



[www.karoorcattleandland.com](http://www.karoorcattleandland.com)

# KAROO

CATTLE AND LAND



*As South African as it gets*



The right place

## Welcome to Karoo

The home of fresh food. At Karoo we believe in serving freshly prepared food including tasty flame grilled steaks, succulent flame grilled chicken, traditional South African fare and unlimited fresh healthy salad

## The salad cart

Visit our legendary salad cart as many times as you like with any adult or young guest's main meal and you will be spoilt for choice. It's freshly prepared throughout the day to give you a wide variety of tasty, healthy and fresh additions to your meal

Choose between crisp lettuce, juicy tomatoes, tasty coleslaw and delicious potato and pasta salads to name a few. Then make it your own with our dressings that will add a little something special

## Our young guests

Look out for the **YG** symbol and get some of our meals in portions created just for our young guests (under 10's). These meals are exactly the same as the adult version and can be complemented with a salad from the cart and a choice of baked potato, potato wedges or seasoned chips

**YG = 1/2 price**



We are serious about serving great, fresh food



for great food

## Starters

- |   |                                  |
|---|----------------------------------|
| <b>CHICKEN WINGS</b> <sup>YG</sup> - BBQ OR FIERY   | R45.00                           |
| A generous portion of chicken wings fresh from the flame grill, coated with your choice of either tasty basting sauce or a hot and spicy chilli glaze |                                  |
| <b>CHICKEN LIVERS</b>   | R40.00                           |
| Prepared with piri piri   |                                  |
| <b>MUSSELS</b>  | R45.00                           |
| Served in a tasty cream garlic sauce  |                                  |
| <b>CALAMARI</b>   | R45.00                           |
| Tender baby calamari grilled the Karoo way  |                                  |
| <b>CARPACCIO</b>  | R55.00                           |
| Thinly sliced game carpaccio topped with roquefort cheese and rocket  |                                  |
| <b>SNAILS ROQUEFORT</b>   | R40.00                           |
| A Karoo favourite with a twist. Our signature starter   |                                  |
| <b>NACHOS</b> <sup>YG</sup>   | FOR ONE R40.00<br>FOR TWO R55.00 |
| A fully loaded, crunchy stack of crisp nachos served with guacamole, salsa, melted cheese, jalapenos and sour cream                                   |                                  |
| <b>BLACK MUSHROOMS</b>  | R40.00                           |
| Grilled with garlic butter and roquefort cheese   |                                  |
| <b>KAROO PRAWN COCKTAIL</b>   | R55.00                           |
| Peeled shrimps, crisp iceberg lettuce in a tangy seafood dressing   |                                  |

## Soups

Our soups are made daily and served with bread and butter.

- |   |        |
|---|--------|
| <b>BUTTERNUT SOUP</b>   | R40.00 |
| Creamy, roasted butternut soup  |        |
| <b>'BOONTJIE SOP', BEAN SOUP</b>  | R40.00 |
| Mixed beans and marrowbone with seasonal vegetables, cooked the South African way |        |

## Sides

- |                            |        |
|----------------------------|--------|
| <b>GARLIC BREAD</b>        | R15.00 |
| <b>CHEESY GARLIC BREAD</b> | R20.00 |
| <b>BUTTON MUSHROOMS</b>    | R20.00 |
| <b>SLICED BILTONG</b>      | R30.00 |
| <b>DROË WORS</b>           | R30.00 |
| <b>SEASONED CHIPS</b>      | R20.00 |
| <b>CRISPY ONION RINGS</b>  | R10.00 |



Why not share?  
Choose a few starters



*Straight from*

## From the grill

The finest cuts of beef, aged to ensure their tenderness and flame grilled to ensure a locked in taste cooked as you like it and served with seasoned chips, pap & sauce, baked potato, or vegetables

**T BONE** 750g R130.00  
A mighty steak! The best of both sirloin & fillet

**SIRLOIN** <sup>YG</sup> 200g R75.00 400g R110.00  
Grilled to your liking

**RUMP STEAK** 300g R95.00 600g R125.00  
The most flavoursome cut

**PRIME RIB** 800g R130.00  
A favourite, slowly grilled to perfection, rare or medium rare only

**FILLET** 200g R100.00 300g R125.00  
The most tender cut of all

**SURF AND TURF** R120.00  
A prime rump steak topped with two prawns & covered with our karoo sauce

**OSTRICH STEAK** R120.00  
A healthy alternative fresh from the flame grill, served with gooseberry jelly. Best enjoyed medium to rare

**LAMB CHOPS** <sup>YG</sup> R120.00  
4 succulent chops flame grilled to your liking served the Karoo way

**RACK OF RIBS** <sup>YG</sup> FULL RACK PORK R145.00  
Slow cooked then finished off on the flame grill HALF RACK PORK R95.00  
with tasty basting sauce RACK LAMB R130.00

**KAROO LAMB SHANK** R115.00  
Tender lamb shank slow cooked the Karoo way

**KAROO PREGO 200g** R75.00  
A 200g prime sirloin steak smothered in prego sauce & served on a fresh roll

**KAROO BEEF SOSATIE** R90.00  
Succulent portions of prime rump on a skewer and grilled to your preference

**KAROO LAMB SOSATIE** R110.00  
Portions of tender lamb delicately seasoned & served on a skewer

**KAROO BRAAI** R110.00  
200g sirloin, boerewors & a loin chop all flamed grilled for your enjoyment


**KAROO CHOP & CHICKEN** R100.00  
Two tender loin chops with a 1/2 grilled chicken

**KAROO BOEREWORS & CHOPS** R95.00  
Juicy boerewors served with two flavoursome loin chops

**CREAMY KAROO SAUCES** R20.00  
to accompany your meal:  
Pepper, Garlic, Portuguese, Roquefort, Monkey Gland, Mushroom, Cheese & Sweet Chilli or Cheese & Biltong

### FREE WITH MAIN COURSE MEALS

Help yourself to unlimited fresh healthy salad from the salad cart!



*A steak's not a steak..  
..without a Karoo sauce*



## Traditionally Karoo

We specialise in South African dishes, prepared the traditional way

<b>BOBOTIE</b> A traditional Cape Malay dish served with yellow rice	R75.00
<b>ROAST OF THE DAY</b> Served with new potatoes and vegetables	R100.00
<b>LAMB CASSEROLE</b> Braised lamb with new potatoes, peas and mint	R110.00
<b>PORK BELLY ROAST</b> Served with new potatoes or seasoned chips	R85.00
<b>BOEREWORS</b> <sup>YG</sup> Man-size portion served with pap and sauce or seasoned chips	R70.00
<b>KAROO OXTAIL</b> Succulent & flavoursome served with yellow rice	R110.00
<b>KAROO PIE</b> A freshly baked Karoo lamb pie served with rice & vegetables of the day	R110.00
<b>TOMATO BREDIE</b> Cape dish. What gives a lamb bredie its unique character is the long, slow simmering until the meat and vegetables melt together in the rich, full-bodied gravy	R110.00

## Sizzling chicken

Freshly prepared chicken dishes, tender and tasty straight from the the grill

The healthier way to cook.

<b>THE KAROO ORIGINAL</b> Freshly flame grilled spatchcock chicken lightly seasoned and with a delicious tasty basting sauce	R85.00
<b>LEMON AND HERB</b> Freshly flame grilled spatchcock chicken drizzled with lemon, parsley and thyme	R85.00
<b>CHILLI GARLIC</b> Freshly flame grilled spatchcock chicken smothered with a garlic & chilli sauce	R85.00
<b>PIRI PIRI</b> Freshly flame grilled spatchcock chicken smothered with piri piri	R85.00
<b>THE COMBO</b> Freshly flame grilled 1/2 spatchcock chicken and a portion of flame grilled riblets	R110.00
<b>CHICKEN SCHNITZEL</b> <sup>YG</sup> Crumbed chicken breast lightly fried and served with any one of our famous Karoo sauces	R75.00
<b>CHICKEN PREGO</b> Chicken breast done with a flavoursome piri piri served on a soft white bun	R60.00

## ON THE WAY HOME

Take a look at our meat display at the entrance and buy the same great menu items to take home!

It's all about salad..  
..don't forget the cart



It's traditional, it's

## Our famous Karoo burgers

200g Home made flame grilled burgers served with seasoned chips on the side

<b>KAROO BEEF BURGER</b> <i>YG</i> Prime beef patty on a soft white bun & traditional dressings	R50.00
<b>KAROO CHEESE BURGER</b> <i>YG</i> Prime beef patty on a soft white bun, topped with cheese & traditional dressings	R55.00
<b>BACON &amp; PINE BURGER</b> Prime beef patty topped with bacon & a pineapple ring with all the trimmings	R55.00
<b>KAROO BREAKFAST BURGER</b> Prime beef patty topped with a rasher of bacon & a fried egg all served on a fresh white bun with all the trimmings	R55.00
<b>KAROO SAUCE BURGER</b> Prime beef patty topped with a Karoo sauce of your choice	R55.00
<b>OSTRICH BURGER</b> Prime ostrich patty on a soft white bun & traditional dressings	R55.00
<b>KAROO LAMB BURGER</b> Prime lamb patty with traditional trimmings	R55.00
<b>KAROO CHICKEN BURGER</b> <i>YG</i> Flame grilled chicken breast on a sesame white bun, topped with traditional trimmings	R55.00

DON'T FORGET TO HELP YOURSELF FROM THE SALAD CART TOO!

## Fish

<b>GRILLED SALMON</b> A grilled salmon steak	R120.00
<b>LINE FISH</b> Everyones favourite grilled with lemon butter	R95.00
<b>FISH AND CHIPS</b> <i>YG</i> Battered hake served with seasoned chips	R55.00
<b>CALAMARI</b> <i>YG</i> Baby tubes grilled with piri piri, lemon butter or garlic butter served with chips or rice	R75.00

## Vegetarian & Pasta

<b>MACARONI CHEESE</b> <i>YG</i> Baked in the oven with a tasty cheese sauce	R50.00
<b>ROASTED VEGETABLES</b> Fresh vegetables grilled & delicately seasoned, served with button mushrooms & a choice of new potatoes or a baked potato along with your salad from the salad bar	R45.00
<b>SPINACH AND FETA BAKED POTATO</b> A baked potato loaded with fresh spinach and feta cheese & your choice of salads from the salad cart	R30.00
<b>KAROO PASTA</b> <i>YG</i> Penne pasta in a simple tomato sauce, add a good selection from the salad cart to complement this healthy meal	R50.00
<b>VEGETABLE FRITATA</b> A thick mixed vegetable omelette covered with our Karoo cheese sauce and your choice of salads from the salad cart	R35.00



Look out for the *YG* symbol  
for our young guests



fresh & it's delicious

## Desserts

### MALVA PUDDING <sup>YG</sup>

Served hot with a choice of whipped cream, vanilla ice cream or custard

R35.00

### APPLE PIE

Hot apple pie with a choice of whipped cream, ice cream or custard

R35.00

### CHOCOLATE BROWNIE <sup>YG</sup>

Served with cream or vanilla ice cream

R35.00

### PEPPERMINT CRISP TART

Flavours of chocolate & peppermint crisp

R35.00

### CHEESE CAKE

A fridge cheese cake that will bring you back for more

R35.00

### TIPSY TART

Signature dessert, served with whipped cream or ice cream

R35.00

### COUPE KAROO <sup>YG</sup>

Creamy vanilla ice cream smothered in hot chocolate sauce & nuts

R35.00

### JELLY & CUSTARD <sup>YG</sup>

Just for our young guests or those young at heart!

R25.00

### CHERRY ROYALE

Cherries marinated in Ameretto, served with vanilla ice cream

R45.00

OPEN FROM AUGUST 2009 - KAROO CATTLE AND LAND  
PARKVIEW LIFESTYLE CENTRE, GARSFONTEIN ROAD, MORELETA

VISIT OUR WEBSITE TO FIND ALL OUR RESTAURANT DESTINATIONS

Ask about facilities and menus for special occasions

[www.karoorcattleandland.com](http://www.karoorcattleandland.com)

We cannot guarantee that items on this menu do not contain nuts,  
or that fish does not contain bones. Please ask about any special dietary requirements

Subject to status all major credit cards are accepted



Can't manage a dessert alone?  
The second spoon comes free