



Dessert

Malva Pudding	49
Bar One Chocolate Cake	55
Bay Baked Cheese Cake	55
Ice Cream & Chocolate Sauce	45

Drinks Menu

Milkshakes

Vanilla, Strawberry, Chocolate	30
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Fruit Juices

Apple, Orange, Mango	
Coffee shake	32

Hot Beverages

Filter Coffee, Decaf Filter Coffee, Rooibos Tea, Ceylon Tea	18
Cappuccino/ Latte	22
Hot Chocolate	25
Spirit Coffees	
Kahlua, Whiskey	37

Dom Pedros

Amarula, Peppermint, Kahlua, Whiskey	37
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Craft Beers

<i>Noon Gun</i>	<i>500ml</i>
Bombardier	39
18 Pounder Session IPA	39
Muzzle Loader	39
Gunslinger	39
<i>Woodstock Brewery</i>	<i>500ml</i>
Bay Lager	39
Happy Pils	39
Pot Belge	39
Rhythm Stick	39

House Wines

White Blend	35	90
Red Blend	35	90

Bubbles

Leopard's Leap Sparkling	200
L'Ormarins Brut Classique	265
Simonsig Kaapse Vonkel Brut Rosé	295

White Wines

Klein Constantia KC Sauvignon Blanc	55	160
Splattered Toad Sauvignon Blanc	45	120
La Motte Sauvignon Blanc	60	180
Ken Forrester Petit Chenin Blanc	45	125
Kleine Zalze Chenin Blanc	50	130
Protea Chardonnay by Anthonij Rupert	45	120
Leopard's Leap Lookout Semi Sweet	40	110
Zevenwacht 7even Sauvignon Blanc	50	130

White Blends

Buitenverwachting Buiten Blanc	50	140
Leopard's Leap Chardonnay Pinot Noir	45	120

Blush Wines

Klein Constantia KC Rosé	55	160
Zevenwacht 7even Rosé	50	130

Red Wines

Beyerskloof Pinotage	60	180
Ernie Els Big Easy Cabernet Sauvignon	55	170
Ken Forrester Petit Cabernet Sauvignon	50	130
Protea Merlot by Anthonij Rupert	50	140
Protea Shiraz by Anthonij Rupert	50	140

Red Blends

Klein Constantia KC Cabernet Sauvignon / Merlot	55	160
Groote Post Old Man's Blend	55	160
The Wolftrap	45	120
Zevenwacht 7even Rood	50	140

10% Gratuity added to bills of 6 and more guests
Alcohol not for sale to persons under the age of 18*
No Split Bills* Buffet and set menu's available for parties or functions*
Pictures shown are for illustration purposes only*
All specials are valid daily except Public Holidays and Sundays*



No split bills.
10% gratuity will be added on tables with 6 or more guests.
We do functions and kids parties but not on rugby days.
Buffet, platters & set menu's available for parties or functions.

The Bay Sports Bar
Constantia Sports Complex
Constantia
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Lunchtime Special Offers - R70

Only Available Tuesdays - Fridays from 12.00 - 16.30
(No discount on membership cards applicable)

Fish and Chips

Traditional beer battered hake fillet deep fried or grilled

Calamari Strips

Crumbed and deep fried or grilled in lemon butter and served with tartare sauce

Chicken Strips

Crumbed and deep fried served with cheese, pepper or mushroom sauce

Chicken Schnitzel

Crumbed chicken breast served with cheese, pepper or mushroom sauce

Pie of the day

Pie filled dish with a golden brown baked puff pastry lid

Steak Egg and chips

150g Sirloin steak topped with a fried egg

Prego Steak **SPICY**

150g Sirloin steak marinated in a spicy Prego sauce

Bay Burger

160g Burger patty served on a sesame seed bun

Bay Chicken Burger

Chicken breast crumbed and deep fried or grilled, served on a sesame seed bun

Bangers and Mash

2 Pork bangers with onion gravy on creamy mashed potatoes

Ox Liver and onions

Delicious Ox livers and braised onions served on a bed of creamy mashed potatoes

*ALL THE ABOVE ITEMS SERVED WITH YOUR CHOICE OF FRIES /
SIDE SALAD / STIR-FRY VEG / CREAMED SPINACH*

Curtain Raiser

Trio of Samosa's

Beef, vegetables and chicken served with chutney

Chicken Wings

Grilled and served with a BBQ or HOT Peri-Peri sauce

Calamari Strips

Crumbed and deep fried or grilled in lemon butter served with tartare sauce

Peri-Peri Chicken Livers

Pan fried in a creamy Peri-Peri wine sauce served with a fresh Portuguese roll

Thai-Style Veg Spring Rolls

Served with coriander and sweet chilli sauce

Chilli Poppers **HOT (4)**

Filled with 3 cheeses and served with guacamole and sour cream

Cheese Griller Poppers **HOT (4)**

Jalapenos stuffed with cheese grillers and cream Cheese Served with a sweet chilli sauce

Chicken Strips

Crumbed & deep fried and served with a sweet chilli sauce

Salads And Wraps

Tikka Chicken

Grilled tikka chicken, mixed lettuce, rocket, cherry tomatoes, cucumber, avocado served with tzatziki

Honey Mustard Chicken

Bacon, chicken, avocado, mixed lettuce, rocket, cherry tomatoes, feta & red onion served with a honey mustard dressing

Cajun Style Calamari

Grilled calamari strips, mixed lettuce, rocket, red onion & cherry tomatoes drizzled with citrus dressing

Wraps

Any choice of the above salads wrapped in a soft tortilla and served with fries (ADD R20)

Main Game

Chicken Thai Stir Fry **SPICY**

95

Chicken, red cabbage, green cabbage, peppers, carrot, egg noodles prepared in a green curry paste and coconut milk

Vegetarian Thai Stir Fry **SPICY**

85

Red cabbage, green cabbage, peppers, carrots, egg noodles prepared in a mild green curry paste and coconut milk

*Chicken Schnitzel

95

Crumbed chicken breast served with a pepper, cheese or mushroom sauce

*Mushroom / Pepper Melt Schnitzel

110

Crumbed chicken breast topped with cheese & smothered in mushroom or pepper sauce

*Fish and Chips

90

Traditional beer-battered hake, fillet deep fried or grilled

Curry of the day **MILD**

95

Delicious Curry served with sambals, poppadom & chutney

*Pork Spare Ribs

155

600g (uncooked) Succulent pork ribs marinated and basted with our secret honey and soy basting.

*Sirloin Steak

139

300g Prime cut matured sirloin

*Mushroom / Pepper Melt Sirloin

155

300g Sirloin topped with cheese and smothered in creamy mushroom or pepper sauce

Cannelloni

95

Baked cannelloni pasta tubes stuffed with creamed spinach and ricotta smothered in Neapolitana & bechamel sauce topped with mozzarella cheese

Beef Lasagne

95

Saucy baked beef and bechamel layered pasta sheets topped with mozzarella cheese

The Bay Platter

190

Chilli poppers, crumbed chicken, fried calamari strips, BBQ chicken wings, pork ribs, chips & onion rings

*ALL THE ABOVE ITEMS MARKED * SERVED WITH YOUR CHOICE OF FRIES /
SIDE SALAD / STIR-FRY VEGETABLES / CREAMED SPINACH*

Side Orders

Onion Rings / Small Chips / Side Salad / Stir-Fry Vegetables / Creamed Spinach

R22 PER SERVING

Sauces

Cheese / Mushroom / Pepper / Chilli / Mexican Salsa / Prego

R22 PER SERVING

Classic Burgers

Bay Burger

70

160g Burger patty served on an open bun with fries

Bay Sauce Burger

85

Topped with one of our sauces of your choice

Bay Cheese Burger

85

Topped with slab of cheese

Bay Chicken Burger

70

Chicken breast crumbed and deep fried or grilled

Southern Style Chicken

80

Crumbed and deep fried southern style

Gourmet Burgers

Snoopy's Double Burger

115

2 Beef patties served with a slice of cheese

Tropical

110

Pineapple, cheese slice and mushroom sauce

Bacon and Egg

95

Crispy bacon and a fried egg

Constantia

110

Bacon, camembert cheese, caramelised onion & rocket

Chilli Popper

115

2 HOT poppers, cheese slice, guacamole & sweet chilli sauce

Gourmet Burger

110

Bacon, feta & guacamole

Cheese and Onion

110

Cheese slice, caramelised onion, feta & onion rings

Double Southern Style Chicken

115

2 Chicken breasts = Double the delicious flavour

Steak Burger

95

150g Sirloin basted with our homemade basting sauce

Prego Steak Burger

110

150g Sirloin smothered with our spicy prego sauce

ALL BURGERS SERVED WITH FRIES

*EXTRA SAUCE CHOICE OF MUSHROOM / PEPPER /
CHEESE / MEXICAN SALSA / CHILLI - R15*

Classic Pizza

Garlic and Cheese

55

Tomato base with garlic and mozzarella cheese

Margherita

55

Tomato base with mozzarella cheese

Vegetarian

75

Olives, feta, Rosa tomatoes & basil pesto

Hawaiian

75

Bacon and Pineapple

Gourmet Pizza

Tikka Chicken **SPICY**

95

Tikka chicken, jalapenos, bacon and feta

Mexican **HOT**

105

Ground beef, chillies, jalapenos, red and green peppers, onions

Salami

105

Salami, red and green peppers, Rosa tomatoes, olives & rocket

Steak

115

Steak strips, Rosa tomatoes, green pepper & rocket

Sriracha Chicken

95

Sriracha mayo chicken, bacon, jalapenos, pineapple & feta

Beef Curry

105

Beef curry, sambals, chutney and coriander drizzled with yoghurt

Constantia

110

Bacon, caramelised onion, camembert and rocket

Californian

110

Bacon, avocado (seasonal), feta