



INTERCONTINENTAL®
TABLE BAY CAPE TOWN



ROOM SERVICE MENU

BREAKFAST

CURATED CONTINENTAL PLATE	265	G L P
Personalised charcuterie and finest local cheese, freshly baked bread, orange buchu jam		
VIENNOISERIE PASTRY	145	E G L V
Butter croissant, vanilla custard triangle, white chocolate and raspberry muffin, whipped chantilly, strawberry and rooibos jam		
FASHION GRANOLA SUNDAE	160	G L V
Strawberry compote, home-made granola, plain yoghurt, macerated berries		
DAILY OATS		
Infused vanilla milk with your choice of:		
Banana, cacao and maple	95	G L V
Poached berries and honey	105	G H L V
FLINT & FENNEL BREAKFAST PLATE	235	
Two free-range eggs, smoked back and streaky bacon, baked beans, boerewors sausage, sautéed heritage tomato, confit mushroom, potato rosti		
CLASSIC FRENCH OMELETTE	150	E
Three whole free-range eggs or egg white, chopped chives		
Your choice of 3 fillings:		
Spinach, tomato, mushroom, cheddar, feta, red pepper, spring onion		
CLASSIC EGGS BENEDICT	155	E G L P
Toasted English muffin, streaky bacon, hollandaise sauce, poached eggs		
FLORENTINE EGGS BENEDICT	165	E G L V
Creamed spinach and feta		
ROYALE EGGS BENEDICT	205	E G L V
Smoked salmon and cream cheese		
TIRAMISU FRENCH TOAST	175	E G L V
Stuffed salted caramel brioche, white chocolate chantilly, espresso crème, blackberry compote		
SOUTH AFRICAN FLAPJACKS	185	E G L N V
Milk tart crème, cinnamon and almond streusel, blood orange caviar, orange sable, condensed milk ice cream		

FLEXIBLE DINING

ANYTIME PLATES

Tasty, versatile and nutritionally balanced dishes, available all day, everyday.

AVOCADO TOAST	185	E G V
Two poached eggs, smashed avocado, wholemeal toast, radish, pico de gallo, seed crumb		
Add Smoked Salmon	120	
Add Sirloin Steak	120	
TURKISH EGGS	175	E G L V
Butternut falafel, poached eggs, garlicky yoghurt, mint and lemon brushed flatbread, paprika and chilli brown butter, heritage tomato, crushed avocado, pickled red onions, coriander and mint dressing		

NOURISH BOWLS

SUMMER HARVEST	285	G L N V
Burrata, freekeh, kale, caulini, mushrooms, beetroot hummus, orange tahini, pistachio dukkah		
SPICED CHICKEN AND MANGO	195	G L
Tandoori chicken tenders, bulgar wheat, pickled red onion, avocado, mango and baby cucumber, charred broccoli, edamame, lemon yoghurt dressing		
FLINT & FENNEL BOWL	335	H N
Sweet and sour glazed salmon, pear carpaccio, toasted almond, parmesan and fennel slaw, pomegranate, coconut and lime vinaigrette		
SPRINGBOK POKE	295	
Herb-crusted springbok loin, brown rice, sugar snap peas, corn ribs, cherry tomatoes, crispy kale, cranberry dressing		

SALADS

HERITAGE BEETROOT TARTARE, FIOR DI LATTE MOZZARELLA Pickled walnuts, nasturtium, wild rocket, orange gastrique	235	L N
CAESAR Aged parmesan dressing, cos lettuce, brioche croutons, anchovy, soft poached egg, bacon dust Add Chicken Breast Add Coal-fired Prawns	165 65 145	E G L
GARDEN SALAD Citrus butternut, grilled peaches, dried cranberries, baby spinach, roasted cashew nuts, pickled red onion, mung beans, sumac spiced broccoli, red wine and cranberry dressing	135	N

LIGHT MEALS AND SANDWICHES

CRUMBED CHICKEN WRAP Charred pineapple salsa, crumbled feta, lettuce, cucumber, avocado	165	G L
CAPE TOWN CLUB Applewood smoked bacon, chicken mayonnaise, free-range egg, heritage tomato, avocado, sourdough bread	205	E G P
GREENHOUSE STACK Grilled tofu, avocado, baby spinach, red onion marmalade, grilled baby marrow, vegan cheese, basil pesto	175	G N VE

STARTERS

KLEIN KAROO OSTRICH CARPACCIO	245	E
Muscadel and Kalahari truffle emulsion, forage mushrooms, burnt onion		
PORK AND PISTACHIO TERRINE	165	G P
Chakalaka pain au lait, pear and saffron chutney, pickled cornichon and shallot salad		
CAPE MALAY BUTTERNUT SOUP	145	G L
Sugar beans, baby spinach, parsley oil, sourdough bread		
SALMON TASTING	365	G
Gravadlax, hot smoked salmon, salmon rillette, capers, cornichon and fris��e salad, marbled rye bread, mustard and lime dressing, lemon aioli		
WILD MUSHROOM TART	155	G VE
Barley caramel, oyster mushroom ragout, mushroom parfait, whipped tofu, leek oil		

MAINS

CAJUN CHICKEN ALFREDO	195	E G L
Cajun-spiced, blackened chicken breast, white wine and parmesan alfredo sauce, sun-dried tomatoes, penne pasta, tomato, wild mushroom fricasee		
TIGER PRAWN ORECCHIETTE	295	C E G L
Prosciutto, olive and panko crumb, black garlic, chilli crunch, lemon butter sauce		
BEEF RAGU	225	G L
Traditional ragu, fettuccine, gremolata, baby spinach salad		
BO KAAP LAMB SHOULDER CURRY	325	G
Slow-cooked Karoo lamb shoulder, fragrant Malay spices, garlic flatbread, steamed basmati rice, sambals		

MAINS

SPRINGBOK BOURGUIGNONNE Prosciutto-wrapped loin, colcannon, baby root vegetables, pancetta, charred baby onion, red wine braising jus	325	L P
BEEF TENDERLOIN 300G Creamed potato, charred baby carrots, garlic infused green beans, bordelaise jus	725	
STEAK FRITES 28-day 250g aged sirloin steak, pomme frites, poivre sauce, green salad	345	L
CLASSIC BEEF BURGER Brioche bun, aged cheddar, pickled red onion and cornichon, double cooked chips	205	G L
DEVIL'S PEAK BATTERED FISH AND CHIPS Crispy battered hake, hand-cut fries, tartare sauce, burnt lemon cheek	235	E G
KOREAN DUNKED CHICKEN BURGER Tempura fried chicken, sweet red chilli and coriander sauce, kimchi slaw, braised pickled cucumber, onion rings	195	E G
GRILLED HARISSA EGGPLANT STEAKS Stuffed brown mushroom, lentil ragu, confit tomato, whipped ricotta, caramelised sweet potato, fennel and cucumber raita	155	L V
PERUVIAN VEGAN BURRITO Roasted sweet potato, fresh corn, peppers, quinoa, creamy black beans, aji verde sauce	155	G VE
SIDES Pomme Frites Green Salad Charred Baby Carrots Steamed Rice Garlic Green Beans	60	

DESSERTS

ROOIBOS CRÈME BRÛLÉE	155	E G L N
Khoi San inspired classic vanilla bean, pistachio shortbread, honey pretzel stick		
CHOCOLATE TRUFFLE CAKE	165	E G L
Soft Valrhona sponge, Amarula chocolate ganache, fudge caviar, dark chocolate soil, candied spekboom, Dom Pedro ice cream		
ASSIETTE OF SOUTH AFRICAN DESSERTS	255	E G L
Koeksisters, milk tart, peppermint crisp mille feuille, tameletjie		
GELATO	90	L
Chocolate Cookie Monster Honeycomb		
SEASONAL FRUIT PLATE	135	VE
Freshly prepared seasonal and exotic fruits		
AWARD WINNING SOUTH AFRICAN CHEESE BOARD	305	G L
Finest local cheeses, seed crackers, crispbread, grapes, orange buchu jam		

C – Crustaceans | E – Eggs | G – Gluten | H – Honey | L – Lactose
M – Mollusc | N – Nuts | P – Pork | V – Vegetarian | VE – Vegan

At InterContinental® Table Bay Cape Town, our menu items may change and could include common allergens.

We recommend that you inform your waiter of any special dietary needs including all intolerances and allergens.

BEVERAGES

COCKTAILS

Limoncello Moscow Mule 120

Vodka, lime juice, limoncello
liqueur, ginger ale

Spicy Mango Margarita 110

Tequila, orange liqueur,
fresh chilli, lime, mango juice,
fresh lime juice

Passion Fruit Caipirinha 100

White rum, fresh lime, sugar,
passion fruit puree

Frozen Gin and Tonic 95

Gin, tonic water, elderflower syrup

Coconut Margarita 110

Tequila, orange liqueur, cream
of coconut, lime juice, simple syrup

Pineapple Mai Tai 120

White rum, dark rum, orange
liqueur, pineapple puree, lime juice

Daiquiri 125

Passionfruit | Mango | Strawberry

White rum, simple syrup, lime juice, strawberry
puree, frozen strawberries/ passionfruit/ mango

Sangria 125

Red sangria mix, red wine, lime, orange juice

NON-ALCOHOLIC COCKTAILS

Nojito 85

Lemon juice, mint syrup,
lemonade, apple juice

Crimson Sol 105

Blood orange, soda water,
non-alcoholic bubbly

Botanica Whisper 90

Abstinence Botanical, tonic water

GIN

Tanqueray 40

Tanqueray N° TEN 65

Bombay 45

Hendrick's 45

RUM

Bacardi 30

Captain Morgan Spice Gold 35

Captain Morgan Dark Rum 35

WHISKY

IRISH WHISKEY

Jameson Original 55

BLENDED SCOTCH

J&B 30

Johnnie Walker Black 55

SINGLE MALT

Glenmorangie Lasanta 12YR 90

SOUTH AFRICAN

Bain's Cape Mountain 45

Rogue Hopster Malt 55

TENNESSEE WHISKEY

Jack Daniel's 45

VODKA

Ketel One 60

Grey Goose 85

Belvedere 70

TEQUILA

El Jimador Blanco 50

El Jimador Reposado 50

Don Julio Blanco 100

Don Julio Reposado 120

BEVERAGES

BEER AND CIDERS

Castle 330ml	45
Castle Lite 330ml	50
Windhoek Lager 440ml	60
Corona 330ml	60
Heineken 330ml	55

STOUT

Guinness 440ml	80
----------------	----

DRAUGHT

Stella Artois 330ml 500ml	70 45
Castle Lite 330ml 500ml	60 40

CIDERS

Hunter's Dry 330ml	55
Savanna 330ml	65
Rekordelig Wild Berries 500ml	135
Rekordelig Strawberry and Lime 500ml	135

NON-ALCOHOLIC

Corona Non-Alcoholic	55
Devil's Peak Hero	45

WINE LIST

SAUVIGNON BLANC

Lomond Estate <i>Gansbaai</i>	400	140
Iona <i>Elgin</i>	710	
Klein Constantia <i>Constantia</i>	575	

CHENIN BLANC

Miles Mossop <i>Stellenbosch</i>	500	
Cape of Good Hope Riebeeksrivier <i>Western Cape</i>	440	
Raats <i>Stellenbosch</i>	540	

CHARDONNAY

Jordan Unoaked <i>Stellenbosch</i>	495	140
Arendsig Handcrafted Wines <i>Robertson</i>	695	
Ataraxia <i>Hemel en Aarde</i>	1190	

WHITE BLENDS

Cape of Good Hope Riebeeksrivier Caroline	550	140
Stark-Condé Field Blend	775	

MERLOT

De Grendel <i>Cape Town</i>	570	150
Thelema <i>Stellenbosch</i>	890	

PINOT NOIR

La Brune 'The Valley' <i>Elgin</i>	670	165
Catherine Marshall Sandstone <i>Elgin</i>	770	

ROSÉ

Eikendal <i>Stellenbosch</i>	360	100
L'Avenir Single Block Glenrose	750	

CHAMPAGNE

Moët and Chandon Brut Impérial	2200	720
Veuve Clicquot Brut	2700	

MCC

Boschendal Brut MCC <i>Western Cape</i>	590	150
---	-----	-----

BEVERAGES

SMOOTHIES	M	L	SOFT DRINKS	
Green Harmony Blend	75	105	Coke 200ml	35
Avo, spinach, Granny Smith apple, mint, banana, maple syrup, almond milk or fresh milk			Coke Zero 200ml	35
			Fitch & Leedes 200ml	35
			Soda Water Tonic Water Pink Tonic	
			Grapefruit Lemonade Dry Lemon Ginger Ale	
Exotic Tropical	75	105	Uplift Kombucha 250ml	75
Mango, passionfruit pulp, pineapple, coconut water			Lemon Ginger Peach Granadilla	
			Raspberry Pomegranate	
			Ceres Tomato Cocktail 200ml	85
Nutty Affair	75	105	Red Bull 250ml	65
Oats, banana, peanut butter, honey, vanilla extract, almond milk or fresh milk			Red Bull Sugarfree 250ml	65
			Appletiser 275ml	65
			Grapetiser Red 275ml	65
MILKSHAKES	M	L	Stoney Ginger Beer 300ml	40
The Cereal Killer	75	95	Creme Soda 300ml	40
Fruity pebble cereal, marshmallows, mystery flavour cereal bar			Fanta 300ml	40
			Sprite 300ml	40
			Sprite Zero 300ml	40
Berry Emulsion	80	115	BOS Peach Iced Tea 300ml	55
Strawberries, blueberries, cranberries			BOS Lemon Iced Tea 300ml	55
Mint Chip Brownie	80	115		
Mint choc chip ice cream, whipped cream, fudge brownie			WATER	
			Valpré Still 350ml 750ml	40 70
Legend Dairy-Free	85	120	Valpré Sparkling 350ml 750ml	40 70
Vegan cookies, peanut butter, crushed Oreo, non-dairy whipped cream				



BEVERAGES

HOT BEVERAGES

Americano	42
Cappuccino	42
Caffè Latte	42
Macchiato	38
Espresso Single Double	35 45
Milo	75
Hot Chocolate	75
Chococcino	75

SPECIALITY COFFEES

The Atlantic Affogato	55
Artisanal Cape Town vanilla gelato drowned in espresso	
Table Mountain Mocha	75
Espresso with Belgian chocolate and cocoa dusting	
Salted Caramel Latte	60
Espresso with salted caramel and foam	
Hazelnut Latte	60
Espresso with roasted hazelnut sweetness	
Hot Espresso Martini	85
Espresso with coffee liqueur and cream foam	
Matcha Latte	70
Ceremonial-grade Japanese matcha with steamed milk	

In need of a pick-me-up?

At InterContinental® Table Bay Cape Town,
we want you to feel your best while travelling.
Try Timeshifter® on your next journey to ease
jet lag, it's on us.



InterContinental Table Bay Cape Town
Quay 6, Breakwater Boulevard
V&A Waterfront, Cape Town, 8001, South Africa
T: +27 (0)21 406 5000
concierge@ictablebay.com
[InterContinental.com/tblbaycapetown](https://www.intercontinental.com/tblbaycapetown)