

*The
Canyon's*

BREAKFAST

Mini Breakfast 68

One Egg | Two Rashers of Bacon | Grilled Tomato | Slice of Toast

Farmhouse Breakfast 128

Two Eggs (any style) | Served with Bacon & a choice of Pork, Beef, Lamb or Chicken Sausages| Grilled Tomato | Chips

Classic Breakfast 122

Two Poached Eggs | Served on Toasted Ciabatta Bread | Crispy Bacon & Mushroom Bits | Topped with Hollandaise Sauce

The Canyons Omelette 105

Three Eggs | Mozzarella & Cheddar Cheese | Tomatoes | Red Onion | Spinach | Peppers | Served with Chips

Cafe Omelette 128

Three Eggs | Bacon Bits | Onions | Mushrooms | Tomatoes | Mozzarella & Cheddar Cheese | With Chips

Berry Bowl 105

Greek Double Yoghurt | Nuts | Berries | Granola

French Toast 90

Served with Crispy Bacon | Maple Syrup

Smashed Avocado on Toasted Ciabatta 95

Topped with two Poached Eggs

Salmon Scrambled 145

Smoked Salmon | Scrambled Eggs | Avocado | Cottage Cheese | Served on Toasted Health Bread

The Canyons Health Breakfast 125

Two Poached Eggs | Grilled Haloumi | Grilled Cherry Tomatoes | Baby Spinach

Basil Pesto Smashed Avo 99

Basil Pesto Smashed Avo | Fried Eggs | Served with 2 Rashers of Streaky Bacon

Beans on Toast 90

Our Delicious Homemade Chakalaka Beans | Topped with 2 Poached Eggs

SMOOTHIES

Merry Berry 95

Strawberries | Blueberries | Cranberries | Vanilla Yoghurt | Chia Seeds | Banana

Peanut Butter Cup 95

Peanut Butter | Cocoa Powder | Plain Yoghurt | Dates | Chia Seeds | Banana

Power Protein 95

Chia Seeds | Flax Seeds | Peanut Butter | Rolled Oats | Banana | Protein Powder | Cocoa Powder | Mooji Berries

Delicious Dessert 95

Almond Nut Butter | Banana | Coconut Milk | Cacao Nibs | Dates | Cinnamon | Cocoa Powder | Chia Seeds | Almonds

Flu Buster 95

Carrot | Pineapple | Orange | Cinnamon | Turmeric | Pawpaw | Thyme | Dates | Ginger

Energizer 95

Beetroot | Coconut | Flax Seeds | Strawberries | Ginger | Berries | Red Apple | Mint

TOASTIES

Ask your waiter for bread options

Served with either chips or salad

Chicken Mayo 89

Ham, Cheese & Tomato 84

Cheese & Tomato 79

Bacon & Egg 98

Spicy Mince & Cheese 98

STARTERS

WRAPS

Served with either chips or salad

Haloumi & Roasted Veggies (V) 95

Grilled Haloumi with Guacamole | Sun-Dried Tomato | Honey | Roasted Veggies

Pesto Chicken & Avocado Bacon 115

Grilled Chicken Strips | Lettuce | Tomato | Guacamole | Bacon | Pesto Mayo

Grilled Steak 120

Strips of Beef | Lettuce | Tomato | Carrots | Feta | Honey Mustard Mayo

TRAMEZZINIS

Served with either chips or salad

Butter Chicken 120

Butter Chicken | Yoghurt | Coriander

Hickory Ham 110

Hickory Ham | Emmenthal Cheese | Onion Marmalade

Grilled Vegetables (V) 95

Grilled Vegetables | White Cheddar | Red Pepper Salsa

Chicken Livers 99

Grilled Chicken Livers cooked in a Creamy Mild Peri Peri Sauce | Topped with an Onion Marmalade | Served with Toasted Ciabatta

Calamari Rings 115

Deep Fried Calamari Rings dusted with Flour & Spices | Served with Chips & Homemade Tartar Sauce

Red Thai Chicken 95

Grilled Chicken Strips cooked in a Red Thai Coconut Sauce | Served on Egg Noodles

Salmon Tartar 120

Salmon Tartar with Lemon & Capers | Served with Toasted Ciabatta

Beef Trinchado 110

Cubes of Fillet grilled & cooked with Red Wine | Olives | Bay Leaf | Dash of Cream | Served with Chips

Bacon Wrapped Jalapeño Poppers 82

Served with a Cheese Sauce

LIGHT MEALS

Honey Mustard Chicken Schnitzel 120

Topped with Guacamole | Tomato | Cucumber | Homemade Relish | Feta | Served on a Panini with Chips

Beef Prego 128

180g Steak cooked in our famous Portuguese White Wine Sauce with Onions & Olives | Served on a Portuguese roll with Chips

Nachos

Mozzarella & Cheddar grilled in the pizza oven | Topped with Guacamole & Homemade Salsa

Plain 99

Spicy Chicken 125

Chilli Con Carne 135

TAPAS

Korean Spicy Wings

110

Grilled & Basted with an Asian BBQ Sauce
Served with a Sriracha Sauce

Hake Goujons

99

Hake Goujons Deep Fried | Served with a Spicy
Homemade Mayo

Hot Haloumi

105

Hot Haloumi topped with a Chilli Honey Sauce

Flaming Chorizo

90

Flamed with Brandy | Served in a Mild Peri
Peri Sauce | Chips

Crispy Chicken Bao Buns

95

Crispy Chicken Bites | Served in a Bao Bun |
Topped with an Asian Slaw

Mushroom & Prawn Dumplings

95

Served with Wasabi | Ginger | Soya Sauce

Bang Bang Chicken Skewers

95

Served with a Tangy Homemade Mayo

Smoked Arancini Balls (3)

79

Hickory Ham | Peas | Parmesan | Mozzarella Balls
Crumbed & Deep Fried | Served with a
Tomato & Basil Sauce

BOWLS

All Served with Sushi Rice | Carrots | Cucumber

Salmon

195

125g Salmon | Edamame Beans | Spring
Onions | Toasted Seeds | Avocado |
Teriyaki Sauce

Chicken

145

Sesame Seed Chicken | Edamame Beans |
Red Onion | Avocado | Teriyaki Sauce

Tuna

185

Seared Tuna | Edamame Beans | Radish |
Toasted Sesame Seeds | Cabbage | Avocado
Teriyaki Sauce

*Enjoy
life.
it's.
delicious*

SALADS

Pear & Blue Cheese Salad

110

Caramelised Pear | Blue Cheese | Bacon bits | Lettuce
| Tomato | Served with a Blue Cheese Dressing

Cajun Chicken Salad

125

Grilled Chicken Strips | Served with Grilled Corn |
Lettuce | Sun-Dried Tomatoes | Crumbed Ricotta |
Creamy Herb Dressing

Smoked Salmon Salad

145

Salmon Ribbons | Cucumber | Roasted Cherry
Tomatoes | Red Onion | Avocado | Topped with a
Creamy Dressing

Caprese Salad (V)

105

Buffalo Mozzarella | Sliced Tomatoes | Topped with a
Basil Pesto Dressing

Ultimate Crunch (V)

85

Mixed Leaves | Red Onion | Cherry Tomatoes |
Cucumber | Grilled Corn | Feta | Avocado |
Topped with Toasted Seeds

PASTA

CURRIES

Served with Rice | Poppadom | Sambles

Butter Chicken Curry (Mild) 185

Grilled Chicken Strips | Cooked in our
Homemade Butter Chicken Sauce

Lamb Curry (Medium) 245

Deboned Lamb Cubes | Slow cooked in a Rich
Tomato Sauce | Carrots | Potatoes

Prawn & Calamari Curry (Mild) 195

Grilled Prawns & Calamari Tubes | Cooked in a
Mild Curry & Coconut Sauce

Creamy Chicken Pasta 145

Grilled Chicken Strips | Cream | Pesto | Sun-Dried
Tomatoes | Baby Spinach | Served on Linguine |
Topped with Parmesan

Prawn & Chorizo 175

Grilled Queen Prawns | Chorizo Sausage | Olive
Oil | Garlic | Chilli | Served on Linguine | Topped
with Parmesan

Alfredo 120

Hickory Ham | Mushrooms | Garlic | Cooked in a
Creamy White Wine Sauce | Topped with Parmesan

Pea & Porcini Risotto (V) 120

Porcini Mushrooms | Green Peas | Slow cooked
in Stock with a dash of Cream | Topped with
Toasted Pine Nuts & Parmesan

Seafood Risotto 155

Falklands Calamari Tubes | Mussels | Shelled
Prawns | Cooked in a delicious broth & White
Wine | Topped with Parmesan

SEASONAL SPECIALITIES

Soup of the Day 75

Served with Toasted Ciabatta

Beef & Guinness Pie 215

Cubes of Beef cooked with Onions | Carrots |
Red Wine | Served with Mash or Chips

Chicken & Mushroom Pie 185

Cubes of Chicken cooked with Mushrooms & Corn
Served with Mash or Chips

FLATBREADS

Malay Style Chicken 145

Feta | Roasted Tomatoes | Cheddar |
Toasted Seeds | Basil Pesto

Bacon, Feta & Avocado 145

Cheddar | Sliced Peppadews

Roasted Red Pesto (V) 135

Sun-Dried Tomatoes | Red Pepper Pesto |
Olives | Spring Onion | Parmesan Shavings

CHICKEN

Chicken Espetada

195

Chicken Thighs Skewered with Jalapeños | Basted with Sweet Chilli Sauce | Served with Chips | Allow 45 mins to cook

Chicken Parmigano

165

Crumbed Chicken Breast | Topped with our Homemade Napolitana Sauce | Melted Mozzarella Cheese | Served with Chips

Baby Chicken

185

Cooked for 45 mins on the Grill | Served with Chips
Choose from: BBQ | Lemon & Herb | Peri Peri

Stuffed Chicken Breast

165

Chicken Breast stuffed with Spinach | Mushrooms
Feta | Creamy Sun-Dried Tomato Sauce |
Served with Rice & Peas

SEAFOOD

Hake & Chips

135

Beer Battered | Plain Grilled | Panko
Served with Chips | Peas | Tartar Sauce

Grilled Calamari

194

Pan Fried Falklands Calamari Tubes |
Cooked with Capers, Olives & Lemon |
Served with Chips or Rice

Grilled Kingklip

225

Grilled Kingklip | Served on a Pumpkin Risotto |
Roasted Tomatoes | Green Beans

GRILLS

Grilled to your liking
Served with Chips & Onion Rings

Fillet

250g..... 248

Rump

200g..... 170

300g..... 198

Sirloin

200g..... 170

300g..... 198

Beef Espetada 450g

238

Rump Cubes | Cracked Pepper |
Rock Salt or BBQ Basted

Ribs 700g

265

BBQ Basted Pork Ribs | Served with our
Famous Chips & Onion Rings

Lamb Chops 360g

285

3 Grilled Lamb Chops | Garlic &
Rosemary Basting | Served with
Chips & Onion Rings

SPECIALITY STEAKS

SIDES

Sweet Potato Chips	45
Roasted Butternut Feta Beetroot Toasted Seeds	55
Zucchini Fries	55
Stir Fry Vegetables	55

SAUCES

Biltong & Brandy	38
Blue Cheese & Bacon	38
Spicy Jalapeño	38
Trio of Mushroom with Port	38
Creamy Honey Mustard	38

The Zulu

300g Rump or Sirloin topped with
Grilled Chorizo | Mushroom | Onion |
Jalapeño | Tomato Gravy |
Served with Pap & Chakalaka Beans **243**

Steak Blue Royale

300g Rump or Sirloin topped with
Mushrooms | Crispy Bacon Bits | Blue
Cheese Mousse with chips & onion rings **235**

Pernini

300g Rump or Sirloin topped with
Creamy Peri Peri Sauce Served with
chips & onion rings **235**

Surf & Turf

300g Rump or Sirloin topped with a
Creamy Prawn Bisque served on mash **243**



PIZZA

FOCACCIA

Garlic & Herb 70

Mozzarella & Garlic 85

Mozzarella & Onion Marmalade 85

Bases 45

Gluten Free

Pumpkin

Cauliflower

Margarita (v) 95

Tomato | Mozzarella

Hawaiian 140

Ham | Pineapple

Regina 140

Ham | Mushroom

Sweet Chilli Chicken 155

Sweet Chilli Chicken | Feta

Mexicana 160

Mince | Chilli | Green Pepper | Onion

Vegetarian (V) 120

Baby Spinach | Olives | Feta | Onion Marmalade

Spicy Delight 160

Butter Chicken | Yoghurt | Coriander | Crispy Onions

BBQ Chicken 155

Chicken | Bacon | BBQ Sauce

Big Boy 185

Pulled Pork | Bacon | Ham | Crumbled Feta |
Sun-Dried Tomatoes | Caramelized Onions

Portuguese Chicken 165

Peri Peri Chicken | Chorizo | Onion Marmalade

All our Pizzas are hand rolled on order so
please allow extra time
Homemade Napolitana Sauce & Fresh Herbs

The Boss 170

Gorgonzola | Salami | Sun-Dried Tomatoes |
Onions | Olives | Avocado

Stagioni 150

Ham | Mushroom | Olives | Artichokes

Sicilian 155

Salami | Anchovies | Olives | Artichokes |
Capers

Pepperoni 155

Pepperoni | Mushrooms | Chilli

The Bistro 160

Bacon | Sun-Dried Tomatoes | Feta | Onions

Miss Piggy 180

Garlic | Bacon | Salami | Peppadew |
Mushrooms | Onions

Full House 185

Mince | Bacon | Pepperoni | Ham | Red
Onion | Green Pepper

Cheeky Chorizo 155

Chorizo | Brie | Caramelised Onions | Rocket

Mediterranean 155

Chicken | Caramelised Onions | Olive | Feta |
Fresh Rocket

Italian Job (V) 165

Buffalo Mozzarella | Basil

BURGERS

CLASSICS

ALL SERVED ON A SEEDED BUN WITH LETTUCE | TOMATO | GHERKINS |
HOMEMADE RELISH | MAYO | CHIPS OR SIDE SALAD

The Canyons Beef Burger 120
180g Homemade Beef Patty

The Canyons Chicken Burger 105
180g Chicken Fillet

The Canyons Veg Burger 110
Black Bean Burger | Topped with
Mushrooms | Red Onion | Homemade
Salsa | Guacamole

LOVE
AT
first
BITE

Naked Burger 145

Sweet Potato & Butternut Rosti | Topped with our
Homemade Beef Patty | Black Mushroom | Avocado |
Crispy Onion Rings

Buttermilk Burger 125

Deep Fried Chicken Breast | Topped with Slaw |
Slice of Emmenthal Cheese

Mushroom Wizz 145

Mozzarella | Emmenthal Cheese | Mushrooms |
Homemade Mayo

Chilli Bacon & Feta Burger 145

Beef Patty with Bacon | Crumbed Feta | Hot Honey

The Texan 165

Two Smashed Beef Patties | Cheddar | Smoky BBQ Mayo
| Gherkins | 3 Cheese Jack Daniel's Sauce

Smashed Burger 165

Two Smashed Patties | Mozzarella | Cheddar | Bacon |
Onion Rings

Ultimate Chicken Burger 145

Grilled Chicken Breast | Grilled Pineapple |
Guacamole | Aged Cheddar

Sassy Vegan 145

Vegan Patty | Spicy Vegan Mayo | Guacamole |
Red Onion

KIDS MEALS

Scrambled Egg & Soldiers

One Egg Scrambled | Toast

60

Chicken Strips & Chips

Served with Cucumber | Carrot Fingers | Homemade Sauce

78

Mac & Cheese with Bacon Bits

Delicious Cheese Sauce | Served with Penne | Crispy Bacon Bits

68

Mini Beef Burger & Chips

Homemade Patty | Lettuce | Tomato

68

Spaghetti Bolognese

Traditional Beef Mince in our Homemade Napolitana Sauce

68

DESSERTS

Chocolate Brownies

Served with Ice Cream

85

Deep Fried Oreo's

Served with Ice Cream

85

Passionfruit Cheesecake

Served with Cream

85

Sticky Malva Pudding

Served with Custard

85

Crème Brûlée

85

LIFE IS
short

MAKE IT
sweet

SUSHI

SIGNATURE

Tokyo Roll (6 Pcs) 125

Tempura Fried Prawns | Avo | Teriyaki Sauce

Crunchy Roll (6 Pcs) 145

California Rolls | Deep Fried Salmon | Prawn | Avo | Sweet Chilli | 7 Spice | Spring Onions

Yummy Roll 145

Prawn & Kiri Cheese Roll | Fried | Topped with Smoked Salmon | Sriracha Mayo | Sweet Soya Sauce

Sashimi (4 Pcs)

-Salmon 95
-Tuna 90

California Rolls (8 Pcs)

-Salmon 115
-Prawn 125
-Avocado/Cucumber 95

Fashion Sandwiches (8 Pcs)

-Salmon 135
-Prawn 145
-Avocado/Cucumber 95

Hand Rolls

-Salmon 95
-Prawn 95
-Avocado/Cucumber 75

Maki (8 Pcs)

-Salmon 105
-Prawn 100
-Avocado/Cucumber 75

Nigiri (4 Pcs)

-Salmon 95
-Tuna 95

CHEFS SPECIALS

Prawn Avalanche (8 Pcs) 135

Prawn | Avo | Tempura Prawn | Avalanche Sauce

Rainbow Reloaded (8 Pcs) 145

Salmon | Tuna | Spicy Mayo | Teriyaki | 7 Spice | Spring Onion | Tempura Crumbs | Sesame Seeds

The Yuppie (8 Pcs) 135

California Roll | Smoked Salmon | Cream Cheese | Avo

Dragon Roll (8 Pcs) 158

Rainbow Roll Rolled with Tempura Prawn | Topped with our Famous Sauce

Bamboo Tempura (4 Pcs) 89

Cucumber Roll with Tempura Prawn | Avocado | Topped with Kewpie Mayo | Caviar

PLATTERS

Combo Platter (23 Pcs) 295

8 Prawn California | 2 Salmon Hand Rolls | Tuna Sashimi | 6 Prawn Maki | 4 Vegetarian Fashion Sandwiches

Green Platter (18 Pcs) 185

6 Avo Maki | 8 Vegetarian Rainbow Rolls | 4 Vegetarian Fashion Sandwiches

The Canyons Platter (16 Pcs) 325

4 Crunchy Roll | 4 Prawn Avalanche | 4 Crispy Salmon Fashion Sandwiches | 4 Panko Rolls

The Boss Platter (20 Pcs) 285

6 Prawn Maki | 4 Rainbow California Rolls | 4 Salmon Roses | 4 Tuna Fashion Sandwiches | 1 Spice Prawn Hand Roll

Salmon Platter (22 Pcs) 320

8 Salmon California Rolls | 3 Salmon Sashimi | 2 Salmon Nigiri | 3 Salmon Roses | 6 Salmon Maki