



SEAWEED & SALT
KALK BAY

We envisioned a place where the rugged beauty of False Bay meets the warmth of a seaside retreat. A sanctuary by the ocean, if you will. The menu had to reflect the essence of Kalk Bay – fresh, local, and vibrant. The service, always welcoming, always thoughtful. This is our vision, and we can't wait for you to experience the magic of Seaweed & Salt

ALL DAY BREAKFAST

monday to friday until 3pm

"BENEDICT" 95

english muffin, wilted spinach, crispy bacon, roasted red pepper, fried egg, & hollandaise sauce

SCRAMBLE 85

spicy scrambled eggs, green chilli, spring onions, diced tomatoes & your choice of toast

CROISSANT 39

Add vanilla pod espresso
butter + 15
jam and cheese + 25
scrambled egg + bacon + 89

MAIN MENU

BEGINNINGS

to start & to share

CALAMARI 89

patagonian tubes & tentacles
deep-fried or grilled + zesty garlic aioli

SALDANHA OYSTERS 169

six freshly shucked oysters, served
with our classic mignonette

BLACK MUSSELS 85

served in a thai red coconut
sauce, with ciabatta

MEZZE (V) 105

panko-crumbed brie balls (2),
crudités, hummus, zesty
marinated olives & ciabatta

SEARED FILLET 155

fillet steak (125g), finished with our
cowboy butter & wilted spinach

RAVIOLI 85 / 155

spinach + ricotta pasta pockets,
slow cooked napolitana sauce

SUSHI BAR

SASHIMI (3PCS)

tuna 105 / salmon 115

ROSES (4PCS)

tuna 99 / salmon 109

RAINBOW ROLLS (8PCS)

tuna 159 / salmon 169

CALIFORNI ROLLS (4PCS)

tuna / salmon 45 /
prawn 40 / veg 35

MAKI ROLLS (8PCS)

tuna / salmon 69 /
prawn 59 / veg 50

DEEP-FRIED ROLLS (4PCS)

tuna / salmon 55 /
prawn 49 / veg 40

DRAGON ROLL (8PCS) 135

tempura prawn california roll,
topped with avocado, spicy
mayo + spring onions

HARBOUR PLATTER 199

tuna roses (2), salmon rainbow
rolls (4), tuna nigiri (2),
prawn california rolls (4)

THE REEF (Ve) 155

veg california (8), veg maki (8)
& a veg handroll

SALADS

REAL GREEK 95

olives, tomatoes, red onion,
cucumber, feta, red pepper,
olive oil, dried oregano
no lettuce

POKE BOWL

sushi rice, edamame beans, julienne
style peppers, cucumbers, carrots
avocado & red cabbage
sesame seeds and Japanese mayo
Tuna 155 / Salmon 165 /
Panko Prawn 139

CALAMARI SALAD 145

grilled calamari, cos lettuce,
avocado, cucumber, red onions,
pickled ginger and lime
& coriander dressing

FROM THE SEA

FISH & CHIPS 145 | 165
battered or grilled hake,
thick-cut fries, chunky tartar sauce
add calamari strips + 40

GRILLED PRAWNS 220 / 320
6 or 9 grilled prawns, spiced rice
& lemon butter, peri-peri or garlic
butter

MUSSELS 169
served in a thai red coconut
sauce, with ciabatta

PLATTER FOR TWO 829
Add six fresh oysters + 149
grilled linefish, prawns, thai-style
mussels, grilled calamari, abalone
croquettes (2), spiced rice, seasonal
veg, thick-cut fries & sauce trio

LOCAL CATCH 229
grilled linefish, spiced rice &
cape malay sauce

CALAMARI 189
patagonian tubes & tentacles
grilled or fried, served with
thick-cut fries + zesty garlic aioli

THE MIDDLES

THAI CURRY 165
hearty winter veg, thai curry sauce,
wood-fired naan, spiced rice,
raita and coconut chips

FILLET STEAK 315
fillet steak (250g), finished with our
cowboy butter, thick-cut fries
& wilted spinach

SIRLOIN 259
sirloin (250g), topped with a fried egg,
roasted red pepper, hollandaise
& cajun wedges

PORK BELLY 245
served over buttery apple mash
with wilted spinach, red wine jus
& butternut crisps

STICKY RIBS 199 | 349
300g | 600g pork ribs, finished with our
sticky asian sauce & thick-cut fries

BOLOGNAISE 145
tagliatelle, bolognese-style
slow cooked beef & tomato,
served with a garlic roll

BETWEEN BREAD

HOUSE BURGER 149
beef or grilled chicken, brioche bun,
mayo, lettuce, pickles, cheddar,
& thick-cut fries
(vegetarian alternative available)
+ cheddar 15 | + bacon 25

CHICKEN BURGER 149
panko-crumbed buttermilk chicken,
brioche bun, lettuce, pickles,
peri-peri mayo & thick-cut fries

PRAWN ROLL 175
brioche hotdog roll filled with
butter-poached prawn meat,
Japanese mayo, avocado,
lime + coriander dressing
& cajun wedges

WOOD FIRED PIZZA

23cm or 30cm Base

MARGHERITA (V) 85 / 105
tomato base, mozzarella
fresh herbs & basil leaves

THE HOT ONE (V) 115 / 135
mixed mushrooms, mozzarella,
truffle oil & fresh red chilli

TREE HUGGER (V) 115 / 135
roasted pepper, butternut, avocado,
feta, basil pesto & rocket

PEPPERONI 125 / 145
pepperoni & creamy feta

PERI-PERI CHICKEN 125 / 145
our secret peri-peri sauce, onions,
lemon yoghurt & coriander

THE FAB 125 / 145
feta, avocado, bacon + peppadews

SIDES & NIBBLES

CAJUN WEDGES 45
spicy baby potato wedges

SEASONAL VEG 35
roasted red pepper butternut
& spinach

FRIES 29
thick-cut + aioli 12

SPICED RICE 35
diced peppers, tomato, chilli
& fresh coriander

SMALL GREEK 59
olives, tomatoes, red onion,
cucumber, feta & red peppers

SAUCES 35
hollandaise | lemon butter |
garlic butter | peri-peri |

SWEET ENDINGS

VOLCANO CAKE 75
ginger crumble, salted caramel
ice-cream

CRÈME BRÛLÉE 85
vanilla bean - traditional style

BRANDY PUDDING 89
caramelised orange wedge
& vanilla ice-cream

GOOD OL' ICE-CREAM 65
salted caramel or classic
vanilla + chocolate sauce

WINTER CRUMBLE 85
apple and peach crumble,
served with vanilla ice-cream

DOM PEDROS
boozy blended ice-cream
frangelico / ammaretto/ kahlua

We hereby respectfully advise that gratuity (tip) is not included in our menu prices.
The norm for good service is 10% of the total bill.
The payment of gratuity is entirely voluntary and the amount is based on the quality of service.
However, a 10% discretionary service charge will be levied on tables of six or more.