAPENOS, PEPPADEWS, ARTICHOKE, FETA - 28
CHEESE, CHORIZO, CHICKEN, BACON, AVO, HAM - 30
ANCHOVIES, MUSHROOMS, SALAMI, ROASTED VEGETABLES - 35
MEXICAN MINCE - 65



GLUTEN FREE BASE + 30





POKE BOWLS

Sushi Rice topped with Edamame Beans, Baby Radish, Carrot, Cucumber, Mangetout, Avo & Red Cabbage

TOFU (V) - 120

SALMON - 185

TUNA - 165

PANKO PRAWN - 145

BAO BUNS TRIO

Fluffy steamed Lotus Buns
Choice of Three Flavours below:

SPICY PANKO CHICKEN

ASIAN SESAME BEEF FILLET

CRISPY CALAMARI TENTACLES

155

ROAST VEGETABLE PATAT (V)

Roast Patat & Mixed Veg, Sun-dried Tomatoes, Basil Pesto, topped with Melted Cheddar Mix, Served with Salad, Avo, Sour Cream & Manie's Muti

175

MARINARA PASTA (V)

Tomato Marinara, roasted Red Peppers, Courgettes, Danish Feta and Chilli.
Penne or Linguini

125

CHICKEN CURRY

Mild fragrant Chicken & Sweet Potato Curry served with Coriander Yoghurt and Poppadums

130

SIRLOIN STIR-FRY

Grilled Sirloin Strips tossed in an Asian sauce, Stir-fry Vegetables, and the option of Egg Noodles or Sushi Rice

175



KIDS

AVAILABLE TO ALL KIDDIES UNDER 12 YEARS OLD

SUSHI RICE BALLS (4pc) - 30

Kewpie Mayo

AVO MAKI (4PC) - 40

Little Sushi rolls

MARGHERITA PIZZA - 45

Tomato & Cheese

REGINA PIZZA - 65

Ham, Mushroom, Cheese

NAPOLITANA PASTA - 75

Penne Pasta, Home-made Tomato Sauce.

FRANKFURTER - 70

Grilled Sausage, Chips, Tomato Sauce

Kiddies Activity Packs
Available For Purchase



ALLERGEN NOTICE: Please be advised, food prepared in our restaurant may contain: MILK, EGGS, WHEAT, NUTS, PEANUTS, FISH or SHELLFISH. Should you have any special requirement, please let us know

SEA FOOD



FISH HAPPENS HOOKED AT FIRST BITE

SIDES

Savoury Rice | Chips | Sweet Potato
Garden Salad | Green Vegetable Stir-fry
Mediterranean Roasted Vegetables

35

SAUCES

Lemon Butter | Garlic Butter | Pepper
Peri-Peri | Hollandaise | Tartare

30

STAPLES

- Choice of One Side and a Sauce -

CALAMARI TUBES - 215

Fried or Grilled

HAKE - 180

Fried or Grilled

CATCH OF THE DAY - 225

EAST COAST SOLE - 315

KINGKLIP 300g - 315

PRAWNS

- Choice of One Side and a Sauce -

QUAYSIDE

6 PIECE - 125

12 PIECE - 185

18 PIECE - 245

QUEEN

5 PIECE - 185

10 PIECE - 285

15 PIECE - 395

ESSENTIALS

MUSSELS - 215

- Garlic & White Wine Sauce, Savoury Rice -

SEAFOOD PASTA - 235

- Marinara, Calamari tubes, Line Fish, Prawns, Chilli -

MATCH-UPS

PRAWN & CALAMARI - 320

- Calamari Tubes, Five Queen Prawns -

HAKE & CALAMARI - 255

Fresh Hake, Calamari Tubes

LAND & SEA - 360

200g Sparta Beef Fillet, Prawns, Mussels in a creamy White Wine & Garlic sauce, Stir-fried Green Vegetables

BOOSTERS

CALAMARI TUBES - 85

MUSSELS IN SAUCE (4pc) - 60

ICONS

34 STYLE PAELLA - 285

- Spicy Rice, Chorizo, Line Fish, Calamari, Mussels, Chicken, Prawns -

THAI SEARED SALMON - 345

- Norwegian Salmon, Angel Hair Noodles, Green Veg, Thai Broth -

LINE FISH ESPETADA - 355

- Skewered Line Fish, Peppers & Onion, drizzled with Garlic Butter -
Choice of One Side and a Sauce

PRAWN & MUSSEL CURRY - 235

- Quayside Prawns & Whole Shell Mussels in a Coconut Curry Sauce
with Basmati Rice and Poppadums -

HAKE PARMESAN - 215

- Grilled Hake, Marinara sauce, Parmesan Crumbs, Basil Linguini,
White Wine Sauce -

ABALONE - 315

- Three Whole Baby Abalones steamed, served with a Thai broth,
Green Vegetables and Angel Hair Noodles -

SHARING IS CARING SEAFOOD POT

A traditional Portuguese dish:

Rich and flavourful seafood rice stew, consisting of
Prawns, Clams, Whole-shell Mussels, Calamari and
Line fish. Served with Wood-baked Flatbreads

545

SEAFOOD PLATTER

Catch of the Day - Mussels in Sauce - Calamari
Tubes - Queen Prawns - Quayside Prawns

FOR ONE - 425

CHOICE OF ONE SIDE AND TWO SAUCES

FOR TWO - 795

CHOICE OF TWO SIDES AND TWO SAUCES
INCLUDES A TARTARE SAUCE



FIN- TASTIC CREATIONS



WORTH THE CATCH



Pop into our Convenience Alley for
all your fresh seafood essentials



**45
DAY AGED
STEAKS**

34° BUTCHERY

EVERY CUT IS CHOSEN WITH INTENT. OUR STEAKS ARE PATIENTLY AGED AND HAND-SELECTED, LETTING THEIR NATURAL FLAVOUR, TEXTURE, AND MARBLING SHINE. THAT'S WHAT MAKES IT UNFORGETTABLE.



POP INTO OUR CONVENIENCE ALLEY FOR ALL OUR PRIME MEATS FOR HOME

MEAT

- Choice of side and sauce -

SIRLOIN 250g - 230

SIRLOIN 350g - 295

RIBEYE 300g - 295

FILLET 200g - 315

BEEF ESPETADA - 445

300g Fillet, Skewered with Peppers & Onion

KAROO LAMB CHOPS - 365

3 x 120g Chops

34 SOUTH HALF CHICKEN - 160

SIDES

Savoury Rice | Chips | Sweet Potato
Garden Salad | Green Vegetable Stir-fry
Mediterranean Roasted Vegetables

35

SAUCES

Lemon Butter | Garlic Butter | Pepper
Peri-Peri | Hollandaise | Tartare

30

BURGERS

- All Burgers are served on a Sesame Bun with Lettuce, Tomato & Onion -
- Choice of one side -

BEEF BURGER - 160

200g Patty, Tomato Relish

CHICKEN BURGER - 135

Grilled BBQ Chicken Breast, Mayo

FISH BURGER - 175

Fried Hake, Tartare Sauce, Coleslaw

EXTRA TOPPINGS

PINEAPPLE - 18

CHEESE - 30

BACON - 30

CARAMELISED ONIONS - 35

GUACOMOLE - 40



34° SOUTH The Market

Born at 34°
Raised by the Sea



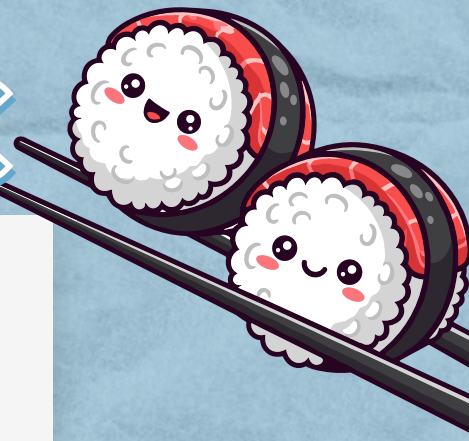
LATITUDE: Your position on an imaginary line running parallel to the North or South of the Equator. Knysna latitude 34°2' South

LONGITUDE: Your position on the line that runs East or West of the Greenwich Meridian. Knysna longitude: 23°2' East

Ask the hippies, the mystics, the dreamers, and the lovers, and they'll tell you: there's a special energy at the confluence of 34° South and 23° East. It has something to do with ley lines and sun paths and something they call the diamond-light grid.

You know the spot that's got everything that makes Attitude at our Latitude.

CLASSIC SUSHI



NEW TO OUR SUSHI?
ASK YOUR SERVER FOR
OUR MOST-LOVED
ROLLS.



SASHIMI (3PC)

TUNA 120 | SEARED TUNA 125 |
SALMON 130 | SEARED SALMON 135

FASHION SANDWICH

VEGETARIAN 45 | CRAB 50 | PRAWN 65 |
TUNA 65 | SALMON 75

CALIFORNIA ROLL

VEGETARIAN 45 | CRAB 50 | PRAWN 65 |
TUNA 65 | SALMON 70

EDAMAME BEANS

STEAMED SOY BEANS, IN THE PODS WITH
SWEET CHILLI AND COARSE SALT

75

ROSES

SALMON (2PC) 95
KUDU VENISON (3PC) 105

MAKI

CUCUMBER 35 | AVOCADO 40 | CRAB 40 |
| PRAWN 50 | TUNA 50 | SALMON 60

RAINBOW ROLLS

SALMON & AVO 90
PICKLED PEPPER, CREAM CHEESE & AVO 70

CRISPY SANDWICHES

CHOICE OF SALMON OR TUNA OR PRAWN OR
VEGETARIAN FILLING ÷ MAYO & CAVIAR

90

PANKO PRAWNS

SERVED WITH SWEET CHILLI SAUCE
4 PC = 95 | 6 PC = 135

NIGIRI (2PC)

PRAWN 70 | TUNA 70 | SALMON 80 |
INARI PRAWN 95

CREAM CHEESE ROLL

AVO, CREAM CHEESE, PEPPADEW, FILLING
SALMON 85 | SMOKED SALMON 90

CRISPY CALIFORNIA ROLL

CHOICE OF SALMON OR TUNA OR PRAWN OR
VEGETARIAN FILLING ÷ MAYO & SWEET CHILLI

90

ALL OUR SUSHI IS SERVED AS 4-PIECES, WHERE NOT STATED DIFFERENTLY

FUSION

NIGIRI QUARTET

NIGIRI TOPPED WITH FRESH, SMOKED, SEARED AND GRAVLAX SALMON
235



CANAPE

PANKO FRIED SUSHI RICE, CREAM CHEESE, PEPPADEW, AVO, SMOKED SALMON
165



RAINBOW SANDWICH

MINI SANDWICHES FILLED AND TOPPED WITH SALMON, AVO, MAYO & CAVIAR
110



CRAB CRUNCH

CRISPY FRIED CRAB, AVO, KEWPIE MAYO, DRIZZLED WITH SWEET SOYA
60



PRAWN TANGO

VEGETARIAN CALIFORNIA ROLLS, PANKO FRIED PRAWNS & MEXICAN MANGO SALSA
125



CALAMARI CRISP

CREAM CHEESE ROLL, FRIED CALAMARI TENTACLES, FIRE SAUCE, SWEET SOYA
95



ALL OUR SUSHI IS SERVED AS 4-PIECES, WHERE NOT STATED DIFFERENTLY



MINI SUSHI

CRISPY PRAWN CALIFORNIA & PRAWN CALIFORNIA TOPPED WITH SHRIMP TEMPURA
170



JOJO SUPER

RAINBOW ROLL WITH SWEET SOYA, SPRING ONION, 7 SPICE, KEWPIE MAYO & CAVIAR
110



GREEN BEAN FUTOMAKI

FRIED SUSHI ROLLS, TEMPURA GREEN BEANS, SPICY MAYO & SWEET POTATO CRISPS
95



BUTTERFLY PANKO

BUTTERFLIED PANKO PRAWNS ON SALMON CALIFORNIA & SWEET CHILLI MAYO
150



PRETZEL CRUNCH

CREAM CHEESE & PANKO PRAWN ROLL, TOPPED WITH CRISPY CRAB & PRETZELS
105



SHRIMP TEMPURA

CALIFORNIA ROLL, TOPPED WITH CREAMY SHRIMP TEMPURA, SPICY SALMON OR TUNA
110

EXTRAS

FIRE SAUCE 35 | SUSHI MAYO 25 | WASABI 20
PICKLED GINGER 20 | SUSHI RICE 20 | CAVIAR 55
SWEET CHILLI/SOYA 30 | POKE SAUCE 30



SHARING



VEGETARIAN



9pc

VEGETARIAN CALIFORNIA, GREEN RAINBOW, AVO & CUCUMBER HANDROLL
145

SHRIMP TEMPURA, PRAWN NIGIRI, SALMON ROSE, SALMON RAINBOW
395

MATSU



14pc

WAKAME



16pc

SALMON FASHION SANDWICH, SALMON ROSES, CRAB CALIFORNIA ROLL, TUNA MAKI
295

AVOCADO MAKI, SALMON FASHION, SALMON NIGIRI, SALMON ROSE, SALMON RAINBOW
325

THE 34 SOUTH



16pc

SALMON



19pc

SALMON CALIFORNIA, SALMON ROSES, SALMON SASHIMI, SALMON NIGIRI
545

SALMON MAKI, SALMON & AVOCADO RAINBOW ROLLS, CRAB CALIFORNIA ROLLS
305

GINGER

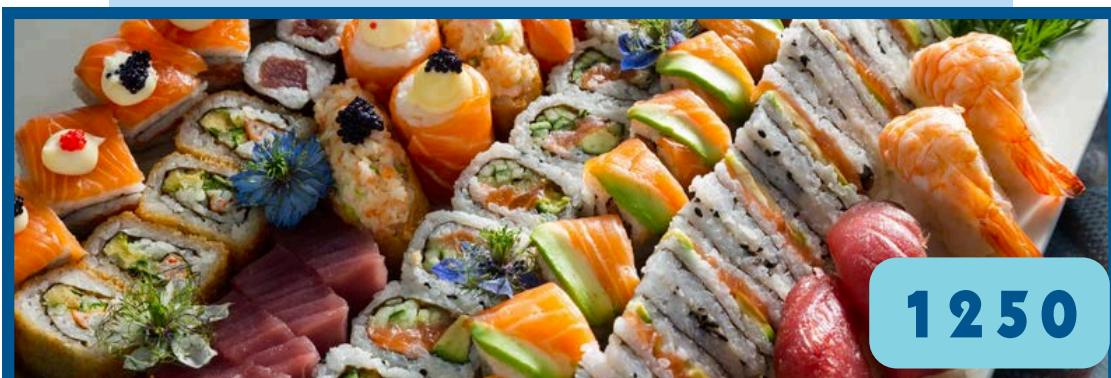


20pc

DELUXE 67pc



SALMON FASHION, SALMON NIGIRI, PRAWN NIGIRI, TUNA NIGIRI, SALMON ROSES, TUNA SASHIMI, SALMON SASHIMI, CRISPY CRAB CALIFORNIA, SALMON CALIFORNIA, TUNA MAKI, RAINBOW SANDWICHES, INARI PRAWN



1250

DESSERT & SWEETS

Baked fresh daily in our 34° South Bakery

MALVA PUDDING - 65

Traditional South African baked Pudding.
Served hot with Malva sauce and Vanilla Ice Cream

BREAD & BUTTER PUDDING - 85

'Croissant & Danish' Bread and Butter Pudding served hot,
with Amarula Custard, Nut Crumble and Vanilla Ice Cream

RUSSIAN HONEY CAKE - 90

Honey Sponge, Burnt Honey Caramel Frosting, Served with Vanilla Ice-cream

NUTELLA BROWNIE GATEAU - 95

Chocolate Brownie, Nutella Mousse, Ganache, Rolo Ice Cream

CARROT CAKE - 60

Served with Vanilla Ice Cream

BAKED CHEESECAKE - 95

Classic Baked Cheesecake, served with Ice-Cream

WAFFLES - 60

Freshly made Waffles with your choice of Ice Cream and sauce
Ice Cream: Rolo or Blueberry Cheesecake or Vanilla
Sauces: Chocolate or mixed Berry or Caramel

BROWNIE - 85

Decadent Chocolate Brownie, Macadamia Nuts, Vanilla ice-Cream

AFFOGATO CLASSIC - 55

Two scoops of Vanilla Ice Cream drowned in a single Espresso

DESSERT DRINKS

DOM PEDRO - 60

Milkshake with a 'Kick' of Choice:
Amarula, Amaretto, Bushmills Whiskey, Frangelico, Tia Maria

IRISH COFFEE - 60

Coffee with a 'Kick' of your Choice:
Amarula, Amaretto, Bushmills Whiskey, Frangelico, Tia Maria



34
SOUTH
The Market

PARTY/CATERING PLATTER MENU

AND OTHER DELIGHTFUL EATS TO ENTERTAIN

**NEW BABY. BIRTHDAY. WEDDING. OR JUST
FRIENDS DROPPING BY.
WHATEVER THE VIBE, ONE CALL THE DAY
BEFORE = ENTERTAINMENT SORTED.
34 SOUTH STYLE.**



**← SCAN ME FOR MENU, WEBSITE AND
OUR SOCIALS MEDIA PLATFORMS**

**FOR ENQUIRIES AND ORDERS
ASK FOR ANTOINETTE, NAZEEM OR GEORGE
OR EMAIL US AT ANTOINETTE@34SOUTH.BIZ**

LIFE'S TOO SHORT FOR BORING PARTIES