

# BREAKFAST

## THE EARLY TEE OFF 60

2 eggs, 2 bacon strips, grilled tomato and a slice of toast.. A classic kickstart before your first swing.

## THE CHAMPION'S PLATE 130

2 eggs, 2 bacon, grilled tomato, grilled mushrooms, 4 cheese grillers, baked beans, hashbrown and 2 toast.  
Built for legends and hungry four-ball winners.

## THE GOLDEN PUTTER 85

2 poached eggs on a english muffin with ham, crispy onions and Hollandaise sauce. Elegant, smooth, and always on par.

## THE CADDY'S CHOICE 40

3 scrambled eggs on 2 slices of toast. Light, reliable, and ready to carry you through the morning.

## THE SUNRISE ROLL IN 65

Scrambled egg and bacon in a tortilla wrap. Wrapped and ready for the back nine.

## THE FAIRWAY FUEL 45

1 slice of toast topped with savoury mince and a fried egg. Quick comfort before your next drive.

## DOUBLE DECKER DRIVE 90

2 toast, each stacked with mince & a fried egg. Built for serious hunger, no bunkers here.


## THE SWEET SPOT 65

3 slices of golden ciabatta french toast, topped with crispy bacon & drizzled with Syrup. A perfect balance of sweet and savoury, always in the zone.



## THE CUSTOM OMELETTE 35

3-egg omelette, made your way. Choose your fillings and build your perfect bite:

add on's 	
Mushrooms	20
Onions	15
Bacon	25
Ham	25
Cheese	25
Mince	30

# LIGHT MEALS

## THE HOT SHOT QUESADILLA 110

Spicy butter chicken and melted cheese folded into grilled tortillas, topped with salsa and guacamole. Char-grilled, wrapped, and bursting with flavour, a bold play for the win.

## THE LONG DRIVE QUESADILLA 135

Fiery minced beef, chillies and cheese grilled in tortillas, served with a cooling yogurt dip. Big flavour, bold heat.

## BACK NINE BUTTER CHICKEN 105

Spicy butter chicken served with a warm Roti and a fresh salsa. Rich, saucy, and ready to go the distance.

## THE RIVER BANK CATCH 130

Grilled or fried Hake fillet served with Jock fries and tartar sauce. Lightly crisped, perfectly paired, a classic with bite.

## DOUBLE BARREL RUSSIAN 90

2 Russians wrapped the traditional way, served with Jock fries. Classic, crispy, and straight to the point.

## THE FULL SWING SCHNIZEL 120

Grilled or crumbed chicken fillet served with Jock fries and a sauce of your choice:

- Mushroom sauce
- Pepper sauce
- Cheese sauce

## THE CLUBHOUSE LIVERS 45

Chicken livers simmered in our rich, spicy sauce, served with 2 slices of toasted ciabatta bread.



MBOMBELA  
GOLF CLUB

# MENU

## WING - IT SPECIAL 110

6 salsa-chicken wings served with Jock fries. Zesty, juicy, and ready to take flight

## THE WRAP AROUND 90

Cajun-spiced chicken and creamy Avo wrapped to perfection, served with Jock fries.

## THE PREGO POWER - PLAY 65

## DOUBLE PREGO POWER - PLAY 105

Tender beef marinated in Portuguese sauce, served on a Portuguese bun with Jock fries. A winning bite every time.

Double - 2 beef prego fillets

## THE BIRDIE PREGO 55

## THE DOUBLE BIRDIE PREGO 95

Tender chicken fillet marinated in Portuguese sauce, served on a Portuguese bun with Jock Fries.

Double - 2 chicken fillets

## MAC AND CHEESE 85

Creamy mac and cheese with crispy bacon and mixed cheese.

## THE GREENSIDE GOURMET SALAD 95

Tender grilled chicken fillet served on a bed of lettuce, tomatoes, cucumber, feta, onions and carrots, drizzled with Balsamic Glaze.

# SANDBAR BURGERS

## CLUBHOUSE CLASSIC 110

200g pure beef patty topped with all the trimmings, served with Jock fries.  
Juicy, stacked, and built for the back nine.

## CHEDDAR CLUB BURGER 130

200g pure beef patty topped with melted cheese and all the trimmings, served with Jock fries.

## THE BACON CHEDDAR DRIVE 155

200g pure beef patty topped with crispy bacon, melted cheese, and all the trimmings, served with Jock fries. Smoky, juicy, and built for distance.

## CHICKEN TEE OFF 80

Grilled or crumbed chicken fillet topped with crispy onions, sweet mustard sauce & all the trimmings, served with Jock fries.

## CHEDDAMELT DRIVE 150

200g pure beef patty topped with cheesy sauce, crispy onion rings & all the trimmings, served with Jock fries.

## THE HANGOVER HERO 165

200g pure beef patty loaded with crispy bacon, fried egg, jalapenos, melted cheese and all the trimmings, served with Jock fries. The ultimate post-round recovery bite.

## DAGWOOD SMASHDOWN 150

3 slices of toasted bread layered with a 200g pure beef patty, crispy bacon, fried egg, melted cheese & all the trimmings, served with Jock fries. Towering, tasty, and built for the bold.



# TOASTIES

## HAM AND CHEESE 55

Smoked ham and melted cheese toasted to golden perfection.

## CHEESE AND TOMATO 55

Melted cheese and fresh tomato toasted with finesse.

## BACON, EGG AND CHEESE 70

Crispy bacon, fried egg and melted cheese toasted to perfection. A breakfast-style bite with clubhouse charm.

## CHICKEN MAYO 70

Grilled chicken mixed with creamy Mayo, toasted to perfection. A member favourite.

## MINCE AND CHEESE 65

Spicy minced beef and melted cheese toasted with flair.

## THE BIG CHEESE 45

Golden toast filled with melted cheese, simple, smooth, and satisfying.

All toasties are served with Jock Fries!





## SANDBAR BASKETS

### THE CAPTAINS COMBO

145

8 buffalo wings, 4 samoosas and 4 sticky riblets. Spicy, crispy, and saucy in every bite.

### THE BUNKER BASKET

90

2 spring rolls, 2 jalapeño rissoles, 2 cheese bites and 2 Samoosas. A fiery mix of favourites.

### THE CLUB SWINGER

90

2 crumbed chicken strips, 4 cheese grillers and 4 Samoosas. Crunchy, cheesy, and full of flavour

### THE HUNTERS REVENGE

200

200g fillet cut into strips, 6 cheese grillers, 4 sticky riblets, 4 buffalo wings

**All baskets come with Jock Fries!**

## LOADED JOCK FRIES R30

**Load up with** ★

Cheese sauce	20
Jalapeños	25
Chillies	20
Crispy Bacon	25
Fried Onions	20

## FROM THE GRILL

### THE IRON PAIR

195

400g rack of sticky BBQ ribs and 4 crumbed chicken wings. Smoky, crispy, and built to share.

### THE FULL RACK RALLY

295

1kg of sticky BBQ ribs  
A meaty marathon, not for the faint-hearted.

### THE SUNRISE SIZZLER

150

300g rump steak grilled to perfection, topped with an egg cooked your way. A power start at any hour.

### THE SLICED LEGEND

305

600g rump steak sliced and served with onion rings and your choice of pepper, mushroom, or peri-peri sauce. Chargrilled and sauced, a heavyweight on a wooden stage.

### THE CHOP PARADE

235

Tender grilled lamb chops seasoned and flame-kissed. A smoky salute to the classics.

### THE HALFWAY HERO

100

Half chicken grilled in lemon and herb, mild or hot peri-peri. Basted your way, always a crowd-pleaser.

**All meals from the grill are served with Jock Fries or a side salad!**

## KIDDIES

### TOASTED CHEESE AND FRIES

45

Golden toasted cheese sandwich served with crispy fries. A classic favourite for little appetites.

### CHICKEN STRIPS AND FRIES

45

Tender crumbed chicken strips served with crispy fries. Crispy comfort for growing champions.

### MINI HAWAIIAN PIZZA

50

Ham, Pineapple & Cheese on a kid-sized base. Sweet, cheesy, and just the right size for little hands.

## SANDBAR

## PIZZA'S

### CHEESE FOCACCIA

105

Focaccia base brushed with garlic, Italian herbs, and topped with mixed cheeses. Light, flavourful, and perfect as a starter or sharer.

### THE ISLAND SLICE

125

Ham, pineapple, garlic and cheese. Sweet meets savoury, a golden classic with a SandBar twist.

### THE SMOKY CHICK

165

Chicken, mushroom, peppadew and BBQ Sauce. Sweet, smoky, and loaded with comfort, a SandBar favourite in the making.

### THE CLUBHOUSE CRAZE

155

Napolitana sauce, bacon, feta and avo. Creamy, tangy, and totally irresistible, a SandBar signature in the making.

### THE CARNIVORES CUT

180

Ham, russian, bacon and pepperoni. Four meats, one mission, flavour domination from crust to crust.

### THREE CHEESES

140

Cheddar, mozzarella and feta topped with jalapeños and crispy bacon. Creamy meets spicy, a bold twist on the classic triple cheese.

### THE GARDEN BLAZE

160

Tomato, onion, mushroom, jalapeño, peppadew and avo purée. Fresh, fiery, and flavour-packed, a vegetarian slice with attitude.

### THE BUTTER NAPOLI

160

Butter chicken layered with Napolitana Sauce, drizzled with creamy mayo. Creamy meets tangy, a bold fusion of comfort and spice.

### THE FAMOUS BOSS

180

Ham, russian, mince, chillies and peppadews. Meaty, spicy, and unapologetically loaded, the top dog of SandBar pizzas.

### CHICKEN MAYO

150

Chicken, tangy mayo and pepperdews topped with mozzarella cheese and fresh herbs.

**Add extra toppings!** ★

Pineapple	20	Ham	25	Mince	30
Mushrooms	20	Bacon	25	Jalapenos	25
Garlic	15	Chillies	15	Pepperdew	20
Onions	10	Chicken	20	Cheese	25

## SANDBAR MILKSHAKES

R40

### BUBBLEGUM BLAST

Bright blue, super sweet, and bursting with bubblegum magic, a kiddie favourite with a retro vibe.

### CHOCO AVALANCHE

Bright blue, super sweet, and bursting with bubblegum magic, a kiddie favourite with a retro vibe.

### STRAWBERRY SWIRL

Creamy pink delight with real strawberry flavour, fruity, fresh, and fabulously fun.