

FOOD

Wifi: The Athletic
Password: club&social

TO SHARE

SPELT, SLOW ROAST TOMATOES

ricotta, Spanish green olives, tomato & chili dressing, Italian parsley & basil

95

FIOR DI LATTE MOZZARELLA

black olive, nutty herb crumble

110

CHARRED AUBERGINE, BLACK GARLIC EMULSION (V)

sweet potato crisps, mint & pine nuts

95

ROASTED GRAPE SALAD (V)

fennel, cured red onion, mixed baby leaves, avocado, seeds & sherry vinaigrette

105

SALT BAKED CELERIAC (V)

pea salsa verde, white bean puree, roast hazelnuts

100

TAHINI CAULIFLOWER (V)

baharat spice, herby lemon dressing, hummus, almonds slithers

95

HOMEMADE LABNEH

charred broccoli, thyme, olive oil, lavash

75

FIRE ROASTED BABY GEM LETTUCE

parmesan, white anchovy, capers, lemon vinaigrette

85

BREAD BASKET, OLIVES

25

COAL FIRED ROTISSERIE

100 GRAMS PER PORTION

ROASTED LAMB SHOULDER WITH PITA

tzaziki, tomato, cured onion

105 100g / 175 200g

CHICKEN THIGHS WITH PITA

carrot hummus, tomato, cured onion

95 100g / 165 200g

MEAT & FISH

ALL MEATS & FISH ARE SUSTAINABLY
AND ETHICALLY SOURCED

LINE FISH, CITRUS ESCABECHE

120

CRISPY MEDITERRANEAN
SARDINES, AIOLI

90

VENISON, TAMARIND,
MINT, LIME DRESSING

130

SIDES

TZAZIKI

CARROT HUMMUS

MARINATED TOMATOES

PITA BREAD

20 Each

DESSERTS

BAKLAVA CIGARS

60

CHERRY FRANGIPANI TART

mascarpone

60

CHOCOLATE & ESPRESSO

salted pumpkin seed & medjool date brittle

60

ARTISANAL HOUSE-MADE

VEGAN ICE CREAM (V)

55

FRIANDISE SELECTION

55

DRINKS

SOFT DRINKS

Juicebox Cloudy Apple/Naartjie	35
Appletiser, Grapetiser	28
Fitch & Leeds Sodas	
Pink Tonic, Tonic, Ginger Ale, Lemonade	22
Still Water 1L	28
Sparkling Water 1L	28
Housemade Sodas	
Turkish Delight, Maple & Thyme, Honey & Thyme	
Ginger & Rose	35
Milkshakes	
Choc Mint, Turkish Delight	50

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HOT DRINKS

Americano	26
Flat White	28
Single Espresso	20
Double Espresso	28
Cortado	26
Latte	28

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LOOSE LEAF TEAS BY NIGIRO

Lady Grey, White Ginger, Sakura Cherry Green Tea, Peppermint Herbal Infusion, Chamomile Flower Sencha Fukujya Green Tea, Forest Berries, Jasmine, English Breakfast, Pure Wild Rooibos, Marula Strawberry Flavoured Rooibos	40
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BEERS

And Union Unfiltered Lager	55
And Union Friday IPA	55
And Union Steph Weiss	55
Devils Peak Zero to Hero(0.5% Alc)	55
Devils Peak Lager	45

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DRAUGHT BEER

Devils Peak Lager	55
ACS Pale Ale	55
Leffe Blonde	55

WINE

SERVED BY THE GLASS

MÉTHODE CAP CLASSIQUE (MCC) - 185ml

Villiera Tradition Brut	NV	65
Villiera Tradition Brut Rosé	NV	65

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WHITE WINES - 185ml

DRY, CRISPY, CRUNCHY & LIGHT BODIED

Neil Ellis Groenekloof Sauvignon Blanc	2018	55
Reyneke Organic Chenin Blanc	2018	55
De Wetshof Limestone Hill Chardonnay	2018	65

DRY, UNWOODED & MEDIUM - BODIED

Raats Original Chenin Blanc	2017	70
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ROSÉ - 185ml

DRY, FRUITY & REFRESHING

Waterford Rosemary	2018	55
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RED WINES - 185ml

LIGHT & ELEGANT

Lourensford Dome Pinot Noir	2014	65
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MEDIUM BODIED

Lourensford Classic Merlot	2017	80
Warwick First Lady Cabernet Sauvignon	2016	75

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DESSERT WINES - 50ml

NATURAL SWEET

Klein Constantia Vin de Constance	2013	160
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NOBLE LATE HARVEST (NLH) / POURRITURE NOBLE

Paul Cluver Riesling NLH	2017	100
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FORTIFIED PORT STYLE WINES

Allesverloren Fine Old Vintage	2011	45
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SHERRY STYLE

Monis Pale Dry	NV	40
Monis Medium Cream	NV	40
Monis Full Cream	NV	40

MÉTHODE CAP CLASSIQUE

In 1971 *Simonsig Wine Estate* released South Africa's first Sparkling wine made according to the traditional Champenoise Méthode. Traditionally Champagne varieties are used and the wine produced under this style is known locally as Méthode Cap Classique (MCC). Some wine estates have produced splendid MCCs using grape varieties such as Pinotage and Chenin Blanc with great success.

Colmant Brut Reserve	NV	415
Le Lude Brut Rosé	NV	465
Villiera Traditional Brut	NV	270
Silverthorn "Genie" Brut Rosé	NV	300
Villiera Traditional Rosé Brut Magnum	NV	950
High Constantia Clos André 1.5L	2013	1580

CHAMPAGNE

Drappier Carte D'or Brut	NV	1575
Veuve Cliquot Yellow Label Brut	NV	1600
G.H. Mumm Brut	NV	1650
Taittinger Vintage Brut	2009	2000

CHARDONNAY

UNWOODED

Chardonnay is one of the world noble varieties from which the famous white wines of Burgundy are made from. No oak maturation for in this category. Usually lees contact is a common practice to add structure and flavour.

De Wetshof Limestone Hill	2016	250
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CHARDONNAY

WOODED

Probably the most popular white wine in the world – well liked for its combination of versatility and classicism. It is a noble variety from which the famous white wines of Burgundy are made. Usually medium to full bodied styles depending with the type of oak used and the duration.

Waterford Estate	2015	560
Hamilton Russell	2017	970

CHENIN BLANC

Some Cape Chenin Blancs have real Old World charm: firm, natural acidity, several quite distinctive fruit characters, a light citrus, sometimes tropical style that is midway between grapefruit and pineapple.

Reyneke Organic	2018	195
Rijk's Private Cellar Reserve	2014	550

SAUVIGNON BLANC

A Loire Valley varietal. At home, it established the reputation for racy white wines. With distinctive fruity flavours and crisp green freshness, which better suits lighter dishes.

Steenberg The Black Swan	2017	505
Neil Ellis Groenekloof	2018	220
Aslina by Ntsiki Biyela	2016	295

WHITE BLENDS

Cape Point Vineyards Isliedh	2016	650
A.A. Badenhorst	2015	755
Ashbourne	2017	235
Boschendal Chardonnay/Pinot Noir	2017	250

ROSÉ

Waterford Rosemary	2015	235
Fairview Rose Quartz	2016	260

CABERNET SAUVIGNON

Usually oak-matured longer than other Bordeaux varieties and generally Cabernet driven tend to keep for a very long time.

Warwick First Lady	2016	230
Cederberg	2017	430
Boekenhoutskloof	2016	1125

MERLOT

All the characteristics that make Merlot so masterfully complementary to Cabernet Sauvignon mark it as a great solo act too. It is the feminine counterpart to Cabernet's masculinity, filling out its partner's almost aromatic herbaceous and firm, austere structure with fleshy fruit, soft acids, silky tannins and accessible drinkability.

Shannon Vineyards Mount Bullet	2013	995
Thelema	2015	395
Lourensford Classic	2017	235

PINOT NOIR

Unpredictable in the vineyard, difficult in the cellar, Pinot Noir is nevertheless able to make one of the world's great red wines. Pinot Noir is like a ballerina, fine-tuned and en pointe. It has a rare fluidity, a delicacy, a beguiling beauty that belies an underlying power and structural strength, responsible for an unexpected ability to age

Lourensford Dome	2016	275
Chamonix Reserve	2015	890
Driehoek	2016	480

SYRAH/SHIRAZ

A Rhone variety where it's known as Syrah and as Shiraz in most New World wine producing countries. Styles vary from medium bodied to full bodied with red fruit, dark fruit to spice and savory.

Raka Biography	2016	320
Saronsberg Provenance	2016	285
Cederberg	2016	525

PINOTAGE

Developed by Prof. Abraham Perold in 1925, a cross between Pinot Noir & Cinsault (then known as Hermitage). Red & dark fruit notes & savory/spice, usually medium to full body in style.

Beeslaar	2013	1195
Môreson Widow Maker	2015	475
Kanonkop Kadette	2014	290

RED BLENDS

De Toren Delicate	2016	260
De Toren Fusion V	2016	1300
Umsasane by Ntsiki Biyela	2016	465

DESSERT WINES

NOBLE LATE HARVEST

Botrytis Cinerea (Noble Rot) to appear on the grapes requires ideal weather balance; too cold or too wet or too hot and the harvest will not succeed. This microorganism reduces the moisture of the grape and concentrates its sugars, and the fungus adds specific character to the eventual wine. Yield from these vines is low and the costs high.

Paul Cluver Riesling NLH 2017 695

NATURAL SWEET

Also known as Sweet Natural, grapes are harvested when fully ripen and residual sugar by South African wine law must be not less than 20 grams per litre.

Klein Constantia Vin de Constance 2014 1460

STRAW WINE

Straw wine or raisin wine is made from grapes, harvested at normal ripeness to capture healthy acidity, that have been dried to concentrate their juice. The classic method dries clusters of grapes on mats of straw in the sun, but some regions dry them under cover, on roofs, or on modern racks, while some hang up the grapes or leave them to dry on the vine.

Mullineux Straw 2016 415

FORTIFIED WINES

Alcohol strength for these wines is increased by adding neutral spirit to a minimum of 15 % alc/Vol as per South African law.

SHERRY

According to the South Africa's Liquor Product Act, there are currently eight classes of Sherry Styles. Colour varies with styles, from pale straw to amber. Flavour profile for these wines must be nutty and woody character.

Monis Pale Dry	40	–
Monis Medium Cream	40	–
Monis Full Cream	40	–

PORT STYLE

CAPPA (Cape Port Producers Association) has adopted the word Cape to identify the local product. Traditional Port grape varieties are used with the exception of Cape White, most grapes are permitted except for Muscat.

CAPE WHITE

As per CAPPA (Cape Port Producers Association), Cape White must be made from non-Muscat grapes, matured for a minimum of 6 months; dry to fully sweet styles can be made.

Peter Bailey Cape White	NV	70
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COCKTAILS

CLASSICS

MARGARITA	75
<i>Jose Siler 100% agave Tradicional , Cointreau, triple sec, fresh lime</i>	
MARTINI	85
<i>Hendricks, Dry Vermouth, green olives</i>	
CLASSIC OLD FASHION	90
<i>Woodford Reserve, House-made infused orange syrup, bitters</i>	
WHISKEY SOUR	75
<i>Makers Mark, Aqua Faba, fresh lemon juice</i>	

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SPECIALTY COCKTAILS

MANHATTAN	75
<i>Makers Mark, Sweet Vermouth, Angostura Bitters</i>	
BITTER SWEET VEGAN	75
<i>Campari, Oude Molen VS, Orange Bitters, Aqua Faba</i>	
LILAC LADY	75
<i>Champagne, Lavander & Red Grape Sharub</i>	
ACS NEGRONI	75
<i>Coconut Infused Wilderer Gin, Campari, Sweet Vermouth, Orange Zest</i>	
SOCIETY ATHLETIC	80
<i>Herradura Reposado, Lime, Long Leaf Buchu</i>	
1988	75
<i>Oude Molen VS, Angostura Bitters, Cointreau, Honey</i>	
THE DOORWAY OF CHAMPIONS	70
<i>Absolut Vodka, Coconut Cream, Honey Water</i>	
DIAMOND RING	80
<i>Belvedere Vodka, Basil, Apple Juice, Honey</i>	
THE BASEMENT	75
<i>Havana 7, Maple Syrup, Lime & Orange Juice</i>	
<i>Wilderer Rouge</i>	

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WHISKY

BLENDING MALTS

COMPASS BOX PEAT MONSTER 70

Peat, oak. Botanicals, floral, coppery, sweet, smoky bacon, hint of papaya with a lingering sweetness.

CAMPBELTOWN SCOTTISH MALT

HAZELBURN 13YO SHERRY CASK- 85

Coffee notes, paired with dense chocolate and orange oil. A touch of cinnamon amongst dried fruit.

LONGROW 18YO 150

Earthy peat, notes of truffle, woodshed, notes of spice with hints of orange zest and pepper. Very oily.

SPRINGBANK 12YO CASK STRENGTH 90

Rich fruit and dried peels. Slightly oily, creamy palate entry. Vanilla, honey, spiced oak and digestive biscuits.

LOWLAND SCOTTISH MALT

THE ARRAN 18YO 150

Sweetness with chocolate, ginger, caramelised brown sugar and vanilla. Water uncovers floral notes and orange fondant creams.

IRISH WHISKIES

TEELING SMALL BATCH IRISH WHISKEY

ALLSP TEELING REVIVAL V 45

Green apple, cinnamon rolls, quince, hay. White grape soft tropical fruit, diced almond, a touch of mango chutney, hints of vanilla, apple pie and blackberries. Spiced, rich palate with lemon curd.

ISLAY SCOTTISH MALT

- TALISKER AMOROSO CASK** 110
Apricot, raisin and a hint of blackberry with wafts of smoke.
- LAGAVULIN 16 YO** 110
Deeply smoky & peaty with a huge sherry burst & salty.
- BRUICHLADDICH CLASSIC** 85
*Unpeated. Lots of cereal notes & vanilla custard.
Softly sweet & floral on the palate.*
- LAPHROAIG 10YO** 60
*Richly smoky & fully peated with a slight sweetness &
a saltiness from the sea.*
- BUNNAHABHAIN 12YO** 75
Malty sweetness with a gentle peatiness & a hint of sea.
- ARDBEG 10YO** 65
*Bonfires & the sea air with a clean sweetness followed by
a long smoky finish.*
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SPEYSIDE SCOTTISH MALT

- MACALLAN LIMITED EDITION #4** 145
*Toffee apples, sweet oak and clove lead, with a helping of
vanilla and Seville marmalade underneath.*
- MACALLAN 12YO** 60
*Lots of vanilla & zesty orange balanced by fresh green
apples.*
- MACALLAN AMBER** 65
*Floral with hints of sweet citrus & vanilla leading to richer
toffee & cinnamon notes.*
- GLENFIDDICH 12YO** 45
Fresh pears, fruity, sweet & light
- GLENFIDDICH 15YO** 75
Smooth with floral & spicy notes & luscious fruits.
- GLENLIVET 12YO** 50
Light, peachy & floral with a soft vanilla sweetness.
- GLENLIVET 15YO** 85
*New Limousin oak finish. Dry cedar wood on the nose with
spicy notes & soft fruity aromas.*
- BALVENIE 12YO** 90
*Lots of banana & sweet custard. Creamy vanilla sweetness
on the palate.*

THE HIGHLAND SCOTTISH

- GLENMORANGIE ASTAR LIMITED EDITION** 190
Really sweet and fruity, lychees and grapefruit, oak, barley, mandarin.
- GLENMORANGIE 10YO** 55
Fruity with floral notes & a creamy, vanilla feel. Hints of toffee & orange on the palate.
- GLENMORANGIE LASANTA 12YO** 60
Light sherry notes & hints of raisins & marzipan with a minty toffee finish.
- GLENMORANGIE QUINTA RUBAN** 70
A fruity malt, with hints of exotic fruit on the nose, especially pineapple.
- GLENMORANGIE NECTAR D'OR** 80
Sweet & creamy mouth feel with hints of toffee, vanilla and sticky honey.
- OBAN 14YO** 100
Burnt heather becoming smoky with a sweet malty characteristic. Rich & complex.
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AMERICAN'S BOURBON AND RYE

- BABY HUDSON BOURBON BATCH #18** 235
Marzipan and candied ginger, with a thick layer of caramel on top. A touch of rye spiciness.
- ELIJAH CRAIG SMALL BATCH BOURBON** 95
Baked apples with a dusting of cinnamon, followed by fresh honey and cookie dough.
- FOUR ROSES SINGLE BARREL BOURBON** 70
Tart stone fruits, prunes, spices, morello cherries, cocoa and vanilla.
- MITCHERS STRAIGHT RYE WHISKY** 95
Smooth and rich, vanilla, fruity cherry notes from the rye and wood spice.

AMERICAN'S BOURBON AND RYE

MAKERS MARK 45

Rich and full. Quite sweet with butterscotch and dry oak spice.

WOODFORD RESERVE 45

Thick and full, notes of espresso beans, winter spice, cereal sweetness and almonds.

BUFFALO TRACE 35

Spicy and sweet with brown sugar, toffee apple and sweet oak taste on the palate.

JACK DANIELS SINGLE BARREL 55

Toasted oak, tobacco and vanilla.

JAPANESE REGION

NIKKA COFFEY GRAIN 120

Sweet, fruity flavours of melon, grapefruit and thick syrup, balanced by crunchy biscuits and fresh vanilla.

SUNTORY HIBIKI HARMONY 190

An elegant expression, with wafts of honey, orange, a herbaceous touch or two and light oak.

NIKKA WHISKY FROM THE BARREL 110

Full bodied and punchy, fresh fruits, with a touch of caramel and vanilla.

MIYAGIKYO SINGLE MALT 150

Full and rich with floral notes. Malt Focused with cinnamon and ginger spiciness.

YOICHI SINGLE MALT 200

Full bodied and smooth. Aromas of peat, smoke, spices and fresh fruit (melon, kiwi).

SUNTORY WHISKY TOKI 120

Subtly sweet and spicy with basil, green apple and honey notes.

AKASHI SHIN 200

Barley malt, fruity apples and pears scent with a caramel spice palate.

KAIYO WHISKY 135

Orange peel and jasmine on the nose with a cinnamon and mango finish.

KAIYO CASK STRENGTH 180

Peppery at first with a lingering peppercorn heat finish.

JAPANESE REGION

YAMAZAKI SINGLE MALT 190

Maple syrup, white grapes, with a caramel and cinnamon palate.

KUJIRA SINGLE GRAIN 8YO 150

Perfume of oak barrel, vanilla and plum with a licorice and spicy finish.

KAMIKI MALT WHISKY 90

Perfectly balanced with heather honey, sweet caramel, Japanese plum, balanced oak, peat and toffee with hints of sandalwood and green tea.

TAIWANESE REGION:

KAVALAN CONCERTMASTER PORT FINISH 100

Red grapes and pepper on the nose with a brown sugar finish coming from the Port barrel.

KAVALAN SOLIST SHERRY

CAST STRENGTH 180

Rich dark fruit, vanilla and plum with a spicy vanilla finish.

KAVALAN DISTILLERY SELECT 70

Mango notes throughout, spicy barley with creamy richness.

SWEDISH MALT REGION

MACKMYRA SVENSK ROK

PEATED WHISKY 85

There's that bright juniper note! Sweet soot, and just a little more vanilla to give it a subtle sweet centre.

SIPPING RUM

DIPLOMATICO SINGLE VINTAGE 2004 115

Flavours of caramel, vanilla and oak are enhanced by complex dark fruit, spices and hints of tobacco.

DIPLOMATICO RESERVA EXCLUSIVA 50

Flavours of cinnamon, caramel, brown sugar and orange

RICHLAND IPA CASK 90

Pine and grape fruit notes immediately met with caramel berries and vanilla.

RICHLAND PORT CASK 90

Fruity and rich with a raisin and almond palate.

SNACKS

MARINATED OLIVES	55
MARINATED ARTICHOKEs	85
DUKKAH SPICED NUTS	65
BILTONG	60
CHARCUTERIE PLATTER	125
CHEESE PLATTER	125
<i>Selection with roasted grapes, preserve & croutes.</i>	
BREAD BASKET,	20
HOMEMADE PITA BREAD	20

DIPS

SERVING	40
<i>Tzaziki, Carrot Hummus, Hummus, Tashi (Tabini).</i>	

CIGARS

PARTAGAS SERIES DNO.4	320
ROMEO NO.3	165
ROMEO PETIT CHURCHILLS	280
COHIBA SIGLO I	265
NUB MADURO	290
AVO FOGATA ROBUSTO	230
AVO SYNCRO NICARAGUA	240
PARTAGAS CLUB	30
MONTECRISTO REGATA	290
MONTECRISTO PETIT TUBOS	285

CANAPÉS

West Coast Oysters, shucked and turned pickled
cucumber/red wine shallot/tabasco, lemon.

EACH *30*

Spelt, slow roast tomatoes, ricotta fior di latte mozzarella,
nutty herb crumble, salt baked celeriac, white bean puree,
pea salsa verde, pear, gorgonzola, toasted crostini spinach,
feta, phyllo pastry smoked salmon trout, chive crème
fraiche, ciabatta linefish, citrus escabeche sauce, chicken
satay, lamb croquette, rare roast beef, pickles, ciabatta
beef satay.

EACH *30*

BOWLS

Barley, butternut, cauliflower, feta, sumac mushroom,
saffron, risotto, tomato, basil, anchovies, capers, crusty
bread, fish n chips, tatare, Moroccan lamb, chickpeas,
lime pickled red onion, beef sirloin, baby potatoes,
chimichurri.

EACH *100*

DESSERT

Macaroons, baklava, caramelized popcorn, cinnamon
doughnuts, marshmallows, chocolate brownies.

EACH *20*

Cheese, grapes, preserves, biscuits.

PER PERSON *20*