



PROUD MARY

MODERN EATERY
& WINE BAR

SMALL PLATES

Green Olives Lemon preserve (VG)	45	Crispy Squid Coriander aioli, green mango achar	85
Edamame & Pea Bruschetta Mint spring peas, babaganoush (VG)	65	XO Prawn 3 Coal fired king prawns, XO butter (N)	115
Charred Baby Gem Carrot dressing, Dalewood hard cheese (V)	59	Coal Fired Octopus Pineapple confit, mango pickle	95
Cauliflower Crudo Chilli, lime, passion fruit dressing (VG)	48	Chicken Yakitori Skewered chicken thighs, Harissa sauce, charred green onions	75
Tempura Shimeji Mushrooms Turmeric & saffron ginger aioli (V)	65	Steak Tartare Beef fillet, hoisin dressing, pickles, aioli, macadamia nuts, confit egg, coriander, salted cracker (N)	115
Coal-Roasted Aubergine Pickled onions, babaganoush, za'atar spice, herb oil (V)	58	Sticky Pork Belly Teriyaki, fresh chilli, sesame seeds, coriander	85

SEAFOOD RAW BAR

Oyster Box Naked (Hot sauce Lemon) Mignonette (Red wine vinegar, onions) Nam Jim (Garlic, ginger, coriander, red chilli, fish sauce, lemon) Tempura fried, Tartare Sauce		Two 60 70 100	Dozen 300 350 500
Tins on Toast Preserved fish conserva. Lemon, salt, charred pickled peppers, crostini. Mackerel / Sardines	85	Tuna Tartare Spicy tuna, crispy rice, Peruvian chilli	95
Proud Sashimi Yuzu, sesame oil, soy, ginger, spring onion, chilli, basil. Salmon / Tuna	105	Seabass Ceviche Fresh seabass, lime tiger's milk, coriander, chilli, red onion	85
Mary's Shrimp Tacos Two hard shell tacos, yuzu jumbo shrimp, mary rose sauce, sesame avo	140	Octopus Crudo Edamame beans, chilli, lime, passion fruit dressing	85

FRESH FISH AT THE RAW BAR

Daily fresh cuts / Whole fish when available SQ

SALADS

Burrata Di Puglia buratta, orange pickled fennel, fresh dill, chilli, olive oil (V)	115	Prawn Fishcakes Panko crumbed prawn & linefish cakes, pickled cucumber, charred mango, bean sprouts, dressed greens, chilli, citrus aioli	125
Falafel Chickpea, parsley & coriander falafels, walnut & beetroot hummus, cauliflower & orange tabbouleh, dukkah, avo, orange citrus vinaigrette (VG) (N)	90	Proud Mary Ceasar Teriyaki chicken thighs, edamame, charred broccoli, romaine lettuce, quinoa grains, sunflower seeds, poached egg, ponzu anchovy dressing, crispy nori	115
Beluga Lentil Braised lentils, charred baby gem, spinach, citrus baby carrots, coal-fired beets & butternut, almond herb yoghurt (VG)	88	Steak Salsa Verde Moruno rubbed hanger steak, confit artichokes, wagyu fat potatoes, spring peas, rocket & baby spinach, salsa verde dressing	145

CAFE PLATES

Summer Risotto Preserved lemon, toasted almonds, goat's cheese, dill oil (V) (N)	155	Moroccan Chicken Braised chicken thighs, preserved lemon, pistachios, green olives, bulgar pilaf (N)	145
Coconut Red Curry Coal-roasted vegetables, mild Thai curry, crispy ginger, nut gremolata, fresh basil, herb amaranth grains (VG) (N)	115	Steak & Bone Marrow Grilled beef fillet 200g, bone marrow pangratata, gremolata, watercress salad, béarnaise sauce	195
Pan-Roasted Salmon Spring vegetables, white wine, citrus beurre blanc	225	Lamb Rump Steak Grilled lamb rump 250g, mint pea & lentil salsa, babaganoush	195
Crab Linguini Fresh herbs, chilli, garlic, lemon butter	185	Porchetta Oven-roasted pork belly, stuffed with pistachio mortadella, pangratata, sherry raisins, baby spinach. White bean, tomato & herb salad, apple cider cream. (N)	175
West Coast Mussels Sake steamed, Cape Malay sauce, charred mango & coconut salsa, mosbolletjie	175		

FIRE

Proud Mary Burger Wagyu beef patty 200g, brioche bun, dill pickle, confit onion, Dalewood mature cheddar, bearnaise sauce. Crispy wagyu fat potatoes	135	Oyster Mushroom Kebab Harissa & honey marinade, dukkah & sumac spice, pickled vegetables, coriander, coal fired flatbread (V) (N)	125
Sirloin 28-Day Wet Aged 300g	120	Pele Pele Chicken Deboned spring chicken, spicy pepper & garlic marinade, preserved lemon & herb salad	135
Rib-Eye 28-Day Wet Aged 300g	175	King Prawns 12 Argentinian King prawns, garlic lemon butter, salsa verde	400
Tomahawk 32-Day Dry Aged 1.2kg	650	Grilled Seafood Pan 8 King prawns, XO butter, Cape Malay mussels, crispy squid, line fish, citrus beurre blanc (N)	750
Picanha Skewer Beef Rump , Chilli chimichurri, green salad 600g Lamb Rump , Goat's cheese tzatsiki, village salad 500g	320 365		

+ ADDITIONS

Green leaf & radicchio salad, preserved lemon vinaigrette	45
Caramalized carrots	40
Tenderstem broccoli, misoyaki butter, toasted almond flakes (N)	46
Wilted spinach, ponzu, ginger, garlic, sesame oil	46
Triple fried chips	35
Wagyu fat roast potatoes	45
Sauces	38
Béarnaise Café de Paris Butter Peppercorn Wild Mushroom Chimichurri Shiso Ponzu	



Lunch & Diiner served from 12pm - 10pm

Please notify your waitron if you have any allergies or dietary restrictions.

(V) Vegetarian (VG) Vegan (N) Nuts

The Bank, 24 Cradock Avenue, Cnr Tyrwhitt and Cradock Avenue, Rosebank, 2196

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