

Cogman's Restaurant

A la Carte Menu



Welcome

All our meals at Cogman's Restaurant are freshly prepared, so please allow us some time for preparation.

Our restaurant is Halaal friendly.

The beef, lamb and chicken products are sourced from a certified Halaal butcher.

All pork products are prepared, cooked and served from a separate kitchen.

Please note certain dishes may contain alcohol (A).

Starters

Beef Carpaccio

Slivers of beef fillet, wild rocket, pickled mushrooms and caper berries

75.00

House Salad (V)

Crisp garden greens, bean sprouts, cherry tomatoes, feta cheese, olives, cucumber and onion rings with a vinaigrette dressing

65.00

Vietnamese Spring Rolls (V)

Seasonal stir-fried vegetables in a crispy pastry, served with ginger sweet chilli sauce

50.00

Chicken Roulade

Chicken breast rolled with spinach, ricotta cheese and deep-fried parsley, partnered with fresh garden greens and a cumberland sauce

75.00

Crumbed Mushrooms (V)

Crumbed mushrooms with blue cheese and garlic sauce

60.00

Peri-Peri Chicken Livers

Pan fried chicken livers in a peri-peri sauce, with freshly baked garlic roll

60.00

Calamari

Lightly floured calamari goujons with tartar sauce and french fries

68.00

Soup of the day

Ask your waitron

55.00

Mains

T-Bone 500g

Juicy aged T-bone steak served with seasonal vegetables, french fries and a sauce of your choice

175.00

Tornados of Beef (A)

Grilled fillet of beef accompanied by rosti potatoes and a rich cabernet jus

150.00

New York Sirloin

300g Matured Sirloin, accompanied by seasonal vegetables, drizzled with green pepper sauce and served with rustic chips

150.00

Avalon Gourmet Burger

Your choice of beef, chicken or veggie served with deep fried onion rings, cheese slice, rustic chips and all the trimmings

99.00

Bobotie

Lightly curried beef mince, savoury egg custard, basmati rice and homemade peach chutney

115.00

Cheddar Melt Schnitzel

Crumbed chicken breast, sliced cheddar, topped with cheese sauce and served with rustic chips

110.00

Lamb Shank

Braised lamb shank, served with roast butternut mash and a rosemary jus

175.00

Continued ...

Pork Spareribs

600g Belly ribs, homemade sticky basting sauce and rustic chips

165.00

Oxtail (A)

Braised oxtail in a rich jus, served with traditional mash

165.00

Pasta Bolognese (A)

Ground beef, in a rich tomato and herb based sauce,
served with your choice of spaghetti or penne

95.00

Pasta Arabiatta (V)

Spicy tomato and herb sauce, basil and pecorino shavings,
served with your choice of spaghetti or penne

85.00

Vegetarian Moussaka (V)

Layered roast aubergine, portabellini mushrooms, chickpeas and lentils,
with a rich béchamel

120.00

Hake & Chips

Classic battered hake fillet, rustic cut chips and tartar sauce

95.00

Catch of the day

Pan fried linefish with herbed potato crust, carrot and zucchini ribbons,
served with a tomato butter

165.00

Confit Chicken

Chicken poached in its own juices served with a honey ginger jus and barley risotto

99.00

Dessert

Crème Caramel

Classic baked vanilla and orange custard with caramelised sugar

50.00

Malva Pudding

Traditional South African dessert, served with custard or ice cream

55.00

Ice Cream Sundae

Trio of ice cream topped with honey, chocolate sauce,
sprinkled with nuts and chocolate shavings

55.00

Vanilla Ice Cream

Classic vanilla ice cream drizzled with homemade chocolate sauce

50.00

Cheesecake

Homemade cheesecake served with cream or ice cream

55.00

Lemon Meringue

Lemon infused custard, topped with fluffy meringue

45.00

Kids' Menu



All our kids' meals include a kiddies' ice cream
and chocolate sauce.

The menu is not for sale to adults.

Dads to please be patient and leave the kids' meal alone.

Margarita Pizza
Chicken Strips and Chips
Fish Fingers and Chips
Kids Burger and Chips
Macaroni and Cheese
Spaghetti Bolognaise

R65.00

Cogman's Restaurant

Wine list

All our wines at Cogman's have been sourced from farms in
the local areas of

Ashton
Bonnievale
Montagu
Robertson
Worcester

Most of the farms are found within a 30 km radius
from Avalon Springs

Wine Route Maps are available at Reception

SPARKLING WINES

Van Loveren Papillion Brut R135.00

A dry sparkling wine with whiffs of citrus, peach and apple and a succulent, dry finish.

Du Toitskloof Brut R170.00

Crisp and dry sparkling wine with grassy, gooseberry and tropical flavours.

Du Toitskloof Vin Doux (Red) R170.00

Full flavoured, sweetish sparkling Vin Doux, with flavours of strawberry and raspberry

Bon Courage Blush R135.00

A delectable pink carbonated sparkling wine

WHITE WINE

Van Loveren Sauvignon Blanc R125.00

Elegant on the palate, gooseberry & green fig character

Montagu Chenin Blanc R100.00

Vibrant, tropical with fruit aromas

Du Toitskloof Chenin Blanc R115.00

Medium bodied with citrus, nettle and honeyed tones and a soft, off-dry finish

Van Loveren Pinot Grigio R120.00

A fruit-driven wine with aromas of white pear and honey.

Du Toitskloof Crisp White R100.00

A fresh, vibrant dry white wine made from selected grape varieties

WHITE WINE Cont.

Es La Vida Blanca

R95.00

A wine made from white Muscadel grapes. Fresh and fruity, light and crisp, off dry with light sparkle that dances on the palate

Es La Vida Rosa

R95.00

A wine made from red muscadel grapes. Fresh and fruity, light and crisp, off dry with light sparkle that dances on the palate

Montagu White Muscatel

R125.00

ROSE WINES

Bonnievale Dusk

R110.00

Delicate pink, lightly fizzed & fruity

Du Toitskloof Fragrant Rose

R115.00

A perfumed and fruity rose wine crafted from grapes specially selected to capture the unique flavours

SPECIAL BLEND WINES

Van Loveren Daydream Chardonnay Pinot Noir

R135.00

Chardonnay contributes elegant and crisp acidity whilst the Pinot Noir brings intensity and richness

Du Toitskloof Pinotage Rose

R145.00

Beautiful colour from a carefully monitored period on the grape skins. Raspberry, strawberry and red-berry flavours carry through to a perfectly balanced palate

RED WINE

Arabella Shiraz	R125.00
Aroma's of vanilla and mocha, flavours of liquorice and ripe black cherries	
Du Toitskloof Cabernet Sauvignon/Shiraz	R135.00
Rich and medium-bodied with juicy black berries and ripe red berries, laced by mint, pepper and spice	
Excelsior Cabernet	R140.00
Aroma's of blackcurrants & plum, sweet fruit flavoured & medium bodied	
Du Toitskloof Cabernet Sauvignon	R160.00
Full-bodied wine with black currant, cassis and spices from spending ten months in wood. Supple tannins leads to a lingering, savoury finish	
Ashton Pinotage	R130.00
Rich coffee and mocha, with a scent of chocolate	
Van Loveren African Java Pinotage	R155.00
Oak matured with vibrant plum and ripe berry fruit on the palate. This wine has an intense aroma of roasted coffee beans followed by a smokey mocha-java aftertaste	
Du Toitskloof Pinotage/Merlot/Ruby Cabernet	R135.00
A well-rounded, medium-bodied wine with inviting raspberry, ripe red berry flavours and hints of spice and dried banana	
Van Loveren Merlot	R110.00
Wooded, soft strawberry and vanilla tones	

RED WINE Cont.

Bayede! The Prince Merlot R135.00

Complex, spicy flavours of ripe fruit, cherry, blackberry and pear aroma with roasted apices with a beautiful vanilla oak finish

Du Toitskloof Robust Red R115.00

A plush, juice and fruity-driven red wine made from specially selected grape varieties

Montagu Red Muscadel R125.00

Aromas of fresh apple, litchi & subtle raisins