

Welcome to the Kitchen of Peter Ahern



Where Labour is Flavour!

The Mount Professional School of Cookery

When it comes to preparing food, one can never stop learning; learning about creating new flavours, new combinations of food, new taste adventures etc. With this in mind, The Mount has opened a Professional Cooking and Management School. Having registered with City and Guilds International, Peter Ahern is qualified to offer an International Vocational Qualification in both Professional Cookery and Advanced Management. Peter, Owner and Chef of The Mount, has, during the last 20 years, utilised his cheffing skills around the world and took charge of the in-house training course at The Mount Nelson Hotel for 5 years.

He will be leading brave young men and women into the exciting arena of Culinary Arts and Food and Beverage Service.

At The Mount, we cater for all kinds of functions, from weddings to birthdays to corporate events. Should you require any information on how we are able to assist you in creating a pleasurable occasion, please contact us and we would be most happy to help you.

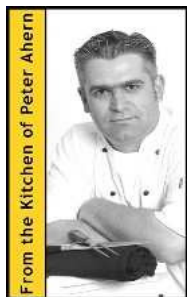
Please view our web site at www.themount.co.za

Our e-mail address is info@themount.co.za or you may telephone us at the restaurant:
021 9750103.

Our trading hours are :

Tuesday to Saturday	11.00 am to 11.00 pm
Sunday	11.00 am to 3.00 pm

Please be advised that we only accept cash or credit card payments – regretfully no cheques. We are unable to accommodate split bill facilities. Please visit our website at www.themount.co.za



In the Beginning

Our Menu is only a Suggestion

Trinchado

Rump in a Rich Red Wine, Chilli and Paprika Gravy served with Stone Bread Fingers Fifty Five

Salad Japanese

Finely sliced Smoked Salmon, Lettuce, Onion and Mushroom dressed with Olive Oil, Soy, Lemon and a touch of Chilli. Forty Eight

Chicken Greek Salad

Sautéed Chicken, Mushroom and Onions in a hot vinegar cream served with a salad of Pepper, Tomato, Cucumber, Greens, Calamata Olives and Creamy Danish Feta. Fifty Five

Snail Sandwich

Snails drenched in a Spiced Garlic Butter topped with Bacon, Blue Vein Cheddar resting on Stone Bread. Forty Eight

Kanonkop Firecrackers

Handmade Spring Rolls of Chicken and Julienne Vegetables drizzled with our Sweet 'n Chilli. Forty Eight

Stone Bread

Griddled Sweet Potato Peasant Bread with Garlic Herb Butter sliced into delectable fingers. Fifteen

Roasted Vegetable Salad

Pepperoni Pan Roasted Mediterranean Vegetables with Pesto, Garlic, Balsamic and Olive Oil resting on a Seasoned Salad. Forty Two

Grilled Baby Calamari

Pan Seared Baby Calamari served with Garlic Lemon Butter. Fifty Five

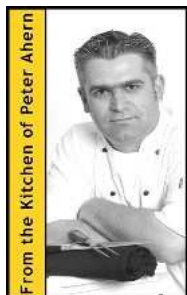
Bobotie Doosies

Pan Fried Bobotie Parcels with a sweet Homemade Coriander Chutney. Forty Eight

Pan Fried Thai Creamed Mussels

Mussels on the half shell with a Thai Green Curry and Coconut Cream garnished with Croutons. Forty Eight

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Bon Appetit

Meat

Wood Fired Steaks

Rump

200g - Eighty Five

300g - Ninety Eight

500g – One Thirty Eight

Sirloin

200g - Eighty Five

300g - Ninety Eight

500g – One Thirty Eight

Saucy Smiles

Twenty

3 Peppercorn

Pink, Black and Green Peppercorns flambéed with Brandy and simmered in Fresh Cream

Wholegrain Mustard, Mushroom And Cheese

Creamed Cheddar Cheese with White Button Mushrooms and Wholegrain Mustard

Garlic and Herb Butter

A blend of Garlic, Herbs and Farm Butter

Nukem's Peri Peri

Need we say more!

Yes Please!

Roasted New Potatoes

Crispy and seasoned. Thirty

Traditional French Fries

Crispy and Seasoned Thirty

Old Fashioned Onion Rings

Deep fried large chunks. Forty

Chef's Manna Platter

A variety of dishes from our menu. One Fifty

Sirloin Jacques

Sirloin with Shrimp and Cheese Sauce topped with Onion Rings served with New Potatoes and Pan Seared seasonal Vegetables. One Ten

Pork Neck Verloren

Pork Neck topped with Caramelised Port Wine and Caraway Onions served with New Potato and Pan Seared seasonal Vegetables. Eighty Eight

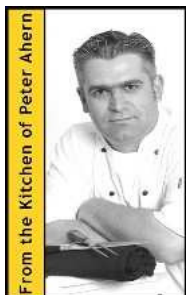
Rump Old Peculiar

Rump with Brown Mushroom and Dark Ale Gravy served with New Potato and Pan Seared seasonal Vegetables. One Ten

Espetadas

Wood Fired Garlic and Bay Leaf Seasoned Beef Cubes dripping with Butter Ninety Eight

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Bon Appetit

Curries

Chicken and Prawn Madras

Chicken and Prawns in a Rich Spicy Tomato Madras Curry. One Twenty Eight

Thai Curry with Coconut Cream

Vegetarian Sixty Eight
Chicken Eighty Eight
Prawn, Mussel, Calamari Ninety Eight

Fish

Fresh Line Fish

Grilled selected Line Fish glazed with Lemon Butter. Ninety Four

Grilled Baby Calamari Nicoise

Grilled Baby Calamari served on a warm Bacon, Onion, Olive, Green Bean and Potato Salad. Ninety Eight

Grilled Line Fish with a Lemon, Feta and Pesto Cream. Ninety Eight

Mozambican Style Grilled Prawns

Queen Prawns marinated and pan-fried in a mild Peri-Peri and Lemon Butter. One Thirty Five

Pasta

Spaghetti Prince of Naples

Bolognaise in a Rich Tomato Sauce served with Spaghetti finished with a Creamy Mushroom and Cheese Sauce. Eighty Five

Sebastian's Pesto Pasta

Pan Fried Prawns, Mussels and Baby Calamari flavoured with Basil Pesto, Fresh Cream and tossed with Spaghetti. Ninety Eight

Herbivores

Elmarie's Vegetable Basket

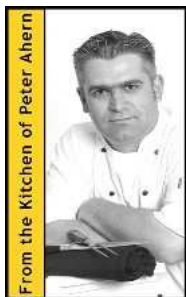
Homemade Vegetable Spring Roll on a Sweet 'n Chilli with North Indian Mushroom Curry accompanied by a Tomato filled with fresh Greek Salad. Seventy Eight

Chicken

Marinated Baby Chicken

Wood fired Whole Chicken Ninety Eight
Wood fired Half Chicken Eighty Five
Drizzled with a choice of Sweet 'n Chilli, Peri-Peri or Lemon Butter

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Indulgences

Nougat Filled Spring Roll

Handmade Spring Roll filled with Nougat served with Van der Hum Butterscotch and Cinnamon Ice Cream. Forty Five

Chocolate Tart

Rich Chocolate Tart served with an Amaretto Fudge Sauce. Forty Five

Apple Snapple

Pan Fried Apple and Exotic Nut open Tart served on Lemon Custard Crème and Ice Cream. Forty Five

Chocolate Sauce Coated Ice Cream

Full Cream Vanilla on a Nut Brittle, drizzled with a Sticky Dark Chocolate Sauce. Forty Five

Crème Brûlée

Make sure your waiter tells you of today's flavoured offering. Forty Five

Dom Pedro

Whisky Dom Pedro. Thirty Five

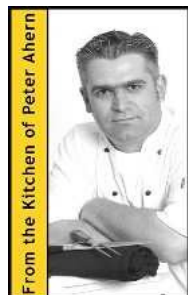
Kahlúa Dom Pedro. Thirty Five

Irish Coffee

Whisky Coffee. Thirty Five

Kahlúa Coffee. Thirty Five

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Stone Breads

Prego. Sixty Five

Pepperoni Pesto Roasted Vegetables. Fifty Five

Curried Hot Beef & Tomato Cream. Sixty Five

Spicy Chicken & Pineapple Mayonnaise. Sixty

Beef in Bacon and Onions Gravy topped with Fried Egg. Sixty Eight

Children's Meals

Phoebe's Ham, Cheese & Tomato Stone Bread. Thirty Five

Chicken Schnitzel with Vegetables and Roasted Potatoes. Forty

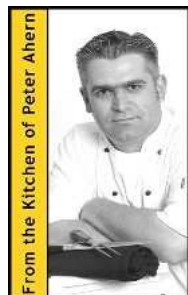
Grilled Baby Calamari Tubes with Rice and Lemon Butter. Forty Five

Kain's Steak and Cheese. Forty Five

Kiddies Milkshakes Twenty

Chocolate | Strawberry | Bubblegum | Lime

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For the designated driver ...

Ceylon or Rooibos Tea. Ten

Filter Coffee. Twelve

Decaffeinated Filter Coffee. Fourteen

Cappuccino, Hot Chocolate, Café au Lait. Eighteen

Single Espresso. Twelve

Double Espresso. Fifteen

Coke, Coke Lite, Tab, Lemonade, Gingerale, Bitter Lemon, Soda – 200ml. Twelve

Fanta, Cream Soda – 330ml. Fourteen

Appletiser, Grapetiser. Seventeen

Tomato Cocktail. Twelve

Orange Juice. Fifteen

Mineral Water (Sparkling or Still). Fifteen

Passion Fruit, Kola Tonic, Lime Cordial. Five

Milkshakes (Chocolate, Strawberry, Bubblegum or Lime). Twenty Eight

Lipton Ice Tea (Peach or Lemon). Eighteen

Bitters. Six

... and for everyone else!

Beers & Ciders

Castle, Black Label, Thirteen

Amstel, Windhoek Lager, Windhoek Lite, Hansa Marsen. Fourteen

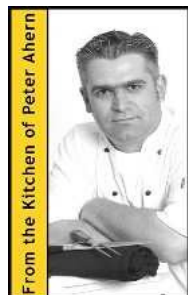
Heineken. Eighteen

Windhoek Draught. Eighteen

Hunter's Dry. Eighteen

Savannah, Savannah Lite. Eighteen

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... and for everyone else!

Spirits

J&B, Bells Thirteen
Southern Comfort. Twelve
Bains Single Grain Whisky, Jameson. Nineteen
Jack Daniels. Eighteen
Johnny Walker Black. Twenty Eight
Klipdrift, Richelieu. Twelve
Wellingtons. Ten
Klipdrift Gold. Twenty
Captain Morgan, Red Heart. Thirteen
Spiced Gold, Bacardi. Thirteen
Vodka, Gordon's Gin, Mainstay Cane. Twelve

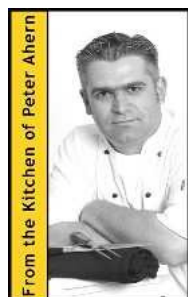
Liqueurs

Kahlúa. Sixteen
Cape Velvet, Peppermint, Sambuca. Twelve
Amarula. Thirteen
Cointreau. Twenty Two
Frangelico. Seventeen
Amaretto, Tequila. Eighteen
Jagermeister. Eighteen

Aperitifs

Monis Vintage Port Eighteen
Monis Medium Cream Sherry. Fourteen
Monis Muscadel. Fourteen
Martini Bianco Fifteen
Pimms No. 1 Cocktail. Twenty Six

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Bacchus

White Wines

Boland Chenin Blanc. Seventy
Two Oceans Sauvignon Blanc. Seventy
Diemersdal Sauvignon Blanc. One Fifteen
Durbanville Hills Sauvignon Blanc. One Ten
Fleur du Cap Chardonnay. Ninety Five

Rosé

Nederberg Rosé. Seventy Five

Sparkling Wines

J.C La Vallée. One Ten

Red Wines

Two Oceans Cabernet Sauvignon/Merlot. Seventy Five
Diemersdal Matys. Ninety
Beyerskloof Pinotage. One Twenty
Boland Merlot. Ninety Five
Nederberg Cabernet Sauvignon. One Thirty
Zonnebloem Shiraz. One Thirty

Mount Wine

	Glass	1L Carafe
Semi Sweet / Dry White	Eighteen	Seventy Five
Red	Twenty	Eighty Five

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