

34

SOUTH
The Market

PARTY/CATERING PLATTER MENU and other delightful eats to entertain

NEW BABY, BIRTHDAY, WEDDING, OR SIMPLY HOSTING FRIENDS.
WHATEVER THE OCCASION. CALL US THE DAY BEFORE THE
EVENT FOR YOUR ENTERTAINMENT SOLUTION
- 34 SOUTH STYLE.



**FOR ENQUIRIES AND
QUOTES, ASK FOR
ANTOINETTE, NAZEEM OR
GEORGE**





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 R15 EACH
KING PRAWNS R32 EACH

BEEF PLATTER

BEEF FILLET, ROLLED IN OUR FAMOUS ROSEMARY AND ROCK
SALT MIX, EXPERTLY FLAME-SEARED TO A CHAR OUTSIDE,
CONCEALING A TENDER AND JUICY INTERIOR.

EACH SAVOURY BITE UNVEILS A SYMPHONY OF ROBUST
FLAVOURS, COMPLEMENTED BY 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 = R345

1KG = R690

1.5KG = R1035

2KG= R1380



DELI PLATTER

1

PICKLED FISH

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

2

SNOEK PÂTÉ

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

3

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

4

DOLMADES

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

5

ROLLMOPS

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

6

VEGETABLES

MARINATED ARTICHOKE HEARTS, OLIVES, AND ROASTED VEGETABLES





SANDWICH PLATTER

THE SANDWICHES ARE MADE WITH OUR FRESHLY BAKED ARTISANAL BREAD
AND CAN INCLUDE CIABATTA, BAGUETTE, HEALTH BREAD, PANINI,
OR SOURDOUGH RYE

STANDARD FILLINGS INCLUDE:

1

CHICKEN MAYO

OUR DELICIOUS CHICKEN MAYO WITH FRESH CRISP LETTUCE

2

SALAMI AND CHEESE

CERVELAT SALAMI AND GOUDA CHEESE

3

HAM & CHEESE

CLASSIC GYPSY HAM AND GOUDA CHEESE

4

CHEESE AND TOMATO

FRESH TOMATO SLICES AND GOUDA CHEESE

5

B.L.T

BACON, LETTUCE AND FRESH TOMATO





VEGETARIAN PLATTER

1

HUMMUS

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

2

TZATZIKI

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

3

ZESTY CREAM CHEESE DIP

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

4

DOLMADES

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

5

CRUDITÉ VEGETABLES

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

6

PEPPADEWS

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



R395



ANTIPASTO PLATTER

1

MEATS

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

2

CHEESES

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

3

OLIVES

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

4

ARTICHOKES

MARINATED ARTICHOKE HEARTS IN A GARLIC & CHILLI SAUCE

5

SUNDRIED TOMATOES

CLASSIC SUNDRIED TOMATOES FULL OF FLAVOUR AND ZING

6

MINI BREADSTICKS

SMALL VERSIONS OF OUR FAMOUS ROCK SALT AND ROSEMARY BAGUETTES





34 RETAIL STORE

Our retail store offers a wide range of goodies and groceries, perfect for the heart of any foodie, chef, or connoisseur.

A Fantastic wine selection from local to international.

Great gifts for all, whether young or adult.

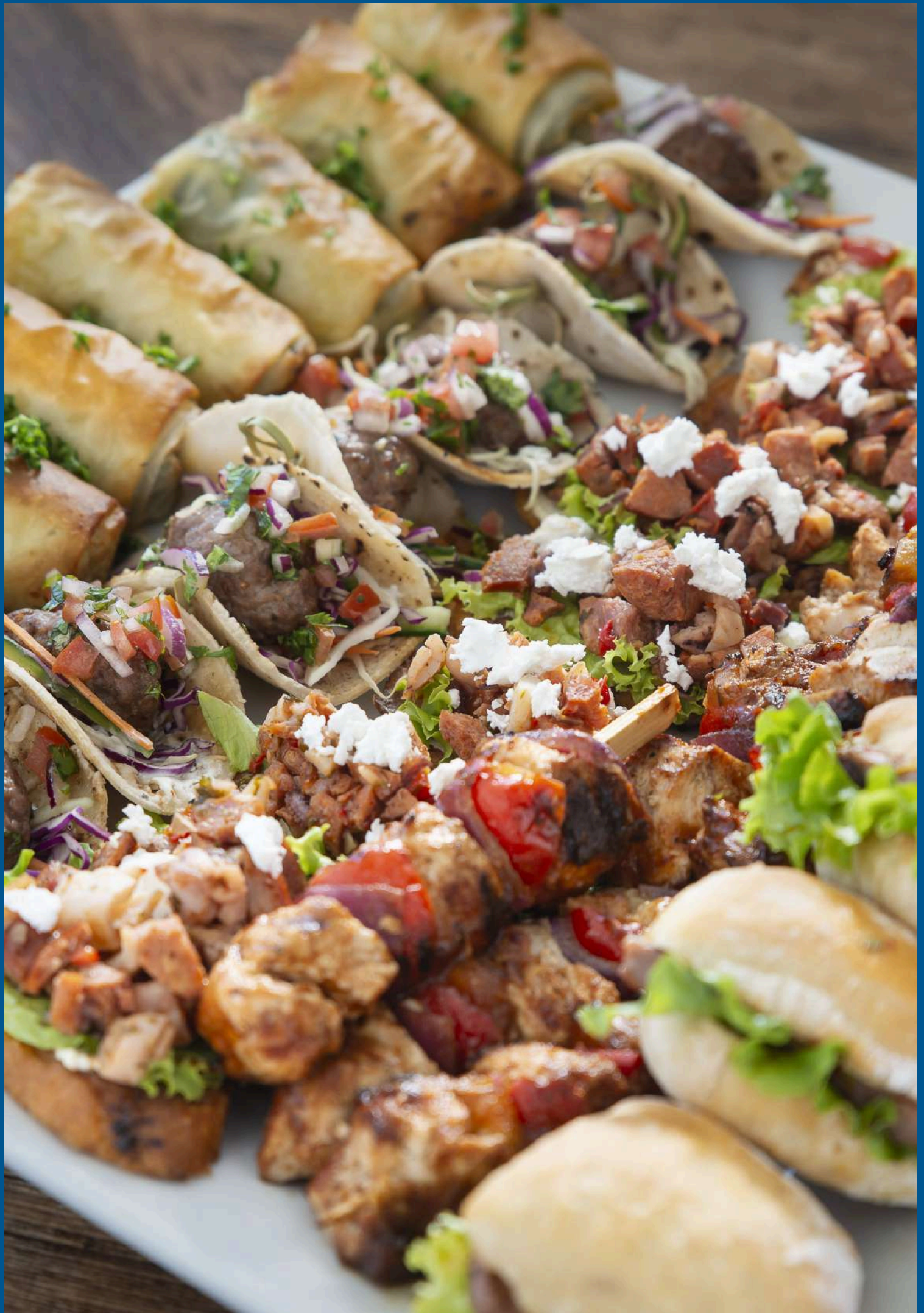
Sweets from all over the world, from the Netherlands to the UK to the USA.

Cheese, dips, and many more freshly made bites, meals, meats & seafood perfect to add to an occasion.

We even have our own Nautical clothing range







CANAPÉ PLATTER

1

MINI PREGO STEAKS

PROUDLY SOUTH AFRICAN!

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

2

CHICKEN KEBABS

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

3

SPANAKOPITA CIGARS

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

4

KOFTA WRAPS

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

5

CALAMARI & CHORIZO BRUSCHETTA

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





ISLAND PLATTER

1

SUSHI CANAPÉ

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

2

FILLET KEBABS

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

3

ZESTY AVOCADO BRUSCHETTA

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

4

PRAWN & CHORIZO

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

5

COCKTAIL BRUSCHETTA

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





QUAYS PLATTER

1

CAPRESE KEBABS

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

2

ASIAN RIBS

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

3

SALMON CUPS

BAKED QUICHE-STYLE CUPS WITH SMOKED SALMON, SPRING ONION, PEPPADEWS AND FENNEL

4

SMOKED CHEESE PUFFS

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

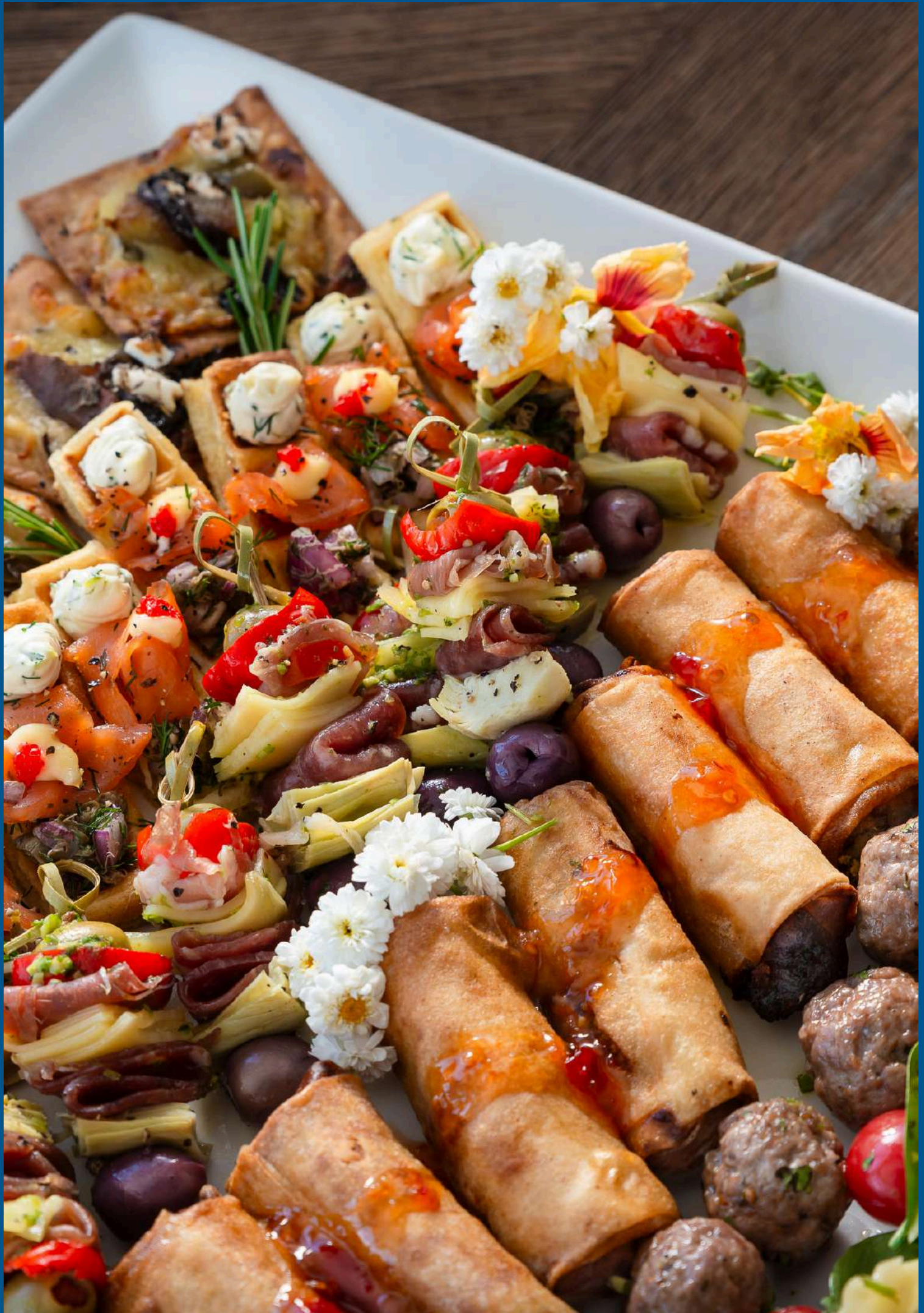
5

BEEF KEBABS

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



R545



TAPAS PLATTER

1

ANTIPASTO KEBABS

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

2

WAFFLE MEZZE

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

3

BOBOTIE SPRINGROLLS

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

4

SWEET POTATO FOCACCIAS

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

5

MEATBALL KEBABS

KEBAB-STYLE SKEWERED MEATBALLS, COCKTAIL TOMATOES AND BASIL PESTO



R495



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.



Mini Tabasco @ R19.50

OYSTERS

1

COASTAL COCKTAIL R24

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

2

COASTAL MEDIUM R40

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

3

COASTAL LARGE R48

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

4

CULTIVATED R30

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**



SALADS

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.



We can do small salads, big salads, green salads.
The options are endless.

ADD ONS



1

DELI ITEMS

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

2

FRESHLY BAKED BREAD

ROSEMARY BAGUETTES, BURGER ROLLS, PANINI, WRAPS. NACHO CHIPS ALL HOMEMADE.

3

PASTRIES

DANISH PASTRIES, CROISSANTS, HOT CROSS BUNS, CINNAMON SWIRLS, BIG OR SMALL

4

DIPS AND SPREADS

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

34 SUSHI

FRESHLY MADE-TO-ORDER

BUILD YOUR OWN PLATTER OR USE OUR SUSHI MENU
TO CHOOSE FROM OUR PRE-DESIGNED PLATTERS

GINGER PLATTER - 20 PIECES = R305

EAGLES PLATTER - 30 PIECES = R615

DELUXE PLATTER - 67 PIECES = R1250



DESSERTS

WE HAVE A SELECTION OF MINI DESSERTS AND PASTRIES AVAILABLE TO BUILD THE PERFECT DESSERT PLATTER. ALSO FULL-SIZE CHEESECAKES OR NUTELLA GATEAUX





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www.34south.biz



Shop 19, Knysna Quays,
Waterfront drive, Knysna

ORDER NOW

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QUOTES, ASK FOR
ANTOINETTE, NAZEEM OR
GEORGE**