

The CAPETONIAN M E N U

ON THE SQUARE RESTAURANT

A WARM WELCOME TO OUR VALUED GUESTS

Welcome to On The Square Restaurant, located in the heart of the vibrant Mother City, where good food and unforgettable moments come together.

Our menu is a symphony of flavours and tradition, offering a selection of delectable dishes that cater to your individual tastes, promising a feast for the senses. Whether you prefer our à la carte specialties or mouth-watering buffets, that are simply irresistible, we invite you to join us for a memorable dining experience, in the core of our warm hospitality.

As a testament to our diversity, all our offerings are strictly Halaal, ensuring that all guests can indulge in our delicious dishes.

In the community, we're celebrated for our legendary buffets, proudly showcasing an array of Capetonian classics, which have become a local favourite. Our renowned Chef, whose culinary experience has garnered a loyal following, crafts each dish with absolute precision and passion.

Our team is dedicated to making your dining experience exceptional and we can't wait for you to savour the diverse flavours of Cape Town and beyond, right here at On The Square Restaurant.

We look forward to delighting your palate, please enjoy your meal!

Warm Regards,
Team Capetonian

The 
CAPETONIAN
M E N U

À LA CARTE

STARTERS

SOUP OF THE DAY

Chefs soup of the day freshly prepared accompanied by
grilled garlic & cheese croutons

R 55

SIDE GREEK SALAD

Lettuce, olives and feta dressed with our traditional dressing

R 45

SPRING CHICKEN CAESER SALAD

Embedded on iceberg and frizzy lettuce and greens dressed
with our signature dressing accompanied by
cocktail rolls and butters

R 95

CRUMBED MUSHROOMS

Topped with a garlic cream sauce and gratinated with mozzarella,
drizzled with pesto served with bread rolls and butters

R 85

CHICKEN LIVERS (PERI-PERI OR PLAIN)

Skillet grilled and topped with our home-made peri-peri sauce
served with crusty melba toast

R 80

The CAPETONIAN MENU

LIGHT MEALS

CHICKEN STRIPS & CHIPS

200g deep fried crusty strips on a bed of fries

R60

CHICKEN OR BEEF WRAP

Wrapped in a wheat flour wrap layered with salad greens served with fries drizzled with 1000 island dressing

R70

VEGGIE WRAP

Our tantalising selection of julienne tossed veg in season topped with an aioli dressing

R70

STICKY CHICKEN WING BASKET

Bite size tossed in a sweet & sour sauce, an ultimate favourite lunch basket wrapped in our signature BBQ sauce

R70

SANDWICHES

ITALIAN PANINI

Open Italian mozzarella and tomato flat panini topped with a nut free feta & basil pesto

R80

TRADITIONAL CHEESE

Cheese and tomato accompanied by fries and side salad

R70

CHICKEN MAYO

Sandwiched between a layer of a footlong baguette elevated on a bed of home greens

R80

OPEN TUNA

Tuna & mayo on an open sandwich layered on top of a Mediterranean salad on whole wheat baguette

R70

All light meals and sandwiches are accompanied by fries and a side salad

The CAPETONIAN MENU

KIDDIES MEALS

SPONGEBOB MAC & CHEESE

Baked in a bowl and topped with our double cheese selection **R65**

BATMAN CHEESE GRILLERS AND CHIPS

An all kids favourite centred on a soft roll with a bed of fries served with a side salad garnish **R55**

FLINTSTONES KIDDIES BEEF OR CHICKEN BURGER (BBQ OR GRILLED)

Traditional burger with fries and side garnish **R75**

FANTASTIC 4 KIDDIES COCKTAIL PIZZAS

Cheese and tomato served with fries (v) **R55**

BURGERS

PURE BEEF BURGER AND CHIPS

150g beef patty grilled in a BBQ sauce **R85**

DEEP-FRIED CHICKEN BURGER AND CHIPS

Crunched up and topped on a bun topped with mayonnaise **R75**

ZODWA'S DOUBLE CRUNCH CHICKEN FILLET SANDWICH

Enveloped between layers of brown bread and salad **R80**

HAKE BURGER

An absolute Cape Town must have, elevated crispy hake on a bun topped with tartare sauce **R110**

All burgers are accompanied by fries

The CAPETONIAN MENU

CHEF SPECIALS

SIGNATURE CURRY OF THE DAY

Chefs daily choice accompanied by rice and traditional sambals

R185

CHICKEN AND PRAWN CURRY

Nestled in a coconut cream and spicy creamy curry sauce, accompanied by traditional condiments

R225

TRADITIONAL BUTTER CHICKEN

Slowly cooked chicken fillet in a tomato base touched with a hint of fresh cream

R195

HONEYDEW CHICKEN

Seared twin chicken fillet topped with honey butter and drizzled with chilli and capsicum oil served with grilled garlic courgette

R175

OLD SCHOOL CAPE TOWN FISH & CHIPS

Catch of the day battered and deep fried served the old school way in a newspaper wrap

R85

SEAFOOD

CATCH OF THE DAY

Skillet grilled fish fillet served with savoury rice and seasonal veg

R225

PRAWN AND CALAMARI TIKKA MARSALA

1 dz of prawns and squid slowly cooked in a tangy curry sauce accompanied by traditional condiments

R255

Meals are accompanied by seasonal vegetables, fries, salad or rice

The CAPETONIAN MENU

PLATTERS

CAPETONIAN SEAFOOD PLATTER

Arrangement of seafood including catch of the day, calamari and fried or grilled prawns

TWO R285
FOUR R565

Seafood accompanied by tartare sauce or perinaise on request

MEATY PLATTER

Beef ribs, prego sirloin steak, beef boerewors, rump kebab

TWO R200
FOUR R400

CHICKEN PLATTER

Peri-peri chicken, chicken kebab, BBQ chicken and BBQ wings

TWO R200
FOUR R400

Platters are accompanied by seasonal vegetables, fries, salad or rice

CHEFS ANTI-PASTI SALAD PLATTER

An assortment of salad served with our chefs daily selection of cured meats and seasonal greens topped with mozzarella and salad, dressed with basil pesto served with bread rolls

R125

The CAPETONIAN MENU

GRILLS

T-BONE STEAK 400G

Open flame grilled with our special BBQ sauce served with fries and crispy onion rings

R265

SURF AND TURF

Grilled 280g rump steak topped with Cajun calamari and shrimp glazed with garlic butter

R285

MIXED GRILL

Rump steak 200g and boerewors served with fries topped with a Chinese fried egg

R265

MADAGASCAN PEPPER STEAK

Encrusted with black pepper and topped with a green Madagascan peppercorn sauce

R255

QUARTER CHICKEN LEG

Double leg crispy fried on a bed of fries and served with a green salad

R140

CHICKEN SCHNITZEL

Fried chicken fillet served with fries, salad and a choice of sauce

R120

RUMP STEAK

300g rump tossed in BBQ accompanied by fries, onion rings and salad

R225

The CAPETONIAN MENU

'THE' MONSTER BEEF RIBS

Half kilo of beef ribs grilled on our BBQ grill accompanied with a side of fries and onion rings

R265

LAMB CHOPS

Skillet flame grilled lamb chops accompanied by rice or fries

R235

All main courses accompanied by seasonal vegetables, baked potato, fries, salad or rice

SAUCES

Pepper, Mushroom, Peri-Peri, Monkeygland

R35

VEGETARIAN

AUBERGINE PARMESANO

Grilled with layers of brinjal enveloped in an Italian Provençale sauce topped with a mornay sauce gratinated with mozzarella and parmesan

R145

VEGETARIAN PASTA BAKE

Spinach and mushroom sautéed with tomato Provençale and enveloped between pasta with mornay sauce topped with cheese then baked

R125

CREAMY VEGETARIAN PASTA

Mushroom, spinach and mozzarella fettuccini gratinated with parmesan

R85

The CAPETONIAN MENU

PASTAS

CAJUN CHICKEN TAGLIATELLE

Chicken fillet tossed in Provençale sauce scented with garlic and herbs

R125

PASTA ALFREDO

Tossed in macon, salami and mushrooms embellished with fresh cream and butter

R125

VONGOLE

Pasta wrapped in fresh cream and cheese tossed with prawns in garlic butter served with cheese croutons

R165

DESSERTS

CRÊPE JUBILEE

Pan fried crêpe topped with fruit coulis and served with vanilla ice cream

R65

SEASONAL SLICED FRUIT PLATTER

R65

FRUIT SALAD AND ICE CREAM

R45

CAPETONIAN BROWNIE (NO NUTS) AND ICE CREAM

R55

CHOCOLATE SUNDAY

A triple layer of ice cream topped with nuts, cherries and chocolate sauce

R70

MALVA PUDDING

Served with ice cream or custard

R65

ICE CREAM & CHOCOLATE SAUCE

R55

The CAPETONIAN MENU

CAKE SLICES

RED VELVET CAKE	R65
TRIPLE LEMON CAKE	R65
CHOCOLATE CAKE	R65

All cake slices accompanied with tea and or coffee

BEVERAGES

COLD BEVERAGES

WATER STILL & SPARKLING 500ML	R25
WATER STILL & SPARKLING 1LT	R45
JUGS OF JUICE	R65
APPLETISER & GRAPETISER 750ML	R75
CANS OF SODA 330ML	R32
JUICE PER GLASS	R25

HOT BEVERAGES

FILTER COFFEE	R20
CEYLON TEA	R22
CAPPUCCINO	R25
ESPRESSO	R20
HOT CHOCOLATE	R25

The CAPETONIAN MENU

MOCKTAILS

STRAWBERRY DAQUIRY

Frozen strawberries, syrup, lime juice, water

R55

PINA COLADA

Syrup with fresh sweet pineapple, thick creamy coconut milk and ice cubes

R55

RASPBERRY/DRAGON FRUIT SURPRISE

Syrup, dragon fruit, mint, honey, lime, and pitaya powder, water

R55

TANTILIZING MANGO DAQUIRY (SPICY)

Syrup, lime, mint, strawberries & mango

R55

MILKSHAKES

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Chocolate, Lime, Strawberry

R45

