



## WELCOME

Please make yourself at home, relax and let our staff treat you to an enjoyable dining experience. Great personal pride is taken in the preparation and presentation of all our dishes. The secret to our success is the preparation of all our meals with the emphasis on “good traditional home cooking”. There is no compromise on the quality or freshness of the products used in our traditional recipes. Since we first opened our doors in 1984 we have become well known for our grills and traditional favourites such as Oxtail, Founders Lamb, Wild caught Prawns and Homemade Pies. Our meat is wet aged S.A. Grainfed superior beef which is cut daily to ensure quality and freshness. All our meat is grilled on a traditional stone based grill and basted with our unique homemade basting.

So please sit back, relax and enjoy.

Service not included. 10% service charge added for tables of 10 or more. No cheques accepted.



FOUNDERS SPECIALITIES



HEALTHY



BANTING



CONTAINS FISH



FOR THE VEGETARIANS



CONTAINS CHILLI-HOT!

[WWW.FOUNDERSGRILL.CO.ZA](http://WWW.FOUNDERSGRILL.CO.ZA)

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## CALAMARI

Grilled Falklands calamari served with a choice of tartar sauce or lemon butter

R 68

## CALAMARI DEVILS

Deep fried calamari heads served with sweet chilli & coriander sauce mayonnaise

R 68

## MUSSEL POT

Fresh mussels served in a creamy tarragon white wine sauce

R 78



# STARTERS

## CHICKEN LIVERS

Cooked in a creamy sweet peri-peri sauce - A must for those who like a bit of a bite!



R 65

## BOEREWORS

Flame grilled South African sausage, served in a spicy sauce with pita bread

R 68

## CARPACCIO

Thinly sliced raw ostrich drizzled with extra virgin olive oil, lemon, rocket & Parmesan shavings

R 72

## TRINCHADO

Cubes of beef cooked in a red wine, garlic & chilli sauce



R 70

## PRAWN AVALANCHE

Zesty mix of fresh seafood, served with a tangy dressing & garnished with avocado (seasonal)



R 85

## SNAILS

Done in a creamy white wine & garlic sauce & served with brown bread

R 63

## HALLOUMI STRIPS

Deep-fried Greek cheese served with a sweet chilli sauce

R 65

## CAMEMBERT CRANBERRY PARCEL

Oven baked phyllo filled with camembert & cranberry sauce

R 79

## MOZZARELLA MUSHROOMS

Brown mushrooms, filled with creamed spinach, garlic & topped with melted mozzarella

R 69



## FOUNDERS SALAD

Mixed Asian greens served with egg, olives, onion, cucumber, cherry tomatoes, roasted nuts & drizzled with a tangy dressing



R 75

## APPLE & BLUE CHEESE SALAD

Mixed greens topped with blue cheese, tomatoes, apples, caramelised nuts and topped with creamy blue cheese dressing



R 78



# SALADS

## GREEK SALAD

Crispy salad leaves tossed with feta, red onion, tomatoes, cucumber & olives drizzled in our homemade vinaigrette dressing



R 75

## HALLOUMI & AVO SALAD

Grilled halloumi on a bed of salad greens, bacon bits, sugar snaps, cherry tomatoes & avocado (seasonal) served with a tangy dressing

R 75

## PICANHA SALAD

Marinated slivers of grilled sirloin, on a bed of mixed greens, sundried tomatoes, olives, feta, onions & drizzled with a tangy dressing

R 89

## PRAWN MANGO & AVO SALAD

Mixed Asian leaves tossed with shelled prawns, mango (fresh when in season), avocado (seasonal) & drizzled in a coriander, honey & sesame oil dressing



R 93

## PAILLARD CHICKEN SALAD

Mixed greens tossed in marinated grilled chicken strips, tomato, cucumber, olives, & avocado (seasonal) drizzled with a tangy dressing

R 85

ALL GRILLS ARE SERVED WITH A CHOICE OF **ONE** OF THE FOLLOWING :  
CHIPS, RICE, BAKED POTATO, ROAST POTATO, MASH, CAULIMASH, PAP, VEGETABLES  
OF THE DAY OR A GREEN SALAD.

**AND** PREPARED WITH YOUR CHOICE OF :  
TRADITIONAL FOUNDERS BASTING OR SALT & BLACK PEPPER CRUST.



## TOPPINGS

- **CAMEMBERT & CRANBERRY** R 42  
- Deep fried camembert topped with cranberry sauce.
- **SIGNATURE TOPPING** R 49  
- A reduced balsamic, honey, wholegrain & Dijon mustard sauce, fresh rocket & feta.
- **HALOUMI & CREAMY BASIL PESTO** R 48  
- Grilled haloumi with a creamy basil pesto sauce.
- **BILTONG & AVO** R 49  
- Cheese sauce with slices of biltong and avocado (seasonal).
- **BLUE CHEESE & BACON** R 45  
- Creamy blue cheese sauce topped with crispy bacon.
- **GARLIC & HERB BUTTER** R 39  
- Mouth watering Fresh herb, Garlic and Butter.

## SIGNATURE CUT

Point rump grilled & topped  
with balsamic, honey &  
mustard reduction topped  
with rocket & feta



330 g - R 190

## FILLET ON THE BONE

Succulent &  
grilled to perfection

450 g - R 195

## FILLET TOURNEDOS

Fillet medallions  
topped with  
sautéed button  
mushrooms  
& a cheese sauce  
250 g - R 182



# OFF THE GRILL

## RUMP STEAK

Grilled succulent rump

330 g - R 155 ● 550 g - R 195

## T-BONE

Open flame grilled to perfection

350 g - R 135 ● 550 g - R 185

## SIRLOIN

One of the leanest cuts hearty & full of flavour

250 g - R 135 ● 330 g - R 155

## H FILLET

The most tender & juicy thick cut

200 g - R 155 ● 300 g - R 188

**MUSHROOM FILLET** 250 g - R 178

## LAMB CHOPS

Grilled lamb loin chops marinated in olive oil, lemon juice & herbs

400 g - R 188

## PEPPER STEAK

330 g - R 178

## GARLIC STEAK

330 g - R 178

## MONKEYGLAND STEAK

330 g - R 178

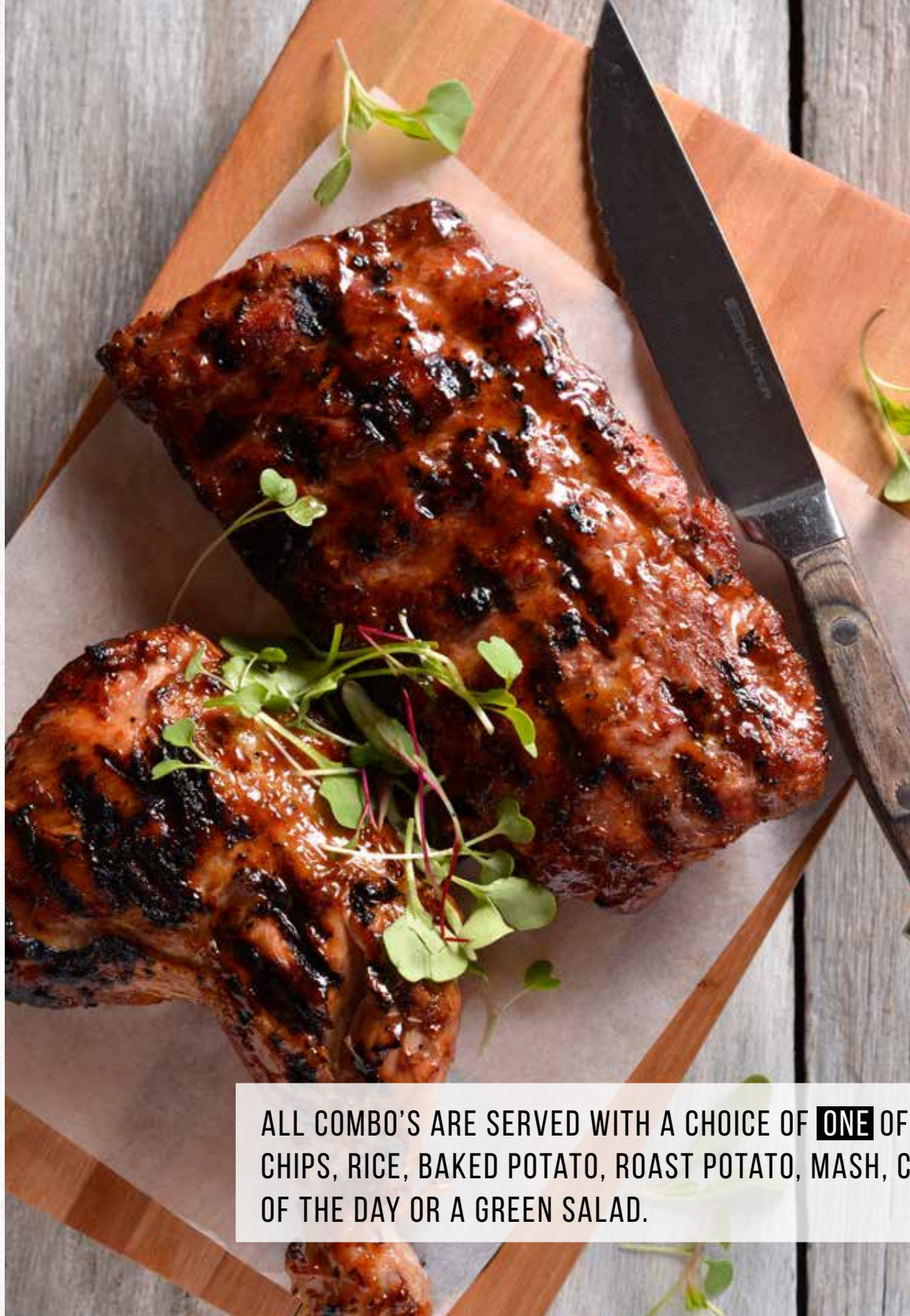
## BBQ SPARE RIBS

Marinated pork loin ribs served in our unique basting

300 g - R 165 ● 600 g - R 205

## SAUCES

- Monkeygland, mushroom, pepper, creamy garlic, cheese, blue cheese R 32
- Peri-peri or garlic butter R 23



## RIBS & CHICKEN

300g Pork ribs  
served with 1/4 flamed  
grilled chicken

R 190

## STEAK & RIBS

250 g Sirloin steak with  
300 g pork ribs

R 220

ALL COMBO'S ARE SERVED WITH A CHOICE OF **ONE** OF THE FOLLOWING :  
CHIPS, RICE, BAKED POTATO, ROAST POTATO, MASH, CAULIMASH, PAP, VEGETABLES  
OF THE DAY OR A GREEN SALAD.





# COMBO'S

## STEAK & CALAMARI

250 g Sirloin steak served with 125 g grilled calamari & a choice of tartar sauce or lemon butter

R 190



## PRAWN & CALAMARI

4 Queen prawns with 125 g grilled calamari & a choice of tartar sauce or lemon butter

R 195

## STEAK & CHICKEN

250 g Sirloin steak served with 1/4 flame grilled chicken

R 160

## SIDE ORDERS

Vegetables of the day  
Roasted vegetables  
Stir-fry vegetables  
Button mushrooms  
Onion rings  
Traditional pap and sauce  
Side salad  
Caulimash

R 34  
R 42  
R 38  
R 35  
R 30  
R 38  
R 45  
R 25

## SAUCES

Monkeygland, mushroom, pepper, creamy garlic, cheese, and blue cheese sauce R 32  
Peri-peri or garlic butter R 23

ALL BURGERS ARE SERVED WITH A CHOICE OF **ONE** OF THE FOLLOWING :  
CHIPS, RICE, BAKED POTATO, ROAST POTATO, MASH, CAULIMASH, PAP,  
VEGETABLES OF THE DAY OR A GREEN SALAD.



## CLASSIC BRUTUS BURGER

Our unique home-made giant  
pure beef burger

R 80

## CAMEMBERT & CRANBERRY BURGER

Pure beef burger served with  
deep fried camembert & topped  
with cranberry sauce

R 98

## BANTING BURGER

250g Pure beef burger topped with Avo &  
Bacon, between two Grilled Black Mushrooms

**B**

R 93

**UPSIZE..** TO A BRUTUS DOUBLE BURGER - 250 g PURE BEEF PATTY R 35



# GOURMET BURGERS

## BRUTUS SAUCE BURGER

Our unique home-made giant pure beef burger, with a choice of cheese slice, mushroom, monkeygland, cheese or pepper sauce

R 93

## FOUNDERS SIGNATURE BURGER

A reduced balsamic, honey, wholegrain & Dijon mustard sauce, fresh rocket & feta



R 98

## HAWAIIAN BURGER

Grilled pineapple, crispy bacon & rocket

R 93

## BILTONG & AVO BURGER

Cheese sauce with slices of biltong & avocado (seasonal)

R 98

## CAJUN CHICKEN BURGER

Marinated chicken breast grilled & topped with mozzarella, avocado (seasonal), lettuce & drizzled with mayonnaise

R 82

## BLUE CHEESE & BACON BURGER


Creamy blue cheese sauce topped with crispy bacon

R 95


## GOURMET CHICKEN BURGER

Marinated chicken breast grilled & topped with caramelised onions, tomato & rocket

R 85



ALL POULTRY & SEAFOOD ARE SERVED WITH A CHOICE OF **ONE** THE FOLLOWING :  
CHIPS, RICE, BAKED POTATO, ROAST POTATO, MASH, CAULIMASH, PAP, VEGETABLES  
OF THE DAY OR A GREEN SALAD.



“GIVE ME A  
FISH AND I’LL  
EAT FOR A DAY  
TEACH ME  
TO FISH AND  
I’LL EAT FOR A  
LIFETIME”

- Chinese Proverb



# POULTRY

## CHICKEN SCHNITZEL

Crumbed filleted chicken breast, lightly fried and served with your choice of sauce or topped with Napolitan sauce and Mozzarella cheese.

R 103

## LEMON & HERB CHICKEN BREAST

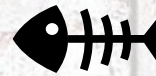
For the health conscious, grilled chicken breast marinated in olive oil, lemon & herbs & served with a choice of Greek, Blue Cheese or Founders salad

**H** R 99

## SPRING CHICKEN

Freshly marinated lemon & herb or peri-peri chicken then flattened & grilled to perfection

R140



# SEAFOOD

\* Please note all our seafood is lightly dusted in flour and served with a choice of tartar sauce or lemon butter.

## **H** CALAMARI

Tender grilled Falklands calamari tubes

R 125

## **H** KINGKLIP

Grilled fillet of kingklip

300 g - R 205

## **H** SOLE

Grilled sole

R 170

## PRAWNS

Succulent wild caught prawns, butterflied & lightly grilled. Topped with lemon butter & fresh garlic sauce

300 g - SQ

## FRESH LINE FISH **H**

Grilled line fish of the day, served with roast potatoes, seasonal vegetables & lemon butter sauce

SQ

ALL SPECIALITIES ARE SERVED WITH A CHOICE OF **TWO** THE FOLLOWING :  
CHIPS, RICE, BAKED POTATO, ROAST POTATO, MASH, CAULIMASH, PAP, VEGETABLES  
OF THE DAY OR A GREEN SALAD.



“PEOPLE  
WHO LOVE TO EAT  
ARE ALWAYS  
THE BEST  
PEOPLE”

- Julia Child



# SPECIALITIES

## FOUNDERS LAMB

Slow roasted lamb on the bone served with lemon, herbs & garlic



R 205

## PORK CHOPS

Lightly pan fried crumbed pork chops

R 125

## OXTAIL

Braised oxtail with carrots, mushrooms & herbs in a red wine sauce

R 198

## PIE OF THE DAY

Traditional homemade pie  
(Preparation time 25 minutes)

SQ

## BEEF LASAGNE

Oven baked layers of pasta, and Bolognese sauce, topped with mozzarella & served with a choice of Greek, Blue Cheese or Founders salad

R 110

## VEGETARIAN PLATTER

Selection of roast vegetables, grilled halloumi, tomato kebabs, spinach, feta pie, falafel & black mushroom



R 125

## VEGETARIAN LASAGNE

Mixed vegetables cooked in a creamy béchamel sauce & topped with mozzarella cheese, served with a choice of Greek, Blue Cheese or Founders salad



R 105



# DESSERTS

## HOT MALVA PUDDING

Our home-made sweet pudding made with apricot jam served with either cream, vanilla custard or ice cream

R 52

## ITALIAN KISSES

A taste of Italy with a hint of chocolate & caramel

R 53

## BAR ONE MILKSHAKE

Indulge in one of our decadent creations... it's irresistible!

R 37

## CHEESECAKE

Fridge cheesecake with topping of the day

R 58

## CHOCOLATE MOUSSE

Delicious thick cream folded into dark chocolate, for a rich velvety smooth finish

R 53

## FOUNDERS BAR ONE ICE CREAM

Vanilla ice cream topped with home-made hot Bar One sauce



R 48

## MILLE "FAYE"

Baked phyllo pastry & layered with fresh cream, crème, patisserie, seasonal fruit & topped with almonds

R 59

## CRÈME BRULEE

Our home-made delicate custard dessert baked in individual ramekins with a caramelised sugar topping

R 55

## CHEESE BOARD

Selection of local cheeses, served with preserve & crackers

R 98





# KIDDIES MENU

## WHAT'S TO EAT? (FOR THE UNDER 12)

### BEEF BURGER

Our unique home-made  
150 g pure beef burger

R 55

### FISH BITES

Fish bites served  
with tartar sauce



R 50

### PORK RIBS

150 g marinated  
pork ribs grilled in  
our tasty basting

R 70

### CHICKEN KEBAB

Chicken breast grilled in  
our Founders basting

R 49

## SOMETHING SWEET.....

### ICE CREAM

Served with banana,  
bubblegum, strawberry or  
chocolate sauce

R 32

### KIDDIES KISSES

A taste of Italy with a hint  
of chocolate & caramel

R 35

### MILKSHAKES

Banana, bubblegum,  
strawberry, chocolate  
or lime

R 25

ALL KIDDIES MEALS ARE SERVED WITH A CHOICE OF **ONE** THE FOLLOWING :  
CHIPS, RICE, BAKED POTATO, ROAST POTATO, MASH, CAULIMASH, PAP, VEGETABLES  
OF THE DAY OR A GREEN SALAD.



# BEVERAGES

FRESH FRUIT JUICE

R 32

DOM PEDRO

R 45

IRISH COFFEE

R 45

TEA

Ceylon / Rooibos / Earl Grey & Herbal

R 18

FILTER / DECAF COFFEE

R 20

ESPRESSO

R 18

DOUBLE ESPRESSO

R 22

CAPPUCINO

R 23

RED CAPPUCINO

R 23

CAFÉ LATTE

R 24

CAFÉ MOCHA

R 28

AMERICANO

R 23

MACHIATTO

R 25

HOT CHOCOLATE

R 29

HORLICKS

R 29

MILO

R 29