



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.**

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

LIFE'S TOO SHORT FOR BORING PARTIES



LASAGNE - COTTAGE PIE - ENCHILADAS - STIRFRY

**YOU BRING THE
DISH, WE BRING
THE MAGIC**

Choose any of our home-style favourites,
bring along your casserole, dish, or
platter, and we'll cook and plate it
beautifully for you.

Take it home, serve it up, and let your
friends and family think you did all the
hard work.

We won't tell if you don't.



CURRIES - STEWS - PASTA - BOBOTIE - SEAFOOD PIE

PRAWN PLATTER

SUCCULENT DESHELLED PRAWNS GRILLED IN GARLIC BUTTER, SEASONED TO PERFECTION. THE FIRM TEXTURE GIVES WAY TO A BURST OF MARITIME FLAVOUR, CREATING A DELIGHTFUL CULINARY EXPERIENCE. WE FINISH OFF OUR PRAWNS WITH GARLIC & CHILLI OLIVE OIL. SERVED WITH A VIETNAMESE DIPPING SAUCE.

HOW BIG IS THE PLATTER...?
WELL, THAT IS UP TO YOU.

QUAYSIDE PRAWNS	R8 each
QUEEN PRAWNS	R16 each
KING PRAWNS	R35 each



FILLET PLATTER

BEEF FILLET, ROLLED IN OUR FAMOUS ROSEMARY & ROCK SALT MIX, FLAME-SEARED TO A CHAR OUTSIDE. TENDER AND JUICY INTERIOR. EACH SAVOURY BITE UNVEILS A SYMPHONY OF ROBUST FLAVOURS, AND A SUBTLE SMOKINESS THAT LINGERS ON THE PALATE.

AFTER SLICING WE SPRINKLE THE MEAT WITH SMOKED SEA SALT, OLIVE OIL, FRESH ROSEMARY, AND CRUSHED BLACK PEPPER.

500g	R359
1kg	R715
1.5kg	R1069
2kg	R1425





R525

CANAPÉ PLATTER

SERVES 6-8 PEOPLE

40 PIECES

RECOMMENDED:

CHECK OUT OUR DELI TUBS IN OUR
RETAIL CONVENIENCE ALLEY FOR TOP
UPS TO THE PLATTER OR FRESH
BREADS FROM THE BAKERY

**FILLINGS CAN BE
SUBSTITUTED WITH
OTHER OPTIONS, TO
FIT DIETARY
REQUIREMENTS**

TINY, TASTY, TOTALLY UNFORGETTABLE.

MINI PREGO STEAKS

PROUDLY SOUTH AFRICAN! MINI CIABATTA ROLLS, FILLED WITH FLAME-GRILLED STEAK, BASTED WITH A SPICY AND FLAVOURFUL PERI PERI SAUCE

CHICKEN KEBABS

SKEWERED PIECES OF CHICKEN BREAST, ALTERNATING WITH PEPPERS AND ONIONS, BASTED IN OUR HOMEMADE BBQ BASTING SAUCE

SPANAKOPITA CIGARS

A GREEK DISH WHERE A FILLING OF SPINACH AND FETA IS ROLLED IN PHYLLO PASTRY AND FRIED TILL CRISPY AND GOLDEN BROWN

KOFTA WRAPS

MOROCCAN SPICED BEEF MINCE PATTIES, SERVED IN A MINI TORTILLA WITH HUMMUS, COLESLAW, TZATZIKI AND TOMATO

CALAMARI & CHORIZO BRUSCHETTA

CRISPY GRILLED BREAD RUBBED WITH GARLIC BUTTER, TOPPED WITH A MIXTURE OF CALAMARI, CHORIZO PORK SAUSAGE, RED PEPPERS AND OLIVES



R350	WE USE OUR FRESHLY BAKED ARTISANAL BREAD, WHICH INCLUDES CIABATTA, HEALTH BREAD, PANINI, AND SOURDOUGH RYE	
	40 PIECES	
SANDWICH PLATTER	FILLINGS CAN BE SUBSTITUTED WITH OTHER OPTIONS, TO FIT DIETARY REQUIREMENTS	
	SERVES 6-8 PEOPLE	

THE EASIEST WAY TO FEED AND SATISFY A CROWD

CHICKEN MAYO

OUR DELICIOUS CHICKEN MAYO WITH FRESH CRISP LETTUCE

SALAMI AND CHEESE

CERVELAT SALAMI AND GOUDA CHEESE

HAM & CHEESE

CLASSIC GYPSY HAM AND GOUDA CHEESE

CHEESE AND TOMATO

FRESH TOMATO SLICES AND GOUDA CHEESE

B.L.T

BACON, LETTUCE AND FRESH TOMATO





R615

QUAYS PLATTER

SERVES 6-8 PEOPLE

40 PIECES

RECOMMENDED:

CHECK OUT OUR DELI TUBS IN OUR
RETAIL CONVENIENCE ALLEY FOR TOP
UPS TO THE PLATTER OR FRESH
BREADS FROM THE BAKERY

**FILLINGS CAN BE
SUBSTITUTED WITH
OTHER OPTIONS, TO
FIT DIETARY
REQUIREMENTS**

WHERE LAND MEETS SEA, ALL ON ONE BOARD

CAPRESE KEBABS

KEBABS WITH TRADITIONAL CAPRESE INGREDIENTS: MOZZARELLA CHEESE, COCKTAIL TOMATOES AND FRESH BASIL, DRIZZLED WITH DELICIOUS BASIL PESTO

ASIAN RIBS

PORK RIBS TOSSED IN A SPICY ASIAN STICKY SAUCE, TOPPED WITH SESAME SEEDS

SMOKED SALMON BRUSCHETTA

CRISPY GARLIC BUTTER BRUSCHETTA TOPPED WITH SMOKED SALMON, CREAM CHEESE, ROCJET, RED ONION AND CAPERS

SMOKED CHEESE PUFFS

CLASSIC PIGS IN A BLANKET. CHEESE GRILLER SAUSAGE, ROLLED IN CROISSANT PASTRY AND BAKED TILL GOLDEN BROWN

BEEF KEBABS

CUTS OF BEEF SIRLOIN, SPICED MOROCCAN STYLE, SKEWERED WITH RED & GREEN PEPPER AND DRIZZLED WITH THYME OIL



R495

ANTIPASTO PLATTER

SERVES 6-8 PEOPLE

RECOMMENDED:
CHECK OUT OUR DELI TUBS IN OUR
RETAIL CONVENIENCE ALLEY FOR TOP
UPS TO THE PLATTER

**FILLINGS CAN BE
SUBSTITUTED WITH
OTHER OPTIONS, TO
FIT DIETARY
REQUIREMENTS**

CHEESE, CHARCUTERIE, OLIVES, LOVE

CURED MEATS

A SELECTION OF CHOICE ITALIAN COLD MEATS THAT INCLUDES HAM, SALAMI, CRUDO AND PROSCIUTTO

CHEESE OF THE WORLD

A SELECTION OF DIFFERENT CHEESES. THESE CAN INCLUDE BRIE, GOUDA, FETA AND MOZZARELLA

OLIVES

ONLY THE FINEST CALAMATA OLIVES, MARINATED IN OUR IN-HOUSE PICKLE SAUCE

ARTICHOKES

MARINATED ARTICHOKE HEARTS IN A GARLIC & CHILLI SAUCE

SUNDRIED TOMATOES

CLASSIC SUNDRIED TOMATOES FULL OF FLAVOUR AND ZING

MINI BREADSTICKS

EIGHT MINI FAMOUS ROCK SALT & ROSEMARY BAGUETTES



34 RETAIL STORE IT'S A LIFESTYLE CHOICE



Step into our retail store and discover a treasure trove for foodies, chefs, and connoisseurs alike. From an exceptional wine selection, featuring both local gems and international favorite to handpicked gifts for every age, deli, butchery and bakery, there's something special waiting for everyone.

Indulge in sweets sourced from across the globe, from the Netherlands and the UK to the USA, or treat yourself to our cheeses, dips, freshly made bites, hearty meals, premium meats, and seafood, perfect for any occasion. And beyond the flavours, explore our exclusive Nautical clothing range, designed to bring a touch of coastal style into your wardrobe.





R395		
DELI PLATTER	SERVES 6-8 PEOPLE	
	DELI ITEMS CAN BE SUBSTITUTED WITH OTHER OPTIONS, TO FIT DIETARY REQUIREMENTS	RECOMMENDED: ADD AN EXTRA BAGUETTE OR BRUSCHETTAS FOR SPREADING

A SPREAD OF DIPS, PICKLES, AND DELI FAVOURITES

PICKLED FISH

PERFECT GOUJONS OF HAKE, FLOURED AND FRIED, PRESERVED IN A CURRY SPICED VINEGAR SAUCE. IT IS TANGY, SAVOURY, AND DELICIOUS

SNOEK PÂTÉ

A PROUDLY SOUTH AFRICAN TRADITIONAL DISH: SMOKED SNOEK BLENDED WITH SPICES, CREAM CHEESE AND MAYONNAISE

TARAMASALATA

A SMOOTH SPREAD MADE FROM SALTED AND CURED FISH ROE. THE ROE IS BLENDED WITH WHITE BREAD, OLIVE OIL, LEMON, AND GARLIC FOR A VELVETY, CREAMY FINISH

DOLMADES

GRAPE VINE LEAVES STUFFED WITH A MIXTURE OF SEASONED RICE PRESERVED IN OLIVE OIL

ROLLMOPS

PICKLED HERRING FISH. THE HERRING FILLETS ARE ROLLED OVER A FILLING, OFTEN PICKLES, AND SEASONED WITH MUSTARD SEEDS

VEGETABLES

MARINATED ARTICHOKE HEARTS, OLIVES, AND ROASTED VEGETABLES



R645

ISLAND PLATTER

SERVES 6-8 PEOPLE

40 PIECES

RECOMMENDED:

CHECK OUT OUR DELI TUBS IN OUR
RETAIL CONVENIENCE ALLEY FOR TOP
UPS TO THE PLATTER OR FRESH
BREADS FROM THE BAKERY

**FILLINGS CAN BE
SUBSTITUTED WITH
OTHER OPTIONS, TO
FIT DIETARY
REQUIREMENTS**

SEAFOOD, COLOUR, AND ISLAND VIBES

SUSHI CANAPÉ

PANKO FRIED SUSHI RICE, TOPPED WITH CREAM CHEESE, PEPPADEWS, CUCUMBER, SMOKED SALMON, AVO AND SUSHI MAYO, FINISHED OFF WITH CAVIAR

FILLET KEBABS

SLICES OF BEEF FILLET, SKEWERED WITH BABY MARROW, RED PEPPER AND ONION

ZESTY AVOCADO BRUSCHETTA

CRISPY GRILLED BREAD, RUBBED WITH GARLIC, TOPPED WITH OUR HOMEMADE ZESTY AVO (AVO, LEMON, FRESH HERBS, A HINT OF CHILLI, TOMATO)

PRAWN & CHORIZO

QUEEN PRAWNS AND CHORIZO SAUSAGE, SPICED WITH MOROCCAN SPICE, GARLIC AND CHILLI, GRILLED TO PERFECTION

COCKTAIL BRUSCHETTA

CRISPY GRILLED BREAD RUBBED WITH GARLIC, TOPPED WITH COCKTAIL TOMATOES, CREAM CHEESE AND ROCKET



R395

VEGETARIAN PLATTER

SERVES 6-8 PEOPLE

**FILLINGS CAN BE SUBSTITUTED WITH
OTHER OPTIONS, TO FIT DIETARY
REQUIREMENTS**

RECOMMENDED:
ADD AN EXTRA
BAGUETTE OR
BRUSCHETTAS FOR
SPREADING

CRUNCH, DIP, REPEAT! HEAVEN ON A PLATTER

HUMMUS

A DIP MADE FROM MASHED CHICKPEAS BLENDED WITH TAHINI (SESAME SEED PASTE), OLIVE OIL, GARLIC, LEMON AND SEASONINGS

TZATZIKI

A GREEK DIP MADE FROM GREEK YOGHURT, CUCUMBERS, GARLIC, AND MINT

ZESTY CREAM CHEESE DIP

TANGY DIP MADE BY BLENDING CREAM CHEESE, LEMON JUICE AND RIND AND A HINT OF FRESH CHILLI

DOLMADES

GRAPE VINE LEAVES STUFFED WITH A MIXTURE OF SEASONED RICE PRESERVED IN OLIVE OIL

CRUDITÉ VEGETABLES

A SELECTION OF RAW SLICED VEGETABLES. THESE INCLUDE CARROTS, MIXED PEPPERS AND CUCUMBER

PEPPADEWS

LITTLE PICANTE PEPPERS MARINATED IN SWEET VINEGAR. TANGY WITH A BITE



R525		
TAPAS PLATTER	SERVES 6-8 PEOPLE	40 PIECES
	RECOMMENDED: CHECK OUT OUR DELI TUBS IN OUR RETAIL CONVENIENCE ALLEY FOR TOP UPS TO THE PLATTER OR FRESH BREADS FROM THE BAKERY	FILLINGS CAN BE SUBSTITUTED WITH OTHER OPTIONS, TO FIT DIETARY REQUIREMENTS

THE ULTIMATE SOCIAL PLATTER

ANTIPASTO KEBABS

SKEWERED LAYERS OF OLIVES, ARTICHOKE, EMILIANO HAM, SALAMI, PEPPADEWS AND MOZZARELLA

WAFFLE MEZZE

MINI WAFFLES WITH THREE FILLINGS CONSISTING OF SALMON, CAPERS & CREAM CHEESE

BOBOTIE SPRINGROLLS

OUR HOMEMADE BOBOTIE IS SPICED TRADITIONALLY, ROLLED IN SPRING ROLL PASTRY AND FRIED TILL CRISPY. SERVED WITH SWEET CHILLI SAUCE

SWEET POTATO FOCACCIAS

MINI FOCACCIA, TOPPED WITH SWEET POTATO, JALAPENO AND CARAMELIZED ONIONS

MEATBALL KEBABS

KEBAB-STYLE SKEWERED MEATBALLS, COCKTAIL TOMATOES AND BASIL PESTO

BUILD YOUR OWN PLATTER

Pick it, mix it,
love it

NIBBLES @ R12 EACH

MEDITERRANEAN FOCCACIA
SOET-PATAT FOCCACIA
MEATBALL KEBABS
CHICKEN KEBABS

BITES @ R14 EACH

BEEF KOFTA
CALAMARI & CHORIZO BRUSCHETTA
ITALIAN BRUSCHETTA
CAPRESE KEBABS
COCKTAIL BRUSCHETTA



HOW?

THE T'S AND C'S

FILLINGS CAN BE SUBSTITUTED WITH
OTHER OPTIONS, TO FIT DIETARY
REQUIREMENTS

FULL PLATTER = 40 PIECES
HALF PLATTER = 20 PIECES

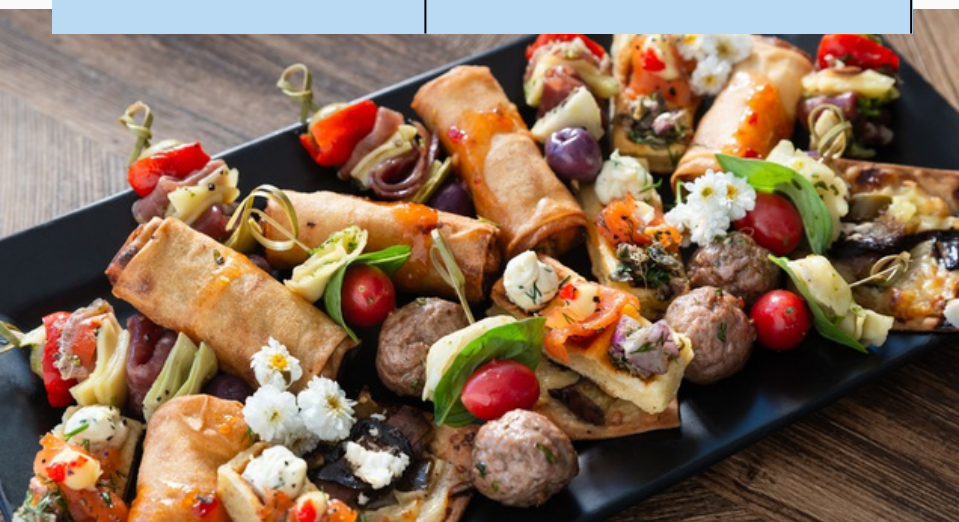


MORSELS @ R18 EACH

ASIAN PORK RIBS
SMOKED SALMON BRUSCHETTA
BOBOTIE SPRINGROLLS
WAFFLE MEZZE
ANTIPASTO KEBAB
SPANAKOPITA CIGARS

TREATS @ R20 EACH

BEEF SIRLOIN KEBABS
MINI PREGO ROLLS
BEEF FILLET KEBABS
PRAWN & CHORIZO SKEWER
SUSHI CANAPE
SMOKED SNOEK BRUSCHETTA
SMOKED CHEESE GRILLER PASTRY
ZESTY AVO BRUSCHETTA



KNYSNA OYSTERS



WE PACK OUR OYSTERS IN AIRTIGHT FOAM BOXES, ENSURING THAT WHEN YOU GET HOME, THEY ARE STILL COLD, FRESH AND DECADENT.

THE OYSTERS ARE SERVED ON ICE WITH LEMON WEDGES.

COASTAL COCKTAIL R15 EACH

THESE OYSTERS ARE HARVESTED ALONG THE COASTLINE OF THE GARDEN ROUTE. COCKTAIL OYSTERS ARE THE SMALLER SIZE BUT STILL HAVE ALL THE FLAVOUR

COASTAL MEDIUM R32 EACH

THESE OYSTERS ARE HARVESTED ALONG THE COASTLINE OF THE GARDEN ROUTE. THE PERFECT-SIZED OYSTER (OR SO THEY SAY)

COASTAL LARGE R40 EACH

THESE OYSTERS HARVESTED ALONG THE COASTLINE OF THE GARDEN ROUTE. THESE ARE FOR THE OYSTER LOVERS. FULL-BODIED, FULL SIZE

CULTIVATED R28 EACH

THESE OYSTERS ARE FARMED ON INTER-TIDAL RACKS IN THE COLD ATLANTIC WATERS OF SALDANHA BAY. THEY HAVE A SLEEKER LOOKING, SMOOTHER SURFACE

***ALL OUR OYSTERS ARE KEPT ALIVE IN OUR OYSTER TANKS, SO THEY ARE SERVED AT
THEIR FRESHEST***

34 SUSHI

MADE FOR SHARING

65 PIECES

R695

MOUNT FUJI

SALMON NIGIRI, PRAWN NIGIRI, SALMON ROSES, RED RAINBOW ROLLS, JOJO ROLLS, CRISPY CALIFORNIA ROLL, RAINBOW SANDWICHES, PRAWN MAKI, SALMON MAKI, PRETZEL CRUNCH

**32
PIECES**

R395

RAINBOW PLATTER

SALMON RAINBOW, CRISPY TUNA CALIFORNIA, SALMON NIGIRI, TUNA NIGIRI, SALMON SASHIMI, TUNA SASHIMI

**49
PIECES**

R450

SUZI PLATTER

RED RAINBOW ROLL, CRISPY SALMON CALIFORNIA ROLL, SHRIMP TEMPURA, 16 PANKO PRAWNS, VEGETARIAN PLATTER



**WE HAVE A SELECTION OF
MINI DESSERTS AND PASTRIES
AVAILABLE TO BUILD THE
PERFECT DESSERT PLATTER
SEE SELECTION AT THE BAKERY**



**ALSO FULL-SIZE (30CM)
CHEESECAKES OR NUTELLA
GATEAUX**



LITTLE BITES OF HAPPINESS

DECADENT DESSERTS

BUILD YOUR PLATTER



ADD ONS

**THE PERFECT
FINISHING
TOUCHES!**



DELI ITEMS

FROM PRAWN COCKTAIL TO PICKLED FISH OR JUST SOME OLIVES. WE HAVE IT ALL. DOLMADES, ARTICHOKEs, SALMON GRAVLAX AND ROLLMOPS

ARTISAN BREAD

ROSEMARY BAGUETTES, BURGER ROLLS, PANINI, WRAPS. NACHO CHIPS, CROISSANTS, FLATBREADS, AND BREADSTICKS ALL FRESHLY HOME-MADE.



DIPS & SPREADS

HUMMUS, TZATZIKI, LABNEH, SNOEK PÂTÉ, CHICKEN LIVER PÂTÉ OR BASIL PESTO, WE STOCK THEM ALL AND MADE IN-HOUSE



PARTY SALADS

FRESHNESS YOU CAN PASS AROUND

CHOOSE FROM OUR FRESH SALAD SELECTIONS:

GREEK, POTATO, MEDITERRANEAN COUSCOUS OR BASIL PASTA.
ALTERNATIVELY TELL US YOUR FAVOURITE SALAD COMBINATION AND
WE WILL BUILD IT.

THE OPTIONS ARE ENDLESS.



044 382 7331



antoinette@34south.biz



www.34south.biz



Shop 19, Knysna Quays,
Waterfront drive, Knysna

ORDER NOW

FOR ENQUIRIES AND QUOTES:

ASK FOR ANTOINETTE, NAZEEM OR GEORGE

