



MARC'S BEACH BAR MENU



**CORKAGE FEE R20.00 PER BOTTLE
AT BUSY TIMES FOOD MAY TAKE +/- 45 MINUTES
PARKING & PLAY AREA AT OWN RISK**

Regrettably - No split bills

Marc's
Beach Bar
Langebaan

KIDDIES MENU

FOR KJDDJES UNDER 12



SERVED FROM 10H00

MARGHERITA PIZZA -small (20cm)	30
HAWAII PIZZA-small (20cm)	40

SERVED FROM 11H30

RUSSIAN & CHIPS	25
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FISH STICKS & CHIPS	30
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KIDS BOLOGNAISE	36
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150G BEEF BURGER & CHIPS	55
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100G CHICKEN BURGER & CHIPS	50
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CHICKEN STRIPS & CHIPS	55
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SERVED ALL DAY

ICE-CREAM AND CHOCOLATE SAUCE	20
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ICE-CREAM CONE (vanilla, strawberry or chocolate)	10
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SLUSHY	20
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ASK YOUR WAITRON FOR THE FLAVOUR OF THE DAY



"Vic Bay" Breakfasts

(served until 11H00)

Beach Breakfast	90.00
1 russian, 2 eggs (scrambled or fried), streaky bacon, grilled tomato, mushrooms and 2 slices of toast, jam & butter	
Eggs and Toast	35.00
2 eggs (scrambled or fried) on 2 slices of toast, jam & butter	
Small Breakfast	50.00
1 egg (scrambled or fried), streaky bacon, grilled tomato and 2 slices of toast, jam & butter	
Eggs Benedict	55.00
served with bacon – 2 poached eggs, hard or soft only, on an english muffin dressed with hollandaise sauce	
Eggs Benedict	85.00
served with salmon – 2 poached eggs, hard or soft only, on an english muffin dressed with hollandaise sauce	
Banting Eggs Benedict	85.00
2 poached eggs, hard or soft only, bacon, cherry tomatoes, mushrooms, feta, spinach and hollandaise sauce	
French Toast	30.00
2 slices of bread dipped in egg and pan-fried, served with syrup and cheese	
Beans and Mince on 2 Slices of Toast	50.00
savoury mince on toast, served with baked beans	
extra egg(s) served with breakfast 6.00 each	
Muesli & Yoghurt	40.00
layers of muesli, plain yoghurt and fresh fruit with a drizzle of honey	
Muesli & Yoghurt Smoothie	35.00
BREAKFAST SPECIAL – served to 10H30	
2 eggs, 2 rashers bacon, chips, grilled tomato, 2 slices of toast, jam & butter	
	50.00

"Wedgies" Toasted Sandwiches

(served on white, brown or whole-wheat bread with chips)
(served until 17H00)

Plain Cheese	40.00
Cheese and Tomato	45.00
Chicken Mayo	55.00
Bacon and Egg	55.00
Bacon and Cheese	55.00

"The cure for anything is salt water: sweat, tears or the sea."

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"Long Beach" Starters

(served from 11H30)

Oysters (each)	18.00
Garlic Pita	20.00
Garlic & Feta Pita	35.00
Bianca Pizza garlic, onion and feta OR mozzarella	45.00
Chita Pizza mozzarella, chilli and garlic	50.00
Soup of the Day	40.00
ASK YOUR WAITRON OR GLANCE @ OUR SPECIALS BOARDS	
Bitteballen 6 krokettenballe served with a mild mustard sauce or sweet chilli mayo	40.00
Crumbed Mushrooms served with tartare sauce	50.00
Chicken Livers (Hot or Mild) chicken livers prepared in Jon-Jon's special sauce and served with homemade bread	45.00
Garlic Snails escargot baked in garlic butter served with homemade bread	65.00
Blue Snails escargot baked with garlic butter & roquefort cheese, served with homemade bread	80.00
Tapas Platter garlic pita with feta, humus, tzatziki, olives and salami on the side	85.00
Creamy Garlic Mussels (10) fresh mussels in a garlic, onion and cream sauce, served with homemade bread	55.00
Belgian Mussels (10) fresh mussels in a garlic, onion and beer base, served with homemade bread	55.00
Calamari 100g calamari, floured and deep-fried, served with tartare sauce	50.00



"If you're having a bad day, catch a wave."

AT BUSY TIMES WAITING PERIOD FOR FOOD ±45 MINUTES
10% GRATUITY WILL BE ADDED TO BILL ON 8 PAX & MORE
NO MOVING TABLES WITHOUT APPROVAL FROM MANAGER OR HOST

"Nahoon Reef" Salads

(served from 11H30)

Greek	55.00
basic green salad with feta and olives	
Beach Bar	70.00
basic green salad with tuna mayo, pineapple, cheese and avo	
Pulled Pork Salad	75.00
basic green salad with sweet pulled pork & avo	
Pelican	100.00
basic green salad with cheddar cheese, creamy cajun chicken, crispy bacon, pineapple and avo	
Crispy Beef Salad (Contains sesame seeds)	80.00
basic green salad served with 100g battered beef strips served with a sticky Asian sauce	
Deep-Fried Calamari Tubes & Tentacles	90.00
basic green salad with 150g calamari tubes & tentacles, cherry tomatoes, feta & black olives	
Seafood Salad	110.00
basic salad topped with a mix of prawn meat, mussel meat & calamari in garlic with 1 000 island dressing	
Side Salad	20.00
lettuce, tomato, cucumber and onion	
Melon Salad	50.00
Watermelon, sweet melon, feta, pumpkin seeds and mint	

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Tomatoes, Cherry Tomatoes, Pineapple, Peppadews	15.00
Rocket, Basil Pesto, Olives	15.00
Balsamic Cream, Vinaigrette, 1000 Island Dressing	15.00
Feta, Cheddar Cheese, Mozzarella, Camembert	20.00
Bacon, Chicken Mayo, Pulled Pork	20.00
Avo (In Season)	25.00
Seafood Mix, Calamari Tubes	30.00

"KEEP CALM AND EAT SALAD"

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"Shore Break" Light Meals

(served from 11H30)

Calamari & Chips 100g calamari, battered and deep-fried	65.00
Calamari Tubes & Tentacles (Please note: Ratio of tentacles to tubes is not 50/50 due to sizing) 150g deep fried in a breading batter, with a side of your choice	80.00
Wacko Jacko 150g beef strips fried in garlic butter with peri-peri spice served with mash or stir-fry	70.00
Chicken Strips and Chips	65.00
Steak, Egg and Chips 200g sirloin served with 2 fried eggs, chips and onion rings	110.00
Snack Platter 6 tempura prawns, 2 BBQ sliced sausage, 5 fresh garlic mussels, 100g chicken strips, served with chips and sweet chilli mayo dip	160.00
Nachos – Mild or Spicy tortilla chips, cheddar & mozzarella cheese, cream cheese and salsa	80.00

BURGERS

SERVED WITH CHIPS & THIN ONION RINGS ON A JUMBO SESAME BUN

Beef Burger or Chicken Burger –200g- grilled or deep-fried	80.00
Sauce Beef Burger or Chicken Burger –200g -grilled or deep-fried a choice of mushroom or pepper or cheese or mustard sauce	85.00
Slab Cheese Burger - Beef or Chicken	85.00
Calamari Burger deep-fried calamari strips served with tartare sauce	80.00
Pulled Pork Burger pulled pork drizzled with a mustard sauce	70.00
Gourmet Biltong (200g beef or chicken) creamy mushroom sauce with biltong, coriander, green pepper corns	95.00
Gourmet Cheddar Melt (200g beef or chicken) slab of cheese topped with creamy mushroom sauce with a dash of jack daniels	95.00
Gourmet Rocket Burger (200g beef or chicken) topped with camembert & rocket, bacon, onion marmalade	95.00



"How to have a beach body: 1. Have a body 2. Go to the beach"

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J Bay Supertube Meals

served with chips, side salad, cauliflower rice, rice, stir-fry, mash, veg or steamed veg (Choice of one)

All our sauces contain a dash of flour
(served from 11H30)

Meat Dishes

Pork Belly (When available) 250g sliced pork belly roasted with basting & garlic & herb	85.00
Pork Loin Ribs – 400g	145.00
Fillet – 200g	180.00
Sirloin - 300g	150.00

STEAKS BELOW ARE SIRLOIN 300g

Pepper Steak 300g sirloin rolled in black pepper, pan-fried and finished in red wine and cream	190.00
Jaco Steak 300g sirloin topped with onions, peppers, tomato in a per-peri garlic butter	165.00
Cheddarmelt Steak 300g grilled sirloin with a slab of cheddar cheese, topped with bacon & mushroom sauce	165.00
Yummi Tummi –300g sirloin or 200g fillet topped with melted cheddar cheese, caramelised onion, mushrooms, avo, rocket drizzled with balsamic cream	190.00

Chicken Dishes

Chicken Schnitzel – Crumbed & Deep-Fried choice of mushroom or pepper or cheese sauce	90.00
Grilled Chicken Fillet - Basted choice of mushroom or pepper or cheese sauce	90.00
Chicken Cheddar Melt 200g chicken fillet grilled with cheddar cheese and topped with a creamy sherry sauce, bacon, mushroom and onions	105.00
Chicken Lemone 200g chicken fillet pan fried in butter dressed with creamy lemon sauce	100.00

Extras:

Flour based sauces mushroom or cheese or pepper or mustard	25.00
Cream based sauces mushroom or pepper (made on order)	35.00
slab of cheese	20.00
thin onion rings	15.00
small chips	20.00
large chips	40.00

"Beach please."

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Curry dishes *(when available)*

Served with basmati rice and an option of poppadum's or naan bread

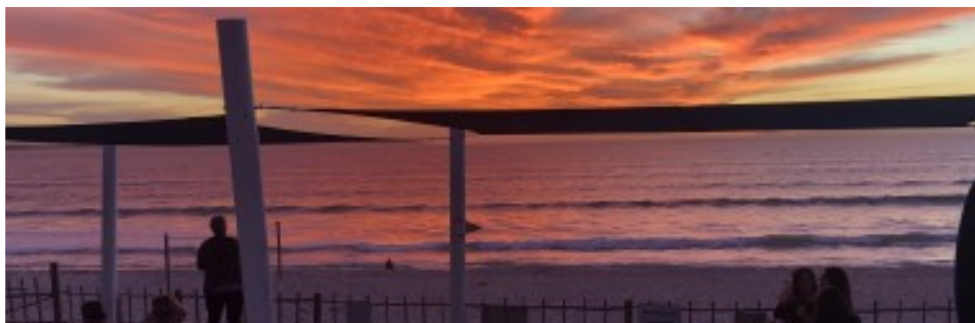
- Seagull Curry** *(Does not contain seagull but does contain nuts)* **65.00**
Our version of butter chicken curry—chicken onions and garlic in a spicy yoghurt based sauce
- Cape Malay Curry** **85.00**
Lamb and potato curry with various Indian spices

Linguine Pasta Dishes

AVAILABLE IN LINGIUNI OR PENNE PASTA
OR REPLACE PASTA WITH CAULIFLOWER RICE - ADD R7
All our sauces are flour based

- Vegetarian** *(Contains nuts)* **60.00**
in a tomato **OR** basil pesto **OR** cream base with spinach, feta, peppadews and mushrooms
- Bolognese** **70.00**
in a traditional tomato base bolognese sauce and mince
- Carbonara** **80.00**
in a sherry cream sauce with mushrooms, onion, ham and bacon
- Fiorentina** **100.00**
in a sherry cream sauce with 100g beef strips, onion, peppers, garlic, mushrooms, topped with mozzarella cheese and baked in pizza oven
- Seafood** **100.00**
creamy based, mild curried pasta with seafood mix, topped with 4 fresh mussels
- Chicken & Prawn** **135.00**
creamy based, mild curried pasta with 100g chicken, 100g prawn meat topped with two queen prawns

EXTRA BOWL PARMASAN CHEESE 10.00



"You can find me where the music meets the water."

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Tsunami Meals

(served from 11H30)

Combo's

served with chips, side salad, cauliflower rice, rice, stir-fry, mash, veg or steamed veg (Choice of one)

Mussel and Calamari	110.00
Hake and Calamari	130.00

Seafood Dishes

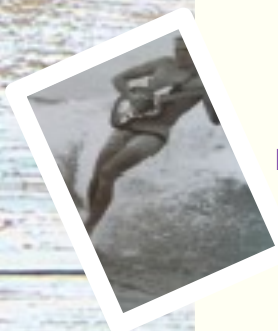
served with chips, side salad, cauliflower rice, rice, stir-fry, mash, veg or steamed veg (Choice of one)

All our sauces contain a dash of flour

Line Fish	SQ
fresh when possible - ask your waitron or look @ the specials board	
Calamari & Chips	100.00
200g calamari strips, floured and deep-fried, served with tartare sauce	
Fish & Chips	95.00
hake, grilled or battered and deep-fried	
Hake Bonne Femme	110.00
baked hake topped with a red wine mushroom sauce and mozzarella	
Creamy Garlic Mussels (20)	105.00
fresh mussels in a garlic, onion and cream sauce with a side of your choice	
Thai Style Mussels	105.00
fresh mussels in coconut milk, garlic, red thai curry paste with a side of your choice	
RICE OR BREAD RECOMMENDED	
Kraalbaai Thermador	115.00
hake, prawn meat, mussel meat and calamari all mixed in a garlic & onion creamy sauce, topped with mozzarella cheese and baked in pizza oven	
Marc's Beach Bar Hake	140.00
grilled hake topped with a mild seafood curry and parmesan cheese	
Calamari Tubes & Tentacles	140.00
300g deep fried in a breading batter, with a side of your choice	
Sesame Seeds Norwegian Salmon	145.00
served with wasabi, pickled ginger and a salted or dark soya sauce	
Seafood Fry-Up	175.00
deep-fried hake goujons, 100g deep-fried calamari, 3 queen prawns, 5 creamy garlic mussels and CHIPS ONLY	
Seafood Platter for ONE	245.00
10 creamy garlic mussels, 100g deep-fried calamari, deep-fried hake goujons and 4 queen prawns with garlic OR lemon OR peri-peri sauce	
Prawns	230.00
10 pan-fried queen prawns served with garlic OR lemon OR peri-peri sauce	
Prawns – each	28.00

"Home is where the anchor drops"

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Surfer's Corner

(served from 10H00)

Regular Pizza's

Our pizza Napoli sauce may contain onions

Bianca	garlic, onion and feta OR mozzarella	45.00
Chita	mozzarella, chilli and garlic	50.00
Margherita	tomato base and mozzarella	60.00
4 Seasons	¼ pineapple, ¼ salami, ¼ mushrooms and ¼ olives	70.00
Hawaii	ham and pineapple	75.00
Regina	mushroom and ham	75.00
Ossie Olive	basil pesto base topped with olives, mozzarella & fresh tomatoes CONTAINS NUTS	80.00
Vegetarian	basil pesto base topped with olives, fresh tomatoes, mozzarella & rocket CONTAINS NUTS	80.00

Gourmet Pizza's

Jackie's	feta, salami, olives and garlic	90.00
Pollo Chicken	barbeque chicken, mushroom, pineapple and garlic	90.00
Mexican	beef mince, garlic, chilli, peppers and onion	90.00
Paradise	bacon, avo & feta	90.00
Pulled Pork	rib basting base, sweet pork, mushrooms, avo & mustard sauce	95.00
Simoné	cajun chicken, peppadews and avo	95.00
Miss Piggy	bacon, salami and ham	95.00
Biltong	sweet chilli base, biltong, peppadews, cream cheese and avo	100.00
Lisa	chicken mayo, bacon and pineapple	100.00
Knysna	mushroom, garlic, bacon, onion and avo	100.00
Thai Chicken	sweet chilli chicken, pineapple and avo	100.00
Seafood	seafood mix and garlic	115.00

15.00 extra for banting base - Main ingredients - Flax flour, fine coconut and linseeds
20.00 extra for wheat free base - Main ingredient - Rice flour and eggs

Pizza Toppings



(each)

Onion, Garlic, Chilli	8.00
Tomatoes, Peppers, Mushrooms, Spinach, Rocket	15.00
Olives, Pineapple, Peppadews, Basil Pesto	15.00
Feta, Cheddar Cheese	20.00
Mozzarella, Bacon, Ham Diced, Salami, Mince, Chicken, Pulled Pork	20.00
Avo (In Season)	25.00
Seafood Mix	30.00

"B.E.A.C.H. Best Escape Anyone Can Have!"

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Beach Break

Desserts & Cakes

all desserts except tiramisu are served with cream or vanilla, strawberry or chocolate ice cream

Ice Cream & Chocolate Sauce	R35
Tiramisu Cheesecake	R35
Malva Pudding	R40
Red Velvet Cheesecake	R65
Chocolate Cake	R55
Peppermint crisp tart	R55



Coffees, Teas & Shakes

Milkshakes

Chocolate, strawberry, coffee, vanilla,
Nutella and Peppermint crisp

Large

Small

Mug of Coffee

Tea or Filter Coffee

Cappuccino (wings)

Cappuccino Cream (wings)

Decaf Cappuccino

Cappuccino Grande (wings)

Cappuccino Cream Grande (wings)

Wings Espresso or Americano- Single

Wings Espresso or Americano- Double

Hot Chocolate

Latte

Red Latte

Red Cappuccino

R35

R25

R14

R12

R24

R25

R25

R40

R42

R19

R32

R25

R25

R25

R25

Beverages & Juice

Grapetiser or Appletiser 330ml R30

Orange or Pineapple Juice R17

Cranberry or Strawberry Juice R25

Tomato Cocktail R34

Assorted Coldrinks – 200ml R18

Assorted Coldrinks – 300ml R23

Play R31

Lipton Iced Tea – peach or lemon R25

Mineral Water

Still 500ml R17

Sparkling 500ml R17

Sparkling 1 litre R24

Still 1 litre R24

Soda Fountain

coke, sprite

Small R10

Large R14

Spirit Mix R8

Coke Float R22

Special Coffees & Dom Pedro's

Nachtmuzik, Peppermint, Brandy or Amarula 35.00

Captain Morgan, Kahlua or Bells 45.00

Jameson 50.00



"I'll have a side of beach with my morning coffee"

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