Hello, and welcome to The Pelican – where good coffee, good food and good friends come together.

THE PELICAN

RE: Food

All meals are made from scratch as far as possible, with locally sourced fresh ingredients. This does mean that your meal may take slightly longer when we are busy, but it will be worth the wait, we promise.

We make our own hollandaise sauce, pesto, mayonnaise, hummus, salad dressings and more, we're sure you'll taste the difference.

Kindly let your server know if you have any food-related allergies, as not all ingredients are listed on the menu.

Re: Drinks

Our juices are squeezed and pressed when you order them – so when we say fresh juices, we really mean it.

Our coffee beans are expertly roasted by the wonderful folks at Deluxe Coffeeworks and poured with love by one of our trained baristas. We are also fully licenced.

Re: You

If you have any comments, queries or concerns, please raise them with your server or the manager on duty. We welcome all feedback and would love to solve any possible issues while you are still here. We also love seeing your thoughts and comments on Facebook, Google and Tripadvisor.

A discretionary 10% service fee is added to the bill for all tables of 6 or more people.

Re: Pets

The Pelican is dog-friendly (sometimes we get a bit dog crazy, to be honest).

All well-behaved dogs are welcome in our outside areas, on leads. We even have a menu especially for your furry companions.

We hope that you enjoy your visit, and that you will return as friends of The Pelican.

Anton and The Pelican team

Scan the QR code to connect to our Wifi.

Hi, my name is

_____

and I am a
Very
Important
Pelicaneer*

*Pelicaneer (ˈpɛlɪkəˌnɪə) noun. A really cool person that frequents a really cool restaurant

Ask us about our VIP (Very Important Pelicaneer) automated rewards system.

Names and faces

I'm really good with faces, but terrible with names, so please be patient if I call you John instead of James.

I promise to remember how you like your eggs and fries, but your name will keep evading, please give a couple tries.

The way you like your coffee, no matter how bizarre, I might remember all of it by how you park your car.

I'm very good with faces, but please don't be upset, if I call you Bonita instead of Bernadette

– *Written by Anton Kooi (on behalf of the entire hospitality industry)*

Follow us on social media for news, updates, events and specials (or just if you miss us).
Phone/WhatsApp: 060 7565 183 | www.thepelican.co.za | Wifi password: Pelic@nWiFi

Available all day

BREAKFAST

Bread Choices: ciabatta | seeded | rye-sourdough | gluten free (+13) | white | brown

TOAST WITH BUTTER AND JAM/MARMALADE 32

SIMPLE BREAKFAST 52
two eggs your way with toast and butter

THE PELICAN 82
two eggs prepared your way | bacon | tomato | toast

THE FULL PELICAN 135
two eggs | streaky bacon | pork banger | homemade beans | sautéed mushrooms | choice of toast or two rosti

MAMA STELLA'S FULLHOUSE 135
two eggs | feta | mushrooms | bacon | cherry tomatoes choice of toast or two rostis

THE BENEDICTS
with homemade hollandaise | spinach | pesto garnish
sautéed mushrooms (v) 89
bacon 105
smoked salmon 128

HUEVOS BENEDICTOS 135
eggs benedict with homemade hollandaise | bacon | pork sausage | avo | salsa | pesto garnish

UKRANIAN OMELETTE 115
3 eggs omelette | ukranian sausage | jalapeno | feta | caramalised onion | choice of toast or two rostis

OMELETTES
Made to order using 3 eggs (or egg whites only at an additional cost +15) with pesto and fresh tomato salsa. Served with toast
plain 60
cheddar | smoked ham | tomato 99
spinach | mushroom | tomato (v) 89
spinach | feta | mushroom | tomato (v) 105
smoked salmon | feta 130
bacon | mushroom | tomato 112
savoury mince | red onion | parmesan 110

SHAKSHUKA (v) 96
our take on the tantalising Tunisian dish of cooked tomatoes, paprika, peppers, garlic, onions and two poached eggs. Served with your choice of toast.

BREAKFAST WRAP 110
toasted tortilla | scrambled eggs | tomato | bacon | melted cheddar | pesto | fresh tomato salsa

BREKKIE WITH A BITE 115
toasted tortilla | cheddar | ukranian sausage | tomato | jalapeno | scrambled eggs

CREAMY SCRAMBLE (v) 102
with spinach | feta | sautéed mushrooms | roasted cherry tomatoes | pesto | fresh tomato salsa

BACON AND EGG ROLL 56
with cheddar 76

CREAMY OATS (v) 72
honey | banana | praline butter | almonds

GRANOLA (v) 82
yogurt | berries | fresh apple | almonds | honey

CIABATTA FRENCH TOAST
yogurt | almonds | fruit-cinnamon compote | maple syrup (v) 90
toasted almonds | maple syrup | bacon 99

RAW HEALTH (v) 94
fresh avocado | tomato | shaved cucumber | rocket | pumpkin seeds | seed toast | pesto | tomato salsa

SMASHED AVO 75
Two slices of toast with fresh avo and rocket, garnished with pesto and fresh tomato salsa (v)
with two poached eggs 98
with bacon 110
with smoked salmon 130

HUMMUS TOAST (v) 82
your choice of toast with hummus | two eggs | avo

THE CINDERELLA (VEGAN) 87
your choice of toast with hummus | sundried tomato | avo | rocket

#payitforward

When it comes time to settle your bill, you can pre-buy a crepe by adding just R10 to your bill.

By doing this you buy a virtual crepe for someone and we will 'bank' it for when there is someone in need.

Follow us on Facebook and Instagram to see how your #payitforward donations are helping others.

#payitforward was brought to Hout Bay by Massimo's and we share their vision of giving something back to our community through this initiative.

Available all day

CREPES

SAVOURY CREPES

Made with our signature nutty wheat batter

Breakfast Crepe 98
bacon | scrambled eggs | grilled tomato | cheddar

Tree Hugger (v) 68
feta | spinach | sundried tomato relish | oregano

The Hero 82
smoked ham | mozzarella | tomato relish | oregano

The Italian Job (v) 98
pesto | mozzarella | olives | rocket

Old MacDonald 104
smoked ham | scrambled egg | spinach | mushrooms | mozzarella

The Pavarotti 105
homemade savoury mince | mozzarella | parmesan | parsley | oregano | guacamole

Crepe de la Peno 103
jalapeno | bacon | mozzarella | feta

SWEET CREPES (v)

Made with our signature vanilla batter

The Classic 38
cinnamon sugar | lemon

Plain Jane 52
chocolate hazelnut spread

Absolutely Nutty 78
chocolate hazelnut spread | banana | toasted almonds

Alice in Wonderland 86
chocolate hazelnut spread | vanilla ice cream | mixed berries | toasted almonds

Death by Chocolate 85
chocolate crepe | chocolate hazelnut spread | chocolate brownie crumble | chocolate ice cream

What the Fudge? 77
fudge-infused crepe | butter fudge crumble | vanilla ice cream

EXTRAS

vanilla ice cream | smooth peanut butter | banana | toasted almonds | chocolate hazelnut spread 20

Gluten free flour 13

CHILDREN'S MENU

BREAKFAST (available all day)

The Mini Pelican 60
one egg prepared your way | bacon | toast (white or brown)

Gareth's Scrambled Scrolls 65
scrambled egg and cheese (rolled in a crepe) with choice of bacon or homemade beans

Simple Breakfast 52
two eggs your way with toast

Mini granola 60
yogurt | berries | fresh apple | almonds | honey

French Toast (v)
toasted ciabatta | yogurt | maple syrup 65
with bacon 85

Toast with Chocolate Hazelnut Spread (v) 45
served on white or brown bread

LUNCH (available from 12:00pm)

Fledgling Burger 75
Handmade beef pattie (100g) with cheddar served with a mini portion of fries, carrot and cucumber sticks

Chicken Strips 75
Strips of crumbed succulent free-range chicken with a mini portion of fries, carrot and cucumber sticks

Toasted Sandwiches
Freshly made on white or brown and served with mini fries
cheese 52
cheese and ham 68
cheese and tomato 60
chicken mayo 64
bacon and scrambled eggs 64

Available from 12:00pm

LUNCHES

SOUP — SQ

Homemade soup of the day – please ask for today's choice.
Served with a fresh roll.

GOURMET TOASTIES

Made fresh with your choice of ciabatta, sourdough or seeded bread (+13 for gluten free bread)

cheddar cheese	peckish **51** | ravenous **79**
mozzarella | sliced tomato | rocket pesto	peckish **65** | ravenous **99**
chicken mayo | fried onion | gherkin	peckish **68** | ravenous **103**
smoked ham | mozzarella | mustard	peckish **68** | ravenous **103**
mince | mozzarella | jalapeno	peckish **68** | ravenous **103**
bacon | egg | cheese	peckish **68** | ravenous **103**

TOASTED TORTILLA WRAPS

fresh tomato | cucumber | sliced red onion | salsa | rocket | our house vinaigrette

grilled sirloin | mustard	**128**
chicken breast | sundried tomato pesto	**105**
signature falafel balls | homemade hummus | tzatziki (v)	**98**
savoury mince | jalapeno | crunchy nacho | guacamole	**109**

NACHOS

tomato relish | mozzarella | cheddar | sour cream | guacamole | fresh tomato salsa | jalapeno (optional)

plain (v):	For one **89** | For two **149**
with chicken breast:	For one **112** | For two **180**
wIth savoury mince:	For one **112** | For two **180**
with ukranian sausage:	For one **99** | For two **165**

STEAK — 178

Sirloin (180g) prepared to your order, served with rustic fries.

PORKIES AND POTATO — 95

Two Ukranian sausages with fries.

BURGERS

Your choice of patty served with homemade aioli (optional), tomato, onion relish, lettuce and rocket and rustic fries.

regular burger:	Beef **130** | Chicken **110** | Falafel **92**
cheese burger:	Beef **150** | Chicken **130** | Falafel **112**
bacon and avo burger:	Beef **170** | Chicken **150** | Falafel **132**
jalapeno and feta burger:	Beef **160** | Chicken **140** | Falafel **122**

RIBS

Slow cooked in apple juice, basted with a lip-smacking sauce and griddled until succulent. Served with rustic fries.

Loin		Belly	
250g	**124**	500g	**205**
500g	**215**	1kg	**375**
1kg	**399**		

Best of both (500g loin and 500g belly) **390**

CURRY

Served with toasted almond cumin rice, fresh tomato salsa and a roti.

Butter chicken — **125**
Succulent chicken breast in a creamy curry sauce

Chana masala (vegan) — **110**
Fragrant chickpea curry with fresh spinach

Substitute your fries for sweet potato fries — **12**

SALADS

SIGNATURE SIDE SALAD — **52**
Lettuce with sliced red onions, confit tomato and shaved cucumber, tossed in our classic vinaigrette

THE MEXICAN (vegan) — **89**
Cucumber, red onion, tomato, sweetcorn, red pepper, lettuce, rocket, black beans, tossed in our homemade mexican vinaigrette, and topped with guacamole and crunchy nachos

THE PELICAN (vegan) — **79**
Roasted seasonal vegetables with lettuce, rocket, cucumber, confit tomato, pumpkin seeds, tossed in our classic vinaigrette

NAKED CAESAR — **72**
Cos lettuce and parmesan tossed in homemade caesar dressing (contains anchovy), topped with crispy croutons

EXTRAS

Rustic fries		Chicken breast	**55**	Falafel (vegan)	**40**	Cheddar	**28**
Large	**50**	Bacon	**32**	Hummus (vegan)	**25**	Mozzarella	**28**
Regular	**39**	Savoury mince	**44**	Sour cream	**25**	Feta	**25**
Mini	**27**	Egg	**15**	Avocado (seasonal)	**SQ**		

COLD DRINKS

SMOOTHIES 60

Bananarama: banana | milk | honey | cinnamon
Peanut Butter D-Luxe: banana | milk | peanut butter
Berry Delight: berries | orange | banana
Aloha: coconut milk | banana | pineapple | honey | milk

LASSIES

yoghurt | mint | honey | milk | chia seeds	50
with avo	69
with mixed berries	62
with beetroot	62

FRESH JUICE

High 5: beetroot | carrot | apple | orange | ginger	58
Roger Rabbit: carrot | apple | ginger	56
Green Mamba: cucumber | apple | ginger | spinach | lemon	58
Aweh!: orange | carrot | cucumber | ginger	58
Orange (seasonal)	SQ

MILKSHAKES Small 42 | Large 64

Made with vanilla ice cream: Vanilla | Strawberry | Lime Bubblegum | Chocolate | Chai | Coffee | Mixed Berry | Banana

ICED DRINKS

Chocolate	55	Mocha	55
Chai	55	Choc-Mint	55
Caffè Latte	55	Iced Orange Pelicano	55

SOFT DRINKS

Coke | Coke Zero | Sprite | Fanta | Creme Soda (300ml)	28	Tonic or Tonic Lite	25
Appletiser | Grapetiser	36	Lemonade	25
Iced Tea (various)	36	Lime Cordial	15
Soda Water	25	Passion Fruit Cordial	15
		Kola Tonic	15

Home-made Lemonade 28

Cape Botanicals sparkling drinks

Lemongrass, ginger and lime	38
Mint, lime and cucumber	38
Elderflower, pear and mint	38

WATER

Cape Karoo still or sparkling:

Small (500 ml)	25	Large (1 litre)	38

HOT DRINKS

COFFEE

S = single D = double

	S	D
Espresso/Americano	22	27

Large drinks (mug)	**S**	**D**
Latte	33	39
Café Mocha	48	55
Dirty Chai	48	55

Medium drinks (cup)	**S**	**D**
Cappucino	32	–
Flat White	–	38

Small drinks	**S**	**D**
Macchiato	25	30
Cortado	26	31

Syrups:

Hazelnut, American Fudge, Gingerbread, Brown Butter, Green Mint, Tiramisu, Crème Brûlée 12

TEA

Blended in Cape Town by Enmasse Tea Merchants.
Served in a cast-iron teapot.

English Breakfast	25	Mint	28
Rooibos	25	Green Rooibos	28
Earl Grey	28	Twilight Zone	30

OTHER HOT DRINKS

Hot Chocolate	43	Red Cappucino (large)	44
Chai Latte	43	Red Americano (dbl)	31
White Hot Chocolate	48	Babychino	12
Red Cappucino (small)	38		

EXTRAS

Takeaway	2	Coconut Milk	10
Almond Milk	10	Macadamia Milk	10
Oat Milk	10		

SWEET TREATS

Dutch Rondo	38	Giant Babushka cookie	35
Chocolate Bouchon	38	Affogato	55
Cake of the day	SQ		

*Alcoholic beverages available from 11am

WHITE AND ROSÈ

Cape Town Wine Co Sauvignon Blanc **60 | 170**

A distinctly Capetonian wine with beautiful tones of citrus, pineapple, Golden Delicious apple and ripe pear on the nose. The palate is light with plenty of fruit and a long lingering freshness.

Origin: Cape Town

Cape Point Sauvignon Blanc **– | 220**

This wine offers notes of freshly picked apricots, ripe pears, limes, and orange blossoms with a hint of fynbos and dried herbs. These aromas follow through on the palate with a refreshingly bright acidity and a lingering fruity finish.

Origin: Noordhoek

MAN Free-run Steen Chenin Blanc **62 | 180**

A crisp, expressive, light-bodied wine.
Vibrant aromas of quince, pear and pineapple.
On the palate, fresh stone fruit and apple flavours are backed by refreshing acidity, minerality and a full-bodied mouthfeel. Very lightly wooded.

Origin: Agter-Paarl

Groot Phisantekraal Syrah Rosé **63 | 185**

This Provençal-style Rosé has a gorgeous pale salmon color. The nose is bursting with ripe strawberries and red berries. On the palate, it's beautifully balanced – smooth and elegant with a mineral freshness that makes it irresistibly drinkable.

Origin: Durbanville

REDS

Cape Town Wine Co red blend **60 | 170**

Soft fruit scents, mulled berries, subtle pink pepper and cedar wood on the nose, which evolves to blackberry, cassis and soft notes of coffee bean and spice on the palate.
It has a lingering, velvet finish with soft tannins and balanced freshness.

Origin: Cape Town

Groot Phisantekraal Cape Francolin Red Bordeaux-Style Blend **– | 210**

This Cabernet Sauvignon blend is rich and smooth, with aromas of raspberry and mulberry that carry through to the palate. Silky tannins meet notes of sweet spice and cocoa for a polished, elegant finish.

Origin: Durbanville

BUBBLES

Miss Molly Brut MCC **55 | 260**

Highlights of lemon and lime with a hint of pineapple supported by biscuity and yeasty undertones. It has a beautiful fine mousse that perfectly complements its fruity freshness. The citrus and yeasty aromas carry through from the nose to the palate, making for a refreshing finish.

Origin: Franschhoek

Mimosa **55**

Aperol Spritz **72**

Refreshing summer drink with Aperol, Miss Molly MCC and soda water finished off with an orange slice.

BEER AND CIDER

Windhoek Draught	**48**	Striped Horse Pilsener	**48**
Windhoek Lager	**48**	Flying Fish (lemon)	**48**
Castle Lite (500ml)	**42**	Hunters Dry (500ml)	**48**
Heineken	**38**	Savanna Dry/Light	**42**
Striped Horse Lager	**48**	Savanna Non-alcoholic	**42**

Saggy Stone Desert Lager (on tap) 500ml **55** | 300ml **40**

SPIRITS / LIQUEURS

Smirnoff Vodka	**24**	Massimo's Liqueurs:	
Klipdrift Brandy	**26**	Mint-choc	**24**
Gordon's Gin	**24**	Coffee-choc	**24**
Bell's Whiskey	**28**	Chilli-choc	**24**
Jose Cuervo Gold	**36**		

All spirits and liqueurs are single shots

Ask about our cocktails.