



## POPLARS RESTAURANT - STARTERS

### **Smoked Salmon Rósti**

Smoked salmon, set on a potato & thyme rósti with chive cream cheese & drizzled with sweet fig glaze

- R45

### **Venison Carpaccio**

Thinly sliced pieces of smoked Springbok topped with fresh rocket & a crispy parmesan wafer

- R 45

### **Warm Roast Vegetable Salad topped with Feta (V)**

A variety of fresh farm vegetables tossed with rocket & set in a phyllo cup & finished off with feta & roasted almonds

- R45

### **Deep Fried Calamari**

Fresh Calamari Strips deep fried & served with fluffy rice & our homemade tartar sauce

- R45

### **Soup of the Day**

Served with fresh Brochette

- R45

### **Vegetarian Dish (V)**

Polenta with fresh chillies, topped with rocket, a creamy goats cheese & marinated onions marmelade

- R45

### **Oysters** (per oyster)

Live Namibian oysters with a twist

**(V)** Vegetarian Dish

*Please inform us if you have any specific dietary requirements. A 10% service charge will be added to parties of 6 and more. We regret no cheques accepted.*



## **POPLARS RESTAURANT - MAIN MENU**

### **Lamb Shank**

Braised in red wine & set on a pea & mint mash topped with a red onion gravy  
- R 110

### **Line Fish of the Day**

Served with a warm wild rocket and shrimp salad and a **gremolata** sauce  
(**lemon, onion, parsley & salt**)  
- R118

### **Slow Roasted Crispy Duck**

Set on wild mushroom risotto and served with an orange & honey sauce  
- R115

### **Lamb Cutlets**

Basted with mint jelly served with a herb polenta & grilled tomatoes & finished off with a red wine jus  
- R130

### **Eisbein**

Coated with a Dijon mustard & sprinkled with brown sugar served with a sweet potato mash  
- R105

### **Thai Green Curry**

Thai style green vegetable or chicken curry served with rice & finished off with roasted cashew nuts

Chicken

- R90

Vegetable **(V)**

- R70

### **Seared Tuna**

Fresh tuna, marinated in a honey & soya sauce, seared & served with oriental vegetable & noodle stir fry  
- R120

### **Gourmet Venison Pie**

Poplars homemade venison pie, baked to perfection & served with a delicious red onion marmalade  
- R70

### **Matured Rump**

300g Rump complimented with a stuffed blue cheese & biltong mushroom  
- R120

### **Fillet Of Beef**

200g Fillet rolled in coarse pepper & sea salt served with balsamic olive oil and complimented with fresh rocket  
- R130

**SELECTED CUTS:**

	<b>200g</b>	<b>300g</b>
<b>Fillet</b>	R 115	R 135
<b>Rump</b>	R 82	R 98
<b>Sirloin</b>	R 82	R 98
<b>Ostrich</b>	R 115	-

**SIDE ORDERS:**

<b>Potato skins with cream cheese</b>	R 25
<b>Vegetables</b>	R 25
<b>Chopped Chillies</b>	R 15
<b>Onion Rings</b>	R 25
<b>Sautéed Mushrooms</b>	R 25

**SAUCES:**

<b>Parmesan and mustard</b>	R 25
<b>Garlic and herb</b>	R 25
<b>Mushroom and basil</b>	R 25
<b>Peppercorn sauce</b>	R 25

All main meals are served with chef's choice vegetables

**(V)** *Vegetarian Dish*

Service charge of 10 % for 6 guests and more  
Waiting time for mains between 30 – 45 minutes



## **POPLARS RESTAURANT - DESSERT MENU**

### **Crème Brulee**

A creamy baked crème brûlée which is perfectly caramelized & served cold

- R 40

### **Chocolate Melt**

Served with vanilla pod ice cream

- R 40

### **White chocolate cheesecake**

Deliciously baked white chocolate cheesecake topped with a fruit topping of the day

- R 40

### **Warm Malva Pudding**

A traditional dessert with a spongy texture served with butterscotch and topped with vanilla pod ice cream

- R40

### **Cheese Platter**

Selection of cheeses served with fig preserve & crackers (**serves 1 guest**)

- R40

**(V)** Vegetarian Dish

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Poplars Restaurant

M13 - Tygerberg Road / Race Course Road, Durbanville, 7550

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**POPLARS RESTAURANT – KIDDIES MENU**

**Calamari & Chips**

- R 45

**Burger & Chips**

- R 45

**Chicken Nuggets & Chips**

- R 45

**Ice-Cream & Chocolate Sauce**

- R 20

**Milkshake**

Strawberry, Bubblegum, Chocolate

- R15

**(V)** *Vegetarian Dish*

*Only kids under the age of 12. Please inform us if you have any specific dietary requirements. A 10% service charge will be added to parties of 6 and more. We regret no cheques accepted.*



## POPLARS RESTAURANT - BREAKFAST MENU

Served Wednesday to Sunday between 9h00 am and 10h30 am.  
 Booking essential.

All breakfasts served with a glass of fresh juice and a cup of coffee or tea as well as a selection of pastries.

\* For set menus, please contact us.

### Full Poplars Breakfast

Fried or scrambled egg, sautéed mushrooms, bacon, beef sausage with tomato relish and potatoe croquettes.  
 - R 59

### Salmon Breakfast

Potato and thyme rosti, sliced smoked salmon, poached eggs and béarnaise sauce.  
 - R 59

### Breakfast platter

Boiled eggs, ham, cheese, pickles and sweet homemade mustard sauce  
 - R 59

### French Toast

French toast with bacon, maple syrup and mature cheddar cheese  
 - R 59

### Frittata

Pan fried smoked sausage, green pepper and mushroom in scrambled egg and gratinated with cheddar cheese  
 - R 59

## OPTIONAL EXTRAS:

A cup of filter coffee or tea	R 7.50
Refill coffee	R 3.50
A glass of fresh juice	R 8.00
Maple Syrup	R 5.00
Grated Cheese	R 6.50
Extra Sausage (2)	R 17.00
Extra bacon (3)	R 17.00

**HOT DRINKS:**

<b>Tea: Ceylon, Rooibos</b>	R 6.00
<b>Coffee: Decaff or Regular</b>	R 7.50
<b>Cappucino: Decaff or Regular</b>	R 8.00
<b>Hot Chocolate</b>	R 9.00

**SELECTION OF HERBAL TEAS:**

<b>Earl Gray; Green Tea; Lightly Lemon; Quietly Camomile; Blissfull Berry; Honeybush Peach</b>	R 8.00
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