

Welcome to

the
Girls



ON THE SQUARE

Our menu is a combination of high quality local produce with distinctly different flavours, all cooked to perfection in our open kitchen, where you can see the magic happen.

Enjoy!

Why 'The Girl's?'

OUR STORY

The predecessor to The Girl's Restaurant opened back in 2001 on the banks of the Tow River in Wilderness, as The Riverside Kitchen.

With 2 women chef-owners and a ladies-only kitchen team, it became popular for locals to say they were going to eat at the Girls...and so after selling The Riverside Kitchen, it didn't take long to come up with a catchy name for their new venture.

The Girl's Restaurant opened in 2007, now in the centre of Wilderness but in a 'distinctly different' location – right on the edge of the petrol station forecourt next to a busy national highway!

The Girl's spent 11 successful years in this unusual location where locals and tourists returned time and again for the great food and service but certainly not the view!

In time, The Girl's was joined by 2 sister venues, Fláva Café and Roxi's on the Square. It seemed the only way to give our customers the best all-round dining experience at The Girl's, would be to find a better location... So mid 2018 The Girl's Restaurant joined hands with Roxi's on the Square to become The Girl's on the Square!



- ~ Please notify staff asap of any food allergies or strict diet requirements so we can assist you with your food choices.
- ~ Please note that as our food is freshly prepared, there could be a 20min wait on your main course, to allow for adequate preparation.
- ~ In welcoming our foreign guests we would like to draw their attention to the South African custom of tipping. The standard here is a gratuity of between 10% & 15% of the full total of the bill. Tip at your discretion to reflect the quality of your experience.
- ~ An automatic service charge of 10% will be added to the bill for parties of 6 or more.



Starters

FRESH OYSTERS

SQ

West Coast oysters served with lemon and Tabasco

VENISON CARPACCIO

R80.00

With pecorino cheese shavings, fresh rocket leaves and a balsamic drizzle. Served with ciabatta toast

GIRL'S CALAMARI

R70.00

Grilled Patagonica calamari tubes & tentacles tossed with sundried tomatoes, Karoo black olives, bell peppers and fresh rocket leaves

STEAK TARTARE

105.00

a classic deconstructed

Freshly minced beef fillet, chopped onion, garlic, capers, gherkins & egg with a splash of brandy & Tabasco. Toasted ciabatta

ESCARGOTS

R80.00

Snails covered with lashings of garlic butter and then grilled with crispy bacon and feta cheese

CHEF'S SOUP OF THE DAY

R45.00

Served with ciabatta

GARLIC BREAD

R65.00

Olives, feta and Dukkah spices

THE GIRL'S TASTING PLATE

R85.00

Black mushroom with fresh pear slices & grilled blue cheese, peppadews stuffed with cream cheese, Karoo olives, paté, Moroccan hummus and venison carpaccio. Served with pita bread

- Ingredients subject to availability

Salads

PRAWN & LITCHI SALAD

Grilled prawns, blue cheese stuffed litchis, cucumber, rosa tomatoes & carrot ribbons, pear slices, sesame seeds, baby spinach & rocket leaves. Topped with tempura pickled ginger and a soy, chilli ginger dressing

Starter

R95.00

Main or Table Size

R142.00

GIRL'S SALAD

Sundried tomatoes, olives, feta, cucumber ribbons, red onion, roasted sunflower seeds, crispy croutons & salad leaves. Poppy seed dressing

Starter

R65.00

Main or Table Size

R98.00

ROASTED BEETROOT, BUTTERNUT & CHICKPEA SALAD

Mixed seeds, rocket leaves, feta and a balsamic dressing

Starter

R75.00

Main or Table Size

R112.00

- Ingredients subject to availability

Seafood

All our fish comes fresh from Mossel Bay which is the closest harbour town. We dust our fish with a light coating of seasoned flour before it is grilled, to ensure it stays moist & succulent.

LINEFISH **R130.00**

Ask waitron for today's options, served with a sauce of your choice

SAUCES to complement your fish (each) **R20.00**

Chilli, soy & ginger
Light lemon & caper cream
Homemade tartar
Beurre Noisette (burnt butter)
Lemon butter
Garlic butter
Rose geranium jelly

GRILLED CALAMARI **R130.00**

Tender, lightly spiced Patagonica calamari tubes & tentacles with lemon garlic butter

LINEFISH & CALAMARI TRIO **R175.00**

2 linefish & tender grilled Patagonica calamari tubes & tentacles served with a trio of sauces - lemon butter, tartar sauce & garlic butter.

SEAFOOD PLATTER FOR ONE **R310.00**

½ portion of 2 grilled linefish of the day
tender grilled Patagonica calamari tubes & tentacles
4 lemon butter prawns
2 sauces on the side - Girl's sauce & Moroccan butter

SEAFOOD PLATTER FOR TWO **R560.00**

full portion of 2 grilled linefish of the day
tender grilled Patagonica calamari tubes & tentacles
8 lemon butter prawns
2 sauces on the side - Girl's sauce & Moroccan butter

~ All of the above served with lemongrass scented basmati rice & chunky seasonal veg.

Prawns, Prawns & more Prawns

Top quality prawns served head and tail on but the body is 'naked' for easy eating and to absorb all the delicious flavours!!

GARLIC OR LEMON BUTTER

300g
500g

R275.00
R395.00

SPANISH STYLE

With hints of smoked paprika and oreganum

300g
500g

R275.00
R395.00

ASIAN

Soy, chilli, ginger sauce, toasted sesame seeds & fresh coriander

300g
500g

R275.00
R395.00

MOZAMBICAN PERI-PERI

Our homemade sauce with a bite

300g
500g

R275.00
R395.00

MOROCCAN

Warm spices of North Africa in a dipping butter with fresh coriander

300g
500g

R275.00
R395.00

THE GIRL'S SAUCE

Our homemade peri-peri sauce without the bite

300g
500g

R275.00
R395.00

PRAWN TRIO

R290.00

Great as a starter with salad only! 300g of delicious prawns, peeled and grilled with lemon butter. Served with 3 sauces - garlic butter, Girl's sauce & soy, chilli ginger sauce on the side

~ All of the above served with lemongrass scented basmati rice & chunky seasonal veg.

From the Grill

FILLET STEAK

Served with chunky chips & seasonal veg. Sauces are an optional extra, served on the side

200g

R185.00

300g

R260.00

SIRLOIN STEAK

Served with chunky chips & seasonal veg. Sauces are an optional extra, served on the side

300g

R160.00

SAUCES to complement your steak (each) **R20.00**

Creamy pepper

Garlic butter

Creamy blue cheese & horseradish

Spicy peri-peri

Creamy mushroom & rosemary

Port and pomegranate*

Apricot mustard*

Rose geranium jelly*

(*Best suited to venison and ostrich dishes)

THE GIRL'S FILLET

Our signature fillet - served with a balsamic reduction, pecorino cheese and fresh rocket leaves

200g

R195.00

300g

R275.00

~ All our steaks are hand cut, so should you prefer a larger size please ask your waitron. Our beef is well maturated to be tasty and tender. We do not accept responsibility for the taste or appearance of steaks ordered well-done.

From the Grill

FILLET TRIO

R345.00

(Beef, Ostrich & Venison - 300g)

3 sauces served on the side

~ apricot & wholegrain mustard

~ creamy pepper

~ port & pomegranate

Served with seasonal veg and Moroccan flavoured couscous

VENISON FILLET

R215.00

200g fillet, best served medium-rare to medium. Served with an apricot & wholegrain mustard sauce, seasonal veg & couscous. Topped with grilled apricots & dates

OSTRICH FILLET

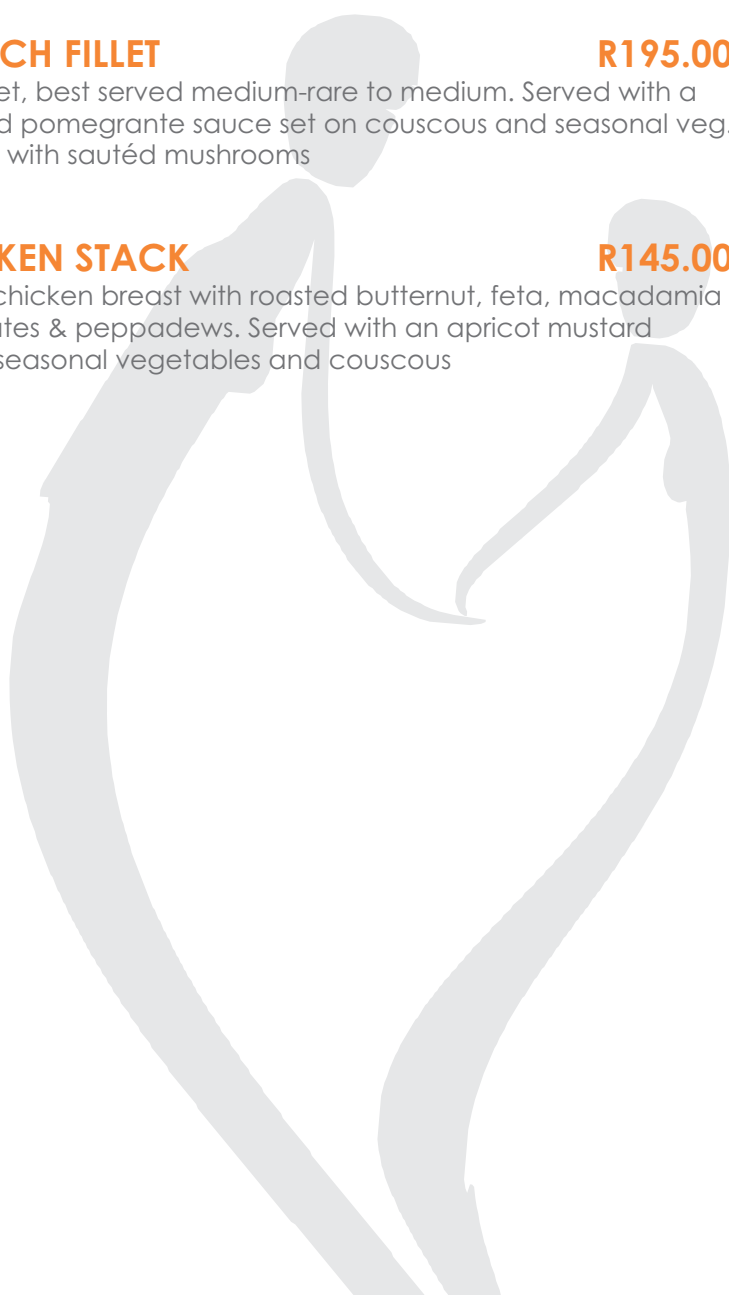
R195.00

200g fillet, best served medium-rare to medium. Served with a port and pomegranate sauce set on couscous and seasonal veg. Topped with sautéed mushrooms

CHICKEN STACK

R145.00

Grilled chicken breast with roasted butternut, feta, macadamia nuts, dates & peppadews. Served with an apricot mustard sauce, seasonal vegetables and couscous



Curries

GIRL'S CAPE MALAY MANGO CURRY

A fragrant Cape Malay style curry with mango pieces, coconut milk & warm spices (no chilli). Served with basmati rice OR couscous, poppadum and 2 sambals

Veg & mushroom	R110.00
Chicken	R125.00
Prawn only	R210.00

ASIAN GREEN STYLE CURRY

A zesty green Thai style curry with lemongrass, ginger chilli, coconut milk & fresh coriander leaves. Served with steamed basmati rice and salsa

Veg & mushroom	R110.00
Chicken	R125.00
Prawn only	R210.00

Vegetarian

VEGETARIAN PLATTER

R135.00

Brown mushroom topped with fresh pear slices and blue cheese, roast butternut, cream cheese stuffed peppadews, macadamia nut stuffed litchies, seasonal veg, couscous & chunky potato chips. Seed sprinkle, poppadum & fresh coriander leaves

Desserts

DOM PEDRO

R55.00

If you don't know what it is - you should definitely try it!
~ Choose from Whiskey, Kahlua, Amarula or Frangelico

CHOCOLATE FONDANT

R48.00

Decadent, dark chocolate lava cake with Amarula chocolate sauce and vanilla ice cream

FROZEN HONEY CHEESECAKE

R65.00

Like a cheesecake and ice cream all in one! Honey cheesecake filling on top of a crisp almond biscuit base. Mixed berry and rooibos tea coulis

CRÈME BRÛLÉE

R42.00

A classic dessert with a splash of local liqueur added
~ Ask your waitron for tonight's flavour

LITCHIS WITH GINGER

R48.00

Litchis stuffed with preserved ginger on vanilla ice cream, drizzled with ginger & cardamom syrup

DESSERT TASTING PLATE

R75.00

Perfect if you can't decide what to try! Bite size assortment of tastes. ~ Ask your waitron about tonight's selection

ICE CREAM & CHOCOLATE AMARULA SAUCE

R40.00

Vanilla ice cream with our favourite chocolate sauce - simple but delicious!

TRADITIONAL MALVA PUDDING

R48.00

Warm sponge pudding soaked in sweet butterscotch sauce. Served with vanilla ice cream

CHEF'S SORBET OR HOMEMADE ICE CREAM

R40.00

~ Ask your waitron about tonight's flavour

After Dinner Drinks

We have a wide selection of after dinner drinks available but one of the most popular is a good, locally produced brandy. Brandy was brought to South Africa by the Dutch & first distilled during the 1600's in the Cape. Our potstill brandies are made using the same methods as French Cognac brandy.

KWV 10YR OLD POTSTILL BRANDY - 50ML R65.00

KWV 10, the pinoeer of the KWV brandy range, has been shared and enjoyed since its first production in 1926. Distilled in our unique copper potstills and matured for 10 years in authentic French oak barrels, this multiple award-winning 100% Potstill Brandy with subtle tropical flavours and aromas is testament to our heritage as Proud Pioneers

KWV 12YR BARREL SELECT POTSTILL BRANDY - 50ML R75.00

KWV 12 Barrel Select presents artful blending by the KWV Brandy Master. This golden liquid conjures dried fruit, honey and oak flavours to deliver a well-balanced brandy with a long, lingering aftertaste

DIEMERSFONTEIN POTSTILL BRANDY - 50ML R115.00

Distinctive and full-bodied, the intriguing fruit flavours and smooth, refreshing finish evoke the unique spirit of Diemersfontein

KAAPZICHT 15YR OLD POTSTILL BRANDY - 50ML R145.00

Stellenbosch
~ Platter's ★★★

Only the finest selected combination of classic white grapes, grown and harvested on the Kaapzicht Wine Estate, are used to make this brandy. A deep golden, amber colour with a complex nose of dried fig, prunes, toasted oak, cinnamon & cloves. Mellow & mild, lingering sherry finish

After Dinner Drinks

GRAPPA KAAPZICHT **R30.00**

Traditional grape husk brandy produced in Stellenbosch

GRAPPA ORG DE RAC (Organic) **R60.00**

100% Merlot. Light lingering citrus apple and pear undertones.

Piketberg, Swartland

~ Platter's ★★★★★

AMARULA CREAM LIQUEUR **R25.00**

Distilled wild marula fruit and cream

BOPLAAS CAPE RUBY **R30.00**

Calitzdorp

~ Platter's ★★★★★

KAAPZICHT CAPE VINTAGE **R45.00**

2007 Vintage, Stellenbosch

~ Platter's ★★★★★½

PUMPHOUSE PORT, ORG DE RAC (Organic) **R65.00**

Deep beetroot colour, opulent nose of fruitcake & fresh berries

Piketberg, Swartland

~ Platter's ★★★

BOPLAAS THE CHOCOLATE CAPE VINTAGE **R35.00**

Western Cape

~ Platter's ★★★★★

Coffee & Tea



Espresso	R23.00
Americano	
Regular	R23.00
Large	R25.00
Cappuccino	
Regular	R27.00
Large	R30.00
Red Cappuccino	
Regular	R28.00
Large	R32.00
Café / Chai Latte	R30.00
Café Mocha	R30.00
Liqueur Coffee	R49.00
Macciato	R23.00
Hot Chocolate	R30.00
White Hot Chocolate	R32.00
Rooibos / Ceylon Tea	R20.00
Earl Grey Tea	R22.00
Assorted Herbal Tea	R22.00
Fresh Mint Leaf Tea	R15.00