

Breakfast

Breakfast Waffle - R85

Avo On Toast - R65

Egg Benedict - R105

Bacon & Egg Wrap - R85

Omelette - R85

Morning Delight - R75

Full English Breakfast - R135

Fruit Salad Bowl With Muesli & Yoghurt - R95

On The Go - R95

Starters

Chicken Livers - R80

Chopped chillies, Peri-Peri Oil, served with toasted ciabatta bread.

Portuguese Calamari - R105

Calamari tubes, olives, chorizo, finished off with Peri-Peri sauce, served with ciabatta bread.

Snails - R90

Oven baked snails, with garlic butter or with garlic cheese.

Prawn Cocktail - R85

6 Steamed prawns, mixed in pink in sauce, served on lettuce.

Stuffed Calamari Tubes - R105

Stuffed with creamy spinach and feta, cooked in Napolitano sauce, served with ciabatta bread.

Sindu Cheese Plate - R70

Crumbed then crispy fried Halloumi and Camembert, served with olive oil.

Creamed Mushrooms - R85

Crumbed, fried, served with cheese sauce and sweet chilli sauce.

Stuffed Jalapeños - R85

Jalapeños stuffed with feta cheese, crumbed, deep fried, served with sweet chilli.

Stuffed Peppadews - R85

Peppadews, stuffed with feta, crumbed, deep fried, served with a secret recipe Sindu sauce.

Prime Beef Grills

All our steaks are matured and comes with starch of your choice (chips, mash, baked potato, or salad) steamed vegetables served standard.

Fillet Steak - R185

Fillet Steak - R295

Rump Steak - R195

Rump Steak - R295

T - Bone Steak - R295

Lamb Speciality Dishes

Lamb Shank - R295

Cooked in garlic and rosemary, best served with mash and gravy.

3 x Lamb Chops - R275

Grilled with lemon, garlic, rosemary, with cream sauce.

Lamb/Mutton Curry - R225

Cubed lamb / mutton, served with rice and poppadum.

Pork

Pork Shank (Eisben) - R185

Crispy fried and smothered with honey mustard sauce, best served with mash or chips with English mustard or German mustard.

Pork Belly - R205

Oven roasted crispy pork belly, served on a bed of mashed potato.

Pork Belly Ribs - R195

Marinated with BBQ sauce, grilled, best served with chips.

Pork Belly Ribs - R390

Marinated with BBQ sauce, grilled, best served with chips.

2 x Pork Chops - R190

Grilled or fried with a choice of starch, vegetables and citrus sauce.

Poultry

Baby Chicken - R205

Full baby chickens with a sauce of your choice BBQ, lemon & herb, mild, or Peri-peri.
(Cooking time 30 - 40 minutes tops.)

Chicken Schnitzel - R185

Chicken breast fried or grilled, topped with cheese or mushroom sauce, served with mash.

Chef Speciality Dishes

Parmesan Fillet Steak - R275

Fillet steak served with creamy spinach, mushroom sauce and sprinkled Parmesan cheese.

Prime Ribeye - R345

Prime ribeye smothered with garlic butter and rosemary, served in a pan.

Seared Salmon - R265

Pan seared salmon with lemon juice, mixed herbs, served with green beans and baby potato.

Jalapeño Steak - R285

Rump steak stuffed with jalapeños, feta and cheddar cheese, served on a hot skillet.

Portuguese Steak - R285

Rump steak stuffed with Portuguese sauce, topped with an egg, served on a hot skillet.

Duck Fillet - R295

Crispy skin duck breast, rubbed with seasoning spice, pepper, rosemary and garlic, red wine sauce, orange, honey and butter. Served with any starch.

Seafood

Catch Of The Day, Panga Reds - R265

Whole panga reds fish, oven cooked, served with any starch of choice and salad.

Buttered Hake Fillet - R170

Hake fillet, grilled or fried, served with tartar sauce.

Sole Thermidor - R240

Served on a bed of Thermidor sauce (mushrooms, cheese sauce, mussels and shrimp), best served with mash or savory rice.

12 Queen Prawns - R295

Grilled with either lemon butter or garlic butter, embedded on savory rice with salad or steamed vegetables. Served with tartar sauce.

Kingklip Fillet - R265

Kingklip fillet, grilled with lemon butter, on a secret recipe Sindu creamy sauce, best served with either savory rice or salad and steamed vegetables.

Sindu Seafood Platter - R350

4 x queen prawns, 4 x half shell mussels with creamy garlic sauce, grilled or fried calamari tubes and tentacle, and grilled or fried hake served in a pan, and your starch of choice.

Family Platter - R710

8 x queen prawns, 8 x half shell mussels with creamy garlic sauce, grilled or fried calamari tubes and tentacles, crayfish, 4 x langoustines and grilled kingklip fillet.

Pastas

Seafood Pasta - R165

Steamed mussels, prawns, calamari tubes & tentacles all grilled then pan cooked with napolitana with cream, served on a bed of either penne or linguine.

Arrabbiata Pasta - R120

Garlic, fresh chilli, rocket, basil, whole peeled tomato served on penne or linguine sprinkled with Parmesan cheese.

Chicken Campanula - R140

Garlic, parsley, mushrooms with chicken strips, white wine mustard and cream served with a choice of either penne linguine and sprinkled Parmesan cheese.

Aglie Oile - R135

Garlic, fresh chilli, parsley served on spaghetti and sprinkled with Parmesan cheese.

Carbonara - R120

Bacon bites, cream and egg yellow, served with a choice of penne or linguine.

Salads

House Salad - R105

Lettuce, red onions, cucumber, tomato, olives, pecan nuts, sprinkled with Parmesan cheese served with house salad dressing.

Salmon Salad - R145

Seared salmon on rocket, sprinkles of orange & brutal fruit segments served with citrus dressing.

Greek Salad - R90

Cucumber, tomato, green bell peppers, feta, red onions, olives and lettuce served with house dressing.

Seafood Salad - R155

Prawn tails, calamari, mussels on a bed of lettuce, tomatoes, cucumber, red onions, served with Sindu dressing.

Chicken Salad - R170

Crumbed chicken strips, lettuce, red onion, cucumbers, tomatoes, pumpkin seeds, toasted almonds and olive oil.

Kids Menu

All kids meals served with chips

Chicken Burger - R75

Beef Burger - R75

Chicken Nuggets - R65

Riblets - R90

Pizza

All pizza garnished with rocket

Quattro Formaggi R155

Mozzarella, gorgonzola cheese, goat cheese, Parmesan and feta.

Seafood Pizza - R165

Prawn tails, calamari, smoked mussels. Mozzarella, drizzled with pink & BBQ sauce.

Vegan Garden - R135

Jalapeños, red onion, broccoli, basil, tender stems.

Rosé Marine - R130

Pizza base olive oil crushed garlic rosemary and sea salt.

Diavola - R130

Mozzarella cheese and pepperoni.

California Pizza - R145

Bacon, feta and avocado.

Sindu Pizza - R145

Hot chicken strips, caramelised onion, cocktail tomato, feta cheese and avocado.

Meaty Pizza - R170

Spicy chicken, cubed chorizo, bacon, rib meat, beef, red onion, mushrooms, with BBQ sauce.

Mexican Pizza - R150

Spicy mince, assorted peppers, jalapeños.

Desserts

All desserts with ice cream or cream, exceptional of (peppermint tart) and Malva / chocolate brownies served standard with custard and ice cream

Cheese Cake - R110

Peppermint Tart - R115

Malva Pudding - R70

Red Velvet - R95

Chocolate Brownie - R95

Carrot Cake - R95

Sauces

Creamy Garlic - R35

Cheese Sauce - R35

Mushroom Sauce - R35

Blue Cheese Sauce - R35

Pepper Sauce - R35

Portuguese Sauce - R35

Peri-Peri Sauce - R35

Side Extras

Savoury Rice - R35

Sweet Potato Fries (Large) - R70

Mash - R35

House Salad (Small) - R45

Chips (Small) - R35

Greek Salad (Small) - R60

Chips (Large) - R70

Steamed Veggies - R35

Sweet Potato Fries (Small) - R35

Side Onion Rings - R35

Sushi

Maki Rolls

Avocado - R50
Salmon - R65
Prawn - R55
Tuna - R60
Crab & cucumber - R55

Hand Rolls

Prawn Tempura - R70
Salmon - R80
Prawn - R70
Tuna - R65
Vegetable - R60

Cucumber Roll

Prawn - R55
Salmon - R65
Tempura Prawn / Bamboo Roll - R60
Vegetable - R50

Fashion Sandwiches

Vegetable - R50
Salmon - R65
Prawn - R55
Tuna - R60
Crab - R60

California Rolls

Vegetable - R50
Salmon - R65
Prawn - R35
Tuna - R60
Crab - R55

Nigiri

Salmon - R75
Prawn - R70
Tuna - R70

Bean Curd

Salmon - R75
Prawn - R70
Tuna - R70

Rainbow Rolls

Salmon - R75
Prawn - R70
Tuna - R70

Speciality Rolls

Prawn Tempura California Roll - R70
Salmon Roses - R105
Salmon Tempura Tower - R80
Prawn Tempura Tower - R75
Prawn Avalanche - R75
Prawn Tempura - R70
Deep Fried Futomaki - R70
The Bomb - R70
C&C Bomb - R70
Prawn Tempura Rainbow Roll - R70
Tuna Crunch - R75
Spicy Tuna - R60
Prawn Volcano - R70

Sushi Platters

Starter Platter - R200

2pc Salmon Roses
4pc Prawn California Roll
4pc Tuna Fashion Sandwich

Vegetarian Platter - R220

2pc Veg Hand Rolls
4pc California Rolls
4pc Veg Fashion Sandwich
4pc Veg Maki

Family Platter - R520

8pc Crab California Rolls
8pc Salmon Maki
4pc Prawn Fashion Sandwich
3pc Salmon Sashimi
3pc Seared Tuna Bean Curd

Build Your Own

4pc Salmon Maki Rolls - R65
4pc Salmon California Rolls - R65
4pc Prawn Fashion Sandwich - R55
2pc Tuna Nigiri - R70
2pc Tuna Sashimi - R55
2pc Prawn Tempura Tower - R40
2pc Prawn Tempura California Rolls - R45
2pc Chicken Spring Roll - R65
2pc Prawn Spring Roll - R70

Lovers Platter - R280

4pc Salmon California Rolls
2pc Salmon Rose
4pc Avo Maki
4pc Salmon Fashion

Date Night - R420

4pc Avo Maki
4pc Prawn California Roll
4pc Salmon Fashion
2pc Salmon Roses
2pc Tempura Prawn Hand

Sindu Platter - R330

4pc The Bomb
4pc California Prawn
2pc Roses
4pc Avalanche
2pc Rainbow Tuna
2pc Spring Roll

Sushi Salad

Salmon - R130
Seared Salmon - R130
Tuna - R120
Prawn - R120