



OYSTERS

Oysters are sustainably collected by divers who are reliant on weather and sea tides

FRESH OYSTERS

"Naturally 'wild' Oysters harvested between Nature's Valley and Witsand, on crushed ice, straight from the ocean"

COASTAL COCKTAIL 16ea

COASTAL MEDIUM 38ea | **COASTAL LARGE** 45ea

CULTIVATED MEDIUM 28ea

34 SOUTH FRESH

OYSTER & PRAWN TAPAS R240

3 Medium Coastal Oysters

3 Medium Cultivated Oysters

+ 6 Poached Prawns on a bed of ice

GOURMET OYSTERS

CEVICHE 35

Diced oysters marinated in lime juice, red onion, tomato, peppers and fresh coriander

ASIAN 35

Ginger, garlic, rice wine vinegar and sweet soy

SUSHI 50

Salmon rose, pickled oyster and wasabi mayonnaise

BLUE CHEESE 40

Grilled oyster, garlic butter and blue cheese

SMOKED PAPRIKA 35

Grilled oyster in a Japanese mayonnaise

Spanish smoked paprika and Parmesan

MEXICAN SALSA 38

Shucked oyster, Tequila, tomato cocktail, spicy Mexican salsa

PANKO FRIED 38

Panko fried oyster topped with ginger and fennel spicy tomato sauce

TEMPURA ASIAN 40

Tempura fried oyster, Asian dressing

OYSTER DELIGHT 1 125

1 each Panko fried, Smoked paprika, Ceviche and Mexican salsa oysters

OYSTER DELIGHT 2 135

1 each Tempura, Grilled blue cheese, Sushi and Asian oysters

34 SOUTH OYSTER EXPERIENCE R115

1 x Large coastal, 1 x Medium coastal, 1 x Cocktail coastal + 1 x Medium Cultivated Oyster with Rosemary and rock salt Baguette and Salted Butter

Add+ a glass of **LEOPARD'S LEAP CUVÉE BRUT R140**



DRINKS

COLD DRINKS

FREDDO CAPPUCCINO 36
MIMMOSA 68
ICED COFFEE 44

DAILY FRESH JUICE 34

ORGANIC BREW KOMBUCHA 68
- Buchu Babe or African Rose

POWER SMOOTHIE 95
Mixed berries, fresh juice, Greek yoghurt with
toppings of fresh fruit and oats, nuts and seed granola

TEAS

CEYLON, ROOIBOS 25
EARL GREY 30
GREEN TEA 32

HOT DRINKS

ESPRESSO

Single 28 | Double 36

AMERICANO

Regular 30 | Decaf 34

AMERICANO GRANDE

Regular 38 | Decaf 40

CAPPUCCINO

Regular 32 | Decaf 34 | Red 34

CAPPUCCINO GROSSO

240ml Large 40 | Decaf 42 | Red 40

CAFFE LATTE

Regular 38 | Red 40

CHAI LATTE

Standard 38 | Dirty 45

CORTADO 36

CHOCOCHINO 38

HOT CHOCOLATE 38

MILO 38

PASTRIES

Baked daily
and sold at our
dessert counter

MILK TART 35
PASTIES DE NATA 35
APPLE AND NUT CRUMBLE 45
ASSORTED MINI DANISH 22

CHEESE CAKE 50
CARROT BUNDT CAKE 45
MUFFIN - ask your server

served with choice of
cream or ice cream



BREAKFAST

served 08h30 - 11h30

DANISH AND CAPPUCCINO 49

Three Danish pastries, Italian Style Cappuccino

FRESHLY-BAKED CROISSANT 65

Gouda cheese and homemade jam

FRENCH TOAST 120

Challa French Toast, Apricot, Bacon and Thyme Compote, Vanilla Mascarpone

SPANISH BREAKFAST PIDE 105

Pizza boat, mozzarella, green peppers, peppadew, spring onion, Chorizo, origanum, egg

IBERIAN 89

2 eggs, 3 streaky bacon, 2 grilled tomatoes, toast, jam, small juice, Italian cappuccino

34 SOUTH BREAKFAST 99

2 eggs, 4 rashers of streaky bacon, fried tomato, 34 South chips, freshly toasted bread and homemade jam

EGGS ON TOAST 45

2 eggs - scrambled, fried or poached, freshly toasted breads

BREAKFAST PIZZA 149

Italian tomato base, mozzarella, bacon, mushrooms, caramelised onions, topped with 2 eggs

BRUSCHETTA PLATTER 89

Zesty avo, Italian salsa, Gypsy ham

BANANA FLAP JACK 95

Crispy streaky bacon, banana, cinnamon and golden syrup

MEXICAN MINCE ON TOAST 95

Spicy mince on a slice of toast, topped with a fried egg

BREAKFAST CROISSANT OR SESAME ROLL 105

Streaky bacon, scrambled egg, fried tomato, grilled mushrooms and caramelised onions

EGGS BENEDICT WITH

BACON 99 OR GRAVLAX SALMON 149

Lightly toasted health bread homemade salmon gravlax, 2 poached eggs, hollandaise sauce, fresh rocket

DECONSTRUCTED SALMON BAGEL 185

Freshly baked bagel lightly smoked salmon, wasabi cream cheese, julienne veg, pickled ginger, avocado

GOURMET OMELETTES 45

Fluffy 3 egg omelette, freshly toast bread, home-made jam...

Add filling of your choice of:

TOMATO 12 | ONION 12 | MIXED PEPPERS 20

OLIVES 25 | MUSHROOMS 28 | DANISH FETA 28

AVOCADO 30 | GYPSY HAM 30 | BACON 30

GOUDA CHEESE 40 | MEXICAN MINCE 42

TRAMEZZINIS + *Chips*

CHICKEN AND MAYONNAISE 95

BACON, AVO, PEPPADEW & MOZZARELLA 99

HAM, CHEESE AND TOMATO 95

MEXICAN MINCE 109

VEGETARIAN 109

Sun-dried tomato, cream cheese, basil pesto and avo



COLD STARTERS

MEZZE

VEGETARIAN (V) 160

Hummus, tzatziki, labneh cream cheese dip, roast vegetables, sundried tomatoes, artichokes, avocado and rosemary baguette

SEAFOOD 215

Snoek paté, taramasalata, pickled fish, pickled calamari heads, prawn cocktail, rustic tomato and cucumber salad, crispy pita bread

ATHENS 95

Dolmades, taramasalata, tzatziki, feta, homemade rosemary and rock salt baguette

34 STYLED

AVOCADO RITZ 145

Prawn cocktail, zesty avo on crispy ciabatta parmesan crisp

SALADS

GREEK (V)

FULL 95 | SIDE 65

Fresh garden greens, feta and Calamata olives

PRAWN AND AVO 165

fresh salad greens, avo, lemon, fennel, prawn cocktail

CHICKEN CAESAR 165

Cos lettuce, tender chicken fillet, baby tomatoes, radish, bacon, anchovies, croutons, tangy Caesar dressing, a soft poached egg, grated parmesan cheese

CALAMARI 220

Fresh garden greens, grilled calamari tubes and heads, pickled ginger, wasabi and lime dressing

Mezze is a style of dining that originated in the Middle East and Mediterranean regions. It consists of a collection of small, flavorful dishes, similar to appetizers or tapas, which are meant to be shared among diners. Mezze dishes can include a wide variety of foods such as olives, hummus, tabbouleh, falafel, baba ghanoush, kebabs, stuffed grape leaves, and much more. These dishes often feature fresh and vibrant ingredients like vegetables, legumes, herbs, and lean proteins. Mezze is not only a culinary experience but also a social one, where friends and family come together to enjoy the diverse and delicious flavors of the Mediterranean and Middle Eastern cuisines.



HOT STARTERS

CALAMARI TUBES 120

Grilled Patagonian calamari, savoury rice, fresh tomato and coriander salsa

PRAWNS IN GARLIC 115

6 de-shelled prawns grilled with garlic butter and blue cheese

CALAMARI RINGS 105

Crumbed and deep-fried, choice of 34 South chips or savoury rice, with tartar sauce

SPICY BITES AND BALLS (V) 135

Fried beer batter Jalapeno bites, deep-fried cream cheese and jalapeno balls, garlic and herb sauce

MUSSELS - WHITE WINE AND GARLIC 110

8 Steamed ½ shell mussels, creamy garlic and white wine sauce on savoury rice

SNAILS 110

6 Snails, grilled in garlic butter and blue cheese

OYSTERS IN GARLIC 155

6 Coastal oysters grilled with garlic butter and blue cheese

OYSTER TEMPURA 135

6 Coastal oysters tempura fried with an Asian dipping sauce

SOUPS

"All our freshly-made soups are served with your choice of lightly-toasted sesame roll or toasted health or rye bread."

CREAMY OYSTER 150

A rich, creamy soup with fresh coastal oysters and croutons

RICH TOMATO (V) 110

Freshly made with the finest ingredients, served with cheese toastie

SEAFOOD BISQUE 140

Fresh line-fish and succulent shrimps

34 Signature

FOCACCIA "SOET PATAT" (V) 99

Rosemary herb oil, sweet potato, caramalised onion, feta, jalapeno, mozzarella

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FRESH FISH & SEAFOOD

"The following fresh seafood dishes are served with a chunky tomato and cucumber side salad and your choice of 34 South chips, savoury rice, oven-roasted sweet potato or mixed roasted vegetables."

FRESH HAKE 145

±250g, grilled with olive oil, tartar sauce

DEEP-FRIED HAKE 145

Fresh hake deep-fried in a golden beer batter, tartar sauce

FRESH LINE FISH 240

±280g Line-caught daily and brought in through the Heads.

Grilled with olive oil and 34 South spices, tartar sauce

FRESH KINGKLIP 245

300g fillet, grilled with olive oil and 34 South spices.

Chunky Greek salad and tartar sauce

GRILLED SOLE

1 Sole ±165g 215 | 2 Grilled Sole 345

East Coast sole, grilled with olive oil,

fresh lemon juice, tartar sauce

LINE FISH ESPETADA 275

34 South must! Skewered line fish,

roasted peppers, onion, grilled, drizzled with garlic butter

CALAMARI STEAKS 195

Grilled with olive oil, 34 South spices, tartar sauce

DEEP-FRIED CALAMARI RINGS 195

Illex Calamari rings dusted with flour and

34 South spices, tartar sauce

GRILLED CALAMARI TUBES 245

Patagonian calamari, grilled with olive oil

and our 34 South spices. Tartar sauce

PRAWNS

Lightly grilled in olive oil, served with

lemon butter, garlic butter and peri-peri sauce

18 QUAYSIDE PRAWNS 295

10 QUEEN PRAWNS 330

6 KING PRAWNS 425

PRAWN CURRY 245

12 Quayside prawns partially de-shelled mild coconut curry sauce, Basmati rice and poppadoms

PRAWN EXTRAVAGANZA 835

18 Quayside prawns, 10 queen prawns,

6 king prawns, grilled in olive oil

Top Ups

9 QUAYSIDE PRAWNS 110 | 5 QUEEN PRAWNS 120 | CALAMARI RINGS 75

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SEAFOOD SPECIALITIES

34 SPECIALITIES

TRADITIONAL PAELLA 235

Spicy mixed seafood rice, chicken, chorizo, linefish, calamari, mussels, prawns

SEAFOOD GUMBO 220

Mild seafood curry with chorizo, linefish, calamari, prawns, mussels, Basmati rice, fresh coriander, poppadoms

MUSSELS - RED THAI CURRY POT 155

Steamed whole-shell mussels fragrant red Thai curry sauce, freshly-baked rosemary and rock salt baguette

MUSSELS - WHITE WINE AND GARLIC 150

16 Half shell mussels, creamy garlic and white wine sauce, savoury rice

SEAFOOD POT 315

Calamari, mussels, linefish, prawn, creamy white wine sauce, with choice of Basmati rice or rosemary baguette

HAKE PARMESAN 175

Grilled hake, parmesan panko crumbs, marinara, basil linguini, creamy white wine garlic sauce

COMBOS

Served with a chunky tomato cucumber side salad and choice of chips, savoury rice, sweet potato or roasted vegetables."

CALAMARI AND PRAWN 320

Patagonian calamari tubes, 5 queen prawns, tartar sauce. Option: Lemon butter, garlic butter or peri-peri sauce

LINE FISH AND CALAMARI 330

Fresh-caught line fish and Patagonian calamari tubes, tartar sauce.

PRAWN AND LINE FISH 395

5 Queen prawns and freshly-caught line fish, tartar sauce. Option: Lemon butter, garlic butter or peri-peri sauce

SOLE AND CALAMARI 235

1 East Coast sole ±165g, fried calamari rings, tartar sauce

PRAWN AND MUSSELS 285

12 Quayside Prawns, 8 half shelled mussels, creamy garlic and white wine sauce. Option: Lemon butter, garlic butter or peri-peri sauce

SEAFOOD PLATTER FOR ONE 425

Fresh hake, Patagonian calamari tubes, 5 grilled queen prawns, 4 whole-shell mussels, creamy garlic and white wine sauce. Option: Lemon butter, garlic butter or peri-peri sauce

A seafood feast!

SEAFOOD PLATTER FOR 2-3 895

Calamari steak, fresh linefish, 1 East Coast sole, 10 queen prawns, 12 quayside prawns, 8 whole-shell mussels, creamy sauce, Patagonian calamari tubes, tartar sauce.



GRILLS & COMFORT FOOD

"Our Grills are served with 34 South chips and a chunky tomato and cucumber side salad."

34 SOUTH GRILLED CHICKEN 160

Fresh, crispy, ½ chicken,
peri-peri or smoky BBQ basting ±600g

BEEF ESPETADA 365

300g Beef fillet skewered with
green pepper and red onion

PORK RIBS 245

500g Pork ribs, char grilled and basted

CHICKEN AND PORK RIB COMBO 260

¼ Chicken and 300g Pork ribs, peri-peri or
smoky BBQ basting

FLAME GRILLED SIRLOIN

250g 195 | 350g 245
45 day aged Karan beef, BBQ basted

FILLET MARROW 295

200g Beef fillet, baked potato **OR** sweet
potato, roasted veg, bone marrow butter

FLAME GRILLED RIB-EYE STEAK 295

350g Ribeye steak, BBQ, basted

KAROO LAMB CHOPS 295

3 Succulent lamb chops flame grilled

ROAST VEG AND PESTO PATAT (V) 155

Roasted patat topped with roasted veg, sun-dried
tomatoes, basil pesto, grilled cheese. Side salad,
avocado, sour cream, Mannies Muti

SPICY CHICKEN STIR-FRY 130

Asian marinated chicken strips stir-fried vegetables,
basmati rice, peppadews and
roasted cashew nuts

MILD CHICKEN CURRY 130

Mild fragrant curry, chicken strips, sweet potato,
coriander yoghurt and poppadums

Side Sauces 25

LEMON BUTTER | GARLIC BUTTER | HOMEMADE PERI-PERI | PEPPERCORN

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LIGHT MEALS

PIDE'S

Pizza dough, shaped in a "boat" baked in our fire oven and filled with mozzarella, Italian tomato sauce and organum and topped with one of the below:

PESTO CAPRESE (V) 165

Roasted cocktail tomatoes, basil pesto, mozzarella, parmesan, fresh basil leaves

MOROCCON LAMB 210

Pulled Morrocon spiced lamb, red onion.
Served with salsa, zesty avo and tzatziki

KOREAN PORK 145

Korean pulled pork belly, sweet potato, chilli.
Served with an asian salad & Asian dressing

ENCHILADAS

Filled Tortillas, topped with melted cheese, served with guacamole, sour cream, a sweet potato and a Mexican salad.

MEXICAN CHICKEN 195

MEXICAN BEEF MINCE 215

BURGERS

All burgers served on a seeded bun with lettuce, tomato, onion
34 South home-made pure beef burger patties

200g BEEF BURGER 140

CHEESE BURGER 155

BACON AND ZESTY AVO 180

BACON, BRIE AND FIG 175

CHICKEN FLAME GRILLED BURGER 125

BBQ chicken breast, pineapple, home-made herb mayonnaise

CALAMARI CRUMBED BURGER 145

Deep fried calamari steak, slaw, gherkins, creamy mayo

FISH BURGER 145

Deep fried batter hake, tartar sauce

PREGO STEAK ROLL 145

150g Karan beef sirloin, 34 South peri-peri sauce, caramelised onion, on panini

HOMEMADE BRISKET ON HEALTH BREAD 130

Homemade Brisket, horseradish and mustard mayonnaise, lettuce, tomato, red onion and pickles.

ALSO AVAILABLE ON FRESH BAKED RYE, SOURDOUGH OR A CIABATTA

34 Signature

HOMEMADE NACHOS

Melted cheese served with salsa, guacamole, sour cream, red onions and your choice of:

PICKLED JALAPENOS (V) 140

MEXICAN MINCE AND JALAPENOS 195



WOOD FIRED RUSTIC PIZZAS

"Thin homemade crispy base wood fired oven pizzas, all with Italian tomato sauce and mozzarella"

GARLIC AND CHEESE FOCACCIA (V) 95
Herb oil, garlic, parsley and mozzarella (no tomato base)

MARGHERITA (V) 110
Classic pizza with fresh herbs

VEGETARIAN (V) 145
Medley of char-grilled veg, basil pesto, feta

REGINA 165
Gypsy ham and mushrooms

34 SOUTH SEAFOOD 185
Calamari, linefish, mussels, crabstick, prawn meat

MEXICAN BEEF 195
Mexican mince, onion slivers, jalapenos

MEDITERRANEAN CHICKEN 170
Spiced chicken, feta and peppadew

CARIBBEAN 155
Bacon, banana, avocado and peppadew

PICANTE 170
Chorizo, caramelised onions and rocket

FIRE ISLAND 185
Ham, Chorizo, bacon, salami, green pepper, feta, fire sauce

PASTAS

Served with your choice of Penne **OR** Linguini

MARINARA AND ROASTED RED PEPPER (V) 145
Tomato Marinara sauce, roasted red pepper, courgettes, fresh herbs, feta cheese and fresh chilli

SEAFOOD 185
Rich tomato sauce, medley of seafood, prawns and fresh mussels

HAM AND MUSHROOM 190
Gypsy ham, button mushrooms, garlic, cream and parmesan cheese

PIZZA OR PASTA EXTRA TOPPINGS

Banana 12
Rocket 18
Pineapple 15
Calamata olives 25
Pickled jalapenos 25
Feta 30
Basil Pesto 35
Avocado 30
Imported anchovies 35
Cervelat salami 35
Mexican mince 45

Onion rings 12
Green peppers 18
Garlic 18
Marinated artichokes 28
Mexican chicken 35
Chorizo 30
Smoked bacon 30
Gypsy ham 32
Mushrooms 35
Cheese 38
Peppadews 25

CHANGE TO A **GLUTEN FREE BASE** 25



DESSERTS

MALVA PUDDING 65

Traditional South African baked pudding. Served hot

DEATH BY CHOCOLATE 85

Dark chocolate mousse covered in chocolate

FRESH FRUIT CREPES 80

2 Pancakes filled with mascarpone cream, fresh fruit, mixed berry sauce, blueberry cheesecake ice cream

BREAD & BUTTER PUDDING 85

Hot bread and butter pudding, Amarula custard, nut crumble, vanilla ice cream

ORANGE CAKE 85

Layers of orange sponge and orange cream

NUTELLA BROWNIE GATEAUX 85

Layers of chocolate brownies, Nutella mousse and chocolate Ganache, Rolo ice cream

BAKED CARAMEL CHEESECAKE 95

Classic baked cheesecake, caramel sauce, caramel popcorn, vanilla ice cream

DOM PEDRO or IRISH COFFEE 40

Amarula, Kahlua, Amaretto, Whiskey, Frangelico, Tia Maria

GRAPPA ANTONELLA 90

UNDERBERG 58

See our in-store selection
ICE CREAM FRIDGE

KIDS MENU

children under 12

MARGHERITA PIZZA 20cm 45

REGINA PIZZA 20cm 65

NAPOLITANA PASTA 75

FRIED CALAMARI RINGS AND CHIPS 110

300g PORK RIBS AND CHIPS 125

FRANKFURTER AND CHIPS 70



ASIAN SPECIALITIES

POKE

Poke ("POH-keh") means to slice or cut in Hawaiian and refers to chunks of raw fish — usually tuna and salmon which is marinated in umami-packed sauces with sesame seeds, tossed over rice and topped with fresh vegetables. This simple dish that is healthy, delicious and totally addictive, is made up with edamame beans, baby radish, carrot, cucumber, spring onion, mange tout, avocado and red cabbage.

POKE BOWLS

TOFU POKE (V) 120

SALMON POKE 140

TUNA POKE 130

TEMPURA PRAWN POKE 130

34 SOUTH'S

'POKE BOWL IN A ROLL'

All the deliciousness of a Poke Bowl wrapped in a seaweed sheet that is crumbed and lightly deep fried with your choice of...

SALMON 160 | TUNA 140 | VEGETARIAN 120

ABALONE

Abalones are marine mollusks known for their strikingly iridescent, spiral-shaped shells. These shells are often characterized by shimmering colors like blues, greens, and pinks, which make them highly sought after for their aesthetic appeal. Abalones are herbivorous creatures that cling to rocks in coastal areas, using a strong, muscular foot to move and feed on algae. They are known for their resilience, as they withstand the pounding waves and changing tides. The interior of their shells is smooth and mother-of-pearl-like, and these shells have been used in jewelry and decorative art for centuries. Abalones are not only fascinating in appearance but also play a crucial role in marine ecosystems as indicator species for water quality and habitat health.

Our abalone is obtained from authorised agricultural abalone farms under sustainable and responsible farming conditions

ABALONE BISQUE 170

Rich, dark bisque with abalone and shrimps with freshly baked baguette

TRADITIONAL MINCED ABALONE 198

Abalone, mushroom and fresh herbs, garlic white wine sauce, on 34 South savoury rice with sourdough ciabatta

STEAMED WHOLE ABALONE 330

3 whole baby abalone in an Asian infused broth with Shimeji mushrooms and mange tout



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