milk

ON THE BEACH

GET IN TOUCH: 028 316 1516 | info@milkonthebeach.co.za

WELCOME TO MILK ON THE BEACH!

ENJOY STUNNING BEACH VIEWS, FRESH SEAFOOD & DELICIOUS COCKTAILS IN A LAID-BACK, FUN ATMOSPHERE

Come relax, sip, & savour the best of the coast!

BREAKFAST

SERVED UNTIL 11:30

BAKED YOGHURT V 95
fresh seasonal fruit, granola, honey

MILK BREAKFAST 160
eggs, roasted tomato, bacon, cheese griller, Milk beans & toast

MILK SHAKSHUKA V 125
middle eastern spiced tomato, roasted peppers, poached eggs, yoghurt, chilli crunch

Add: bacon 35
Add: cheese griller 35

BREAKFAST CROISSANT 125
scrambled eggs, bacon, cheddar, rocket

SALMON CROISSANT 140
salmon trout, scrambled eggs, rocket

MILK OMELETTE 140
3 egg omelette, bacon, mushrooms, tomato, cheddar, toast

SPICY CHICKEN LIVERS 115
chicken livers in a spicy tomato sauce, poached egg, toast

BENEDICT

SERVED ON: **CIABATTA / SEED LOAF**
8 extra for GLUTEN FREE

MUSHROOM V 145
spinach, roasted tomato, mushrooms, hollandaise, hint of truffle

BACON & AVO 170
streaky bacon, smashed avo, roasted tomato, mushrooms, hollandaise

HOT SMOKED TROUT 175
spinach, tomato, mushrooms, capers, hollandaise

BREAKFAST TOAST

SERVED ON: **CIABATTA / SEED LOAF**
8 extra for GLUTEN FREE

SMASHED AVO V 90
poached egg, avo, hummus & sesame

BACON & BEANS 95
Milk beans, bacon poached egg, gremolata

SMOKED SALMON 120
trout, spring onion, cream cheese, poached egg, lemon

please notify us of any dietry requirements

V VEGETARIAN | **VV** VEGAN

SMALL PLATES

OYSTERS (EACH) 42
spiced apple & cucumber salsa

CRISPY CALAMARI 85
with classic turmeric & ginger tartare sauce

LOADED SWEET POTATOES V | VV 78
hummus, feta, tomato, olives,
aioli, gremolata

CORNFLAKE CHICKEN STRIPS 85
aioli & ginger sauce

TEMPURA PRAWNS 85
sesame seed dip

DUMPLINGS
homemade dumplings in soy
dressing, chilli crunch

chicken 95
veg V 90

CHICKEN WINGS 95
crispy chicken wings in Korean sauce,
sesame asian slaw

TUNA TARTARE 95
fresh tuna, ponzu, mayo, furikake,
wonton crisp

STEAMED BAO BUN 105
homemade bao bun, 5 spice pork belly,
all the trimmings

ZEN BOWLS

CHOOSE YOUR BASE: sushi rice OR quinoa & cous cous

SEARED TUNA POKÉ 165
base, cucumber, avo, radish,
edamame, wasabi mayo, spring onion

CORONATION CHICKEN POKÉ 165
base, pineapple, coconut, light curry
mayo, cucumber, tomato, radish

KOREAN BULGOGI POKÉ 160
base, cucumber, avo, edamame,
kimchi, pork belly, cabbage, radish

SALMON POKÉ 170
base, cucumber, avo, edamame,
spring onion, cabbage, ponzu

LOCAL HOT SMOKED TROUT SALAD 170
edamame, greens, sesame dressing

VIETNAMESE NOODLE SALAD V | VV 95
rice noodles, noum cha dressing,
edamame, mint, cabbage, coriander

MILK SALAD V 135
lettuce, ceasar style dressing, gruberg,
avo, croutons, roasted tomatoes

GARDEN SALAD V 95
mixed leaves, feta, tomato, cucumber, olives,
croutons, balsamic dressing

FRESH SEAFOOD

BEER BATTERED HAKE & CHIPS 170
turmeric & ginger tartare sauce
served with chips / sweet potato fries

GRILLED SOLE 255
East coast sole, burnt lemon butter, capers, cherry tomatoes, olives, parsley
served with chips / sweet potato fries

SPICED SESAME CALAMARI 185
turmeric & ginger tartare sauce
served with chips / sweet potato fries

BLACK WEST COAST MUSSELS 115 | 230
white wine, cream, ciabatta toast, parsley

LOCAL FRESH LINEFISH 240
hummus, roasted tomatoes, edamame
served with chips / sweet potato fries

SEAFOOD GNOCCHI 205
mussels, calamari, prawns, fish, tomato sauce, gremolata

HOT SMOKED TROUT LINGUINE 205
hot smoked trout, lemon cream, baby spinach, parsley

MILKSHAKES

STRAWBERRY 78
CHOCOLATE BROWNIE 78
MIXED BERRY AND BANANA 78
PEANUT BUTTER ESPRESSO 78
VANILLA 75

"Good Food, Good Mood"

MEAT LOVERS

HAND PRESSED BEEF BURGER 165
100% pure beef, crispy onions, cheese, aioli
served with chips / sweet potato fries

CRUMBED CHICKEN BURGER 165
cornflake crumbed chicken breast, wasabi mayo, gochujang sauce
served with chips / sweet potato fries

STEAK & CHIPS 260
5 weeks matured sirloin, mushroom sauce, hint of truffle, crispy onions
served with chips / sweet potato fries

SOMETHING SWEET

SELECTION OF CAKES 85
freshly baked & delicious!

TIRAMISU 80
coffee, mascarpone, hint of brandy

APPLE CRUMBLE 78
custard & vanilla crunch

CRÉME BRULEE 78
classic brulee, amaretti biscuit

please notify us of any dietry requirements

V VEGETARIAN | **VV** VEGAN

COCKTAILS

MILK ON THE BEACH 85
malibu, pineapple, orange juice & coconut

MOJITO 85
bacardi, lime, & mint

APEROL SPRITZ 95
aperol, riccadonna & soda

STRAWBERRY BOOZY SLUSH 85
bacardi, strawberry slush & lime juice

LONG ISLAND ICE TEA 105
skyy vodka, bulldog gin, bacardi, el jimador, triple sec & coke

MANGO MARGARITA 95
espolon blanco, triple sec, lime juice & mango slush

CUBAN SUNSET 80
spiced gold, bacardi, captain morgan, grenadine & orange juice

DARK 'N STORMY 80
dark rum, ginger ale, lime

BEERS ON TAP

	300ml	500ml
OLD HARBOUR	50	70
ONRUS ALE	50	70
STELLA ARTOIS	45	65
SOHO GIN		70

BEER BOTTLES

CASTLE LITE	40
HEINEKEN | HEINEKEN 0.0	45
WINDHOEK DRAUGHT	50
BLACK LABEL	40
CORONA	50
CORONA BUCKET (6)	250

LIQUERS

AMARETTO	42
AMARULA	20
FRANGELICO	32
KAHLUA	32
PEPPERMINT LIQUER	20
APEROL	30

BRANDY

OLOF BERGH	22
KLIPDRIFT	25
RICHELIEU	25

GIN

TRIPLE 3 RASPBERRY	38
TRIPLE 3 CITRUS	38
BULLDOG	38

CIDERS

BRUTAL FRUIT L'Orange Rossa	40
SAVANNA 0.0	50
SAVANNA DRY	50
SAVANNA LIGHT	50
HUNTERS DRY	45
FLYING FISH LEMON	40

RUM

BACARDI	25
SPICED GOLD	25
CAPTAIN MORGAN DARK	25
MALIBU	25

TEQUILA

EL JIMADOR GOLD/SILVER	40
LEONISTA HONEY	60
ESPOLON REPOSADO	55

WHITE SPIRITS

SMIRNOFF	22
SKYY VODKA	28

WHISKEY

J&B	25	JAMESON	40
BELLS	25	JACK DANIELS	35
FAMOUS GROUSE	30		

OUR WINE LIST

WHITE

HOUSE- LOMOND 320 | 80
SAUVIGNON BLANC
Cape Agulhas
white stone fruit & citrus with classic agulhas minerality

OAK VALLEY 280 | 75
SAUVIGNON BLANC
Elgin
delicate flavours of passionfruit, gooseberries & tart grapefruit

VERGELEGEN 360
SAUVIGNON BLANC
Somerset West
pure, vibrant aromas of lime blossom, gooseberry, ripe guava, fresh passion fruit, & pineapple

VONDELING 295 | 80
CHENIN
Voor-Paardeberg
white peach, kiwi fruit, & pink lady apple

PEAR TREE 185 | 50
CHENIN
Western Cape
yellow peach & zesty nectarine & orange

BEAUMONT 405
CHENIN
Bot Rivier
fresh green apple & pear flavours

7 SPRINGS 330 | 85
CHARDONNAY
Hemel-en-Aarde
light & refreshing, giving way to a zesty, clean, fresh & flinty finish

BOUCHARD FINLAYSON 300
BLANC DE MER
Hemel-en-Aarde
floral fragrance with impressions of pineapple, green fig & quince

RENOSTERVELD 470
CHARDONNAY
Hemel-en-Aarde
citrus peel & delicate butter, balanced by lemon, lime & white peach

RED

HOUSE 385 | 95
7 SPRINGS
PINOT NOIR
Hemel-en-Aarde
rich, complex, balanced palate with more restraint textures

THELEMA 340 | 85
MOUNTAIN
RED BLEND
Stellenbosch
soft & juicy with well rounded tannins & a long, delicious finish

PEACOCK 220 | 55
CABERNET SAUVIGNON
False Bay
elevated freshness & soft tannins

WILDEKRANS 410
ESTATE
PINOTAGE
Botriver
mulberry, plum & hints of mocha embraced by light, sweet, spicy oak with a lingering, dry finish

HPF 350 | 90
POSMEESTER
MERLOT
Sondagskloof
fresh fruit & ripe berries, plum, & gentle spice

HOUSE- LOMOND 405|105
SHIRAZ
Cape Agulhas
aromas of spice, violets & blackberry give way to white pepper & dark fruits

ZAK SKOBBEJAK 220 | 55
SHIRAZ
Botriver
subtle oaky notes of vanilla, hints of earthy smoke & rich dark fruits

GABRIELSKLOOF 390
RED BLEND
Bot Rivier
complex fruit led by cherries plums & black berries

ATARAXIA 1050
PINOT NOIR
Hemel-en-Aarde
sensual & embracing, showcasing an impressive mid-palate depth, bright acidity

OLDENBURG 1550
CABERNET SAUVIGNON
Stellenbosch
rich & full-bodied, flavours of dark cherries, dried figs & vanilla pods

ROSÉ

HPF BLOOS 320 | 80
Sondagskloof
supple & round, freshness with a complex finish

CREATION 320 | 80
Hemel-en-Aarde
delicate, peachy-pink wine, known for crisp acidity, complex structure, & notes of sun-ripened berries & stone fruits

DE GRENDEL 250 | 65
Durbanville
elegant, light-bodied & dry crisp, medium acidity, clean & zesty finish

BUBBLES

ROMANS BAY 260 | 55
SPARKLING
SAUVIGNON BLANC
Western Cape
refreshing with a tropical fruit forward palate & a light acidity

BOSCHENDAL 530 | 105
BRUT
Franschhoek
lemon cream & almond biscotti preceding lovely layers of citrus

BOSCHENDAL 530 | 105
BRUT ROSÉ
Franschhoek
red fruit aromas with hints of strawberry, raspberry & cherry


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SUSHI

TRADITIONAL

MAKI (6) salmon | tuna | prawn 70

SASHIMI (3) salmon | tuna | mixed 80

SALMON ROSES (4) 98

CALIFORNIA ROLL (4) 75
salmon | tuna | prawn

FASHION SANDWICH (4) 75
salmon | tuna | prawn

TEMPURA CRUNCH (5) 95
salmon | tuna | prawn

NIGIRI (2) salmon | tuna | prawn 70

PLATTERS

PLATTER ONE (14) 235
salmon roses (4) salmon maki (6)
salmon calafornia (4)

PLATTER TWO (10) 230
rock shrimp (2) salmon
roses (4) salmon california (4)

PLATTER THREE (10) 255
tuna sashimi (3) tuna nigiri (2)
salmon nigiri (2) salmon sashimi (3)

PLATTER FOUR (15) 255
TEMPURA CRUNCH
salmon (5) tuna (5) prawn (5)

PLATTER FIVE V (12) 195
cucumber roses (4) avo maki (4)
veg rainbow roll (4)

PLATTER SIX (26) 415
tiger eye (5) caterpillar roll (5)
rainbow roll (5) tuna maki (6)
salmon skin roll (5)

VEGAN

MAKI VV (6) avo | cucumber 55

CUCUMBER ROSES VV (4) 60

BAMBOO ROLL VV (4) 60

RAINBOW ROLL VV (5) 65

FASHION SANDWICH VV (4) 60

CHEFS SPECIAL

RAINBOW ROLL (5) 110

ROCK SHRIMP (5) 95

RAINBOW TEMPURA PRAWN ROLL (5) 100

CALAMARI HAND ROLL (2) 170
sushi rice, sesame, avo,
wasabi mayo & pickled ginger

CATERPILLAR ROLL (5) 90
salmon | tuna | prawn
with herb mayo & sweet chilli

PHILADELPHIA ROLL (5) 135
salmon, cream cheese,
smoked salmon & avo

TUNA 2 WAYS (5) 95
with peanut sauce

SALMON SKIN ROLL (5) 80
with herb mayo

NEW STYLE SASHIMI (8) 90
salmon | tuna with tomato salsa

TIGER EYE (5) 105
tempura prawn & cream cheese

Let the good times roll.

notify us of any dietry requirements