

Welcome to the Grill at One Twenty

Our team has carefully selected the dishes on the menu, and we pride ourselves on the local suppliers

we work with, amongst which especially Chalmar Beef.

Preparing quality food takes time therefore please allow at least 20 minutes' preparation time for main courses. Depending on the size and kind of the steak you ordered you can expect up to 30 minutes of grilling time. We advise you not to order you beef cooked past medium as it will lose much of its flavour.

You will notice that all vegetarian dishes are marked with (V) for your convenience. Please inform us about any food allergies you might have before you start ordering so we can assist you in choosing the right dishes.

For groups of 15 people and more we will only serve set menus.

Please be advised that a discretionary 10% service charge will be added for tables of 8 or more. And we regret no split bills.

Enjoy your meal!

From the Team at the Grill





Starters

Soup of the Week – every week a new one	R 85
Butternut Soup – (V) or with bacon & feta	R 76/R89
Homemade Meat Balls portion of four – <i>Sweet Chili</i>	R 95
Chicken Livers – mild or hot	R 105
Chicken Wings – Asian style	R 119
Spring Rolls – chicken & veg or just veggies (V), prawn & feta	R 95
Chili Garlic Prawn Meat – olive oil, fresh red chillies, garlic, parsley	R 149
Calamari Heads & Rings – deep fried, spicy garlic mayonnaise	R 109
Grilled Calamari Tubes – Sweet Chili & lemon butter	R 115
Salmon Tartar – Pickled Ginger, Avo	R 165
Beef Carpaccio – olive oil, rocket, Grana Padano shavings	R 129
Dumplings Pork, Beef mixed portion of four – soya sauce	R 85
Ostrich Kebabs – on a bed of rocket and red wine sauce	R 159

Salads

Greek Salad (V) – mixed lettuce, classic toppings	R 105
Blue Cheese & Bacon Salad – speaks for itself	R 130
Village Salad (V) – cucumber, tomato, red onion, olives, feta	R 105
Chopped Salmon Niçoise beans, tomato, egg, olives, lettuce & potato	R 170
Chef's Salad (V) – lettuce, roasted veggies, olives, Grana Padano	R 110
add grilled free-range chicken for an extra	R 45
add grilled prawn meat for an extra	R 55

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Mains - All are served with a side of your choice

Weekly Veggie Special (V)	R 135
Catch of the Week – line fish (ask your waiter)	R 209
Grilled Salmon – <i>On a bed of steamed veggies</i> , mustard sauce	R 360
Butter Fish – lemon butter sauce	R 245
Baby Kingklip - Lemon butter sauce	R 295
Chicken Caprese –free range breast fillet, tomato, mozzarella, pesto	R 195
Half Chicken – peri peri style	R 205
Beef or Pork Loin Spareribs 500 gram -mealie on the cob	R 260
Pork Fillet Medallions - creamy mushrooms sauce	R 195
Pork Chops – grilled with the chef's rub & teriyaki sauce	R 180
Ostrich Fillet –grilled, red wine sauce	R 295
Beef Bavette - braised beef on a bed of mash & gravy	R 245
Oxtail Potjie – cooked in red wine, veggies, dumpling	R 285



Pasta Fettucine, Penne; all pasta served with a Greek or Village side salad

Pasta Primavera (V) - vegetables, cream, tomato and Parmesan	R 130
add free range chicken for an extra	R 45
Pasta Bolognese – classic, beef mince, veggies	R 155
Pasta Prawn Meat – cream, garlic, parmesan, parsley	R 180
Pasta Arrabbiata – Napolitana sauce, garlic, chilli	R 140
add free range chicken for an extra	R 45
Pasta Pesto (V) – basil, olive oil, pine nuts, parmesan	R 120
add free range chicken for an extra	R 45

Side Dishes

Starch

French Fries / Roast Potatoes / Mashed Potatoes	R 30
Pap & Sauce / Onion rings / Yellow Rice	

Vegetables

Butternut/ Cream Spinach / Roasted Seasonal Veg / Stir Fry Veg	R 25
Fried button Mushrooms/ Side green Salad/ Village side Salad	R 50

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Chalmar Beef & Lamb

All of our beef comes from pasture reared & grain fed cows of the Chalmar farm & abattoir in Bapsfontein. Our steaks are either wet or dry aged. For wet-aging the cuts of beef are vacuum-sealed in plastic. The aging takes place in the 4-10 days between slaughter and sale while the meat is in storage. For dry-aging, whole sides of beef or primal cuts are hung in open air in the fridge and left to age for several weeks. Not only are the enzymes working on the muscle tissues during this time, but the meat is also slowly dehydrating. This concentrates the meat and changes the texture and flavour.

Lamb Chops – Olive oil, roasted garlic, rosemary, thyme, parsley

R 390

Lamb Shank – red wine, veggies, mashed potatoes

R 340

Rump –wet aged; 250gr or 500gr cut

R 235 / R 440

Sirloin –wet aged; 250gr or 500gr cut

R 255 / R 485

Fillet –wet aged; 250gr or 500gr cut

R 305 / R 595

T-Bone – dry aged on the bone; 350gr or 500gr cut

R 265 / R 370

Wing Rib – dry aged on the bone; 350gr or 500gr cut

R 250 / R 345

Chalmar Beef Mains to share – we cook & cut., you enjoy together

Grilled Meat Combo–2 lamb chops, half a chicken, 350gram wing rib
1200 gr 2 Pork Chops 2 sauces & 2 sides of your choice

R 695

Grill Platter– Mix of 4 chicken wings, 2 lamb chops, rump,
1000 gr 250 gram of ribs 2 pork chops, 2 sauces & 2 sides of your choice

R 720

Beef Sampler – Three types of wet aged meat, Sirloin, Rump & Fillet
750 gr Served with 2 sauces & 2 side dishes of your choice

R 780

Sauces

Lemon & Butter / Red Wine / Peri Peri / Cheese/ Mustard

R 40

Blue Cheese / Mushroom

R 45

Béarnaise / Pepper sauce

R 55

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Desserts

Strawberry Pancake – speaks for itself	R 75
Dame Blanche – premium vanilla ice cream, Hot chocolate sauce	R 60
Chocolate Mousse - with white and dark chocolate	R 75
Crème Brulée – every week a different a flavour	R 90
Cheese Cake – every week a different flavour	R 89
Strawberry Brownie Parfait – chocolate, strawberries, cream	R 95
Malva Pudding – home-made Malva, ice cream or custard	R 90
Banoffee Pie – home-made banana, caramel desert	R 80
Milkshakes - Vanilla, Chocolate, Coffee, Strawberry, Bubble gum, Banana, Lime	R 55
Don Pedro – ice cream, liqueur	from R 63
Specialty Coffee – Irish, Italian, French, Caribbean, Mexican	from R 63

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