THE GRILL JICHANA

Welcome!

The Grill Jichana menu embraces the flavors and aromas of the original spice route on the African East Coast... cassia, cloves, cinnamon, ginger, cardamom, turmeric and pepper.

"Jichana" translates as "good eating" in Swahili slang, and our robust and flavorsome spices compliment the grilling of meat, fish and chicken... creating what else, but Jichana!

STARTERS

120 **Grilled Marrow Bone**
Microgreen salad • cherry tomatoes • toasted bruschetta • chimichurri

155 **Beef Carpaccio**
Sliced fillet • tomato compote • parmesan shavings • fresh rocket • truffle salt

85 **Jichana's Spicy Livers**
Sautéed chicken livers • homemade peri-peri sauce • toasted baguette

145 **Prawn Gratin**
Prawns • red onion • lemon scented cream • parmesan cheese

95 **Hummus and Grilled Mushrooms (v)**
Hummus topped with grilled mushrooms • diced red pepper • fresh rocket olive oil and balsamic reduction

100 **Tempura Battered Mussels**
Tempura battered mussels • miso aioli • soya reduction • spring onion • coriander shoots

We use ingredients in our food that some people may be allergic to. All food is stored and prepared in a common kitchen with risk of exposure to allergens. We cannot guarantee that any foods or beverages are allergen free even if the allergen does not appear in the name or the ingredient listing. If you have food allergies, please ask management about specific allergens in the food before eating any food from the menu.

Updated: September 2026

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SIGNITURE SALADS

95 **Jichana Salad**

Biltong • blue cheese • mixed greens • yellow pepper • green olives • Red onions • cherry tomatoes • crispy chickpeas • cranberries

95 **Spicy Chicken**

Spice grilled chicken breast • avocado • cherry tomatoes • mixed greens • Peppadews • tortilla bits

95 **Caesar Salad**

Cos lettuce • poached egg • garlic croutons • anchovies • parmesan shavings

145 **Asian Prawn Salad**

grilled prawns • garlic • paprika • deseeded chili • egg noodles • baby spinach • cherry tomatoes • toasted sesame seeds • soya reduction

Your Choice of Complimentary House Dressings

Honeyed pomegranate vinaigrette • classic caesar salad dressing • gingered Citrus vinaigrette • creamy herbed ranch style

PASTA

110 **penne • tagliatelle • gnocchi**

Alfredo • Napolitano **(v)** • Roasted red peppers and sundried tomato pesto **(v)**

50 add chicken

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FROM THE GRILL

Our steaks are carefully selected and hand cut by our butcher before being aged through a specific maturation process. This allows us to offer you the best prime cuts available seasoned black pepper, before being flamed grilled over volcanic rock with herbed honey bbq basting. With our aromatic house spice, Infused with crushed mustard seed, rock sea salt and lemon.

250	Rump	300 grams
190 | 240	Sirloin	200 | 300 grams
310	Fillet	200 grams
435	Fillet on the bone	300 grams
410	Ribeye	300 grams
380	T-bone	500 grams
450	BBQ Marinated Beef Ribs	600 grams

Choose one starch or side for the above grills...

Homemade Bafana potato chips • creamed potato mash • shoestring fries • baked potato • steamed vegetables • jollof rice • creamy butternut mash • potato crispers • crispy battered onion rings • sautéed button mushrooms• braised spinach in garlic cream

45 **Additional Side Orders**

45 **Jichana Sauces**

Madagascar pepper • Jichana chef jus • roast garlic cream • mushroom • creamy cheese • béarnaise

45 **Jichana's Café de Paris Butter**

BURGERS

170 **Jichana Burger**

Flame grilled 200g pure beef homemade patty • toasted bun • caramelized onions • Tomato relish • dill pickle • cheddar cheese

130 **Chicken Burger**

Grilled chicken breast • toasted bun • lettuce • dill cucumber • mozzarella cheese • smoked paprika mayo

130 **Grilled Mushroom Burger (v)**

Grilled giant mushroom • toasted seeded bun • rocket • crispy onions • smoked paprika mayo

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GRILLED FISH AND SEAFOOD

370 **Line Fish of the day**
Pearl barley risotto with shitake mushrooms • parmesan and saffron velouté

410 **Norwegian Salmon**
Lemon butter • choice of side

235 | 370 **6 or 9 Grilled LM Tiger Prawns**
Served on jollof rice with lemon butter

SIGNATURE DISHES

220 **Pepper Crusted Ostrich Fillet**
250 grams grilled ostrich • roasted baby onions • button mushrooms • Sautéed spinach • creamed mash potatoes • red wine jus

380 **Chef's Signature - Duo of Lamb Chops**
200 grams T-bone lamb cutlet • 200 grams double loin cutlet • red wine jus • baby vegetables • thyme infused potato fondant

330 **Slow Roasted Lamb Shank 350 grams to 400 grams**
Red wine and balsamic slow braised lamb shank • minted peas • seasonal vegetables • herbed mash

500 **Jichana Meat Platter for Two**
300 grams bbq beef rib • 200 grams sirloin• 200g lamb chops • homemade Bafana potato chips

350 **Roast Duck**
Grilled breast • confit leg • asian wok fried vegetable • egg noodles • cinnamon Scented citrus jus

240 **Jichana Baby Chicken**
Marinated in Mozambican peri-peri sauce • choice of side

150 **Ricotta Ravioli (v)**
Ricotta ravioli with garlic • thyme and sage buttered wild mushrooms

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DESSERT

25 **Ice Cream | Sorbet per Scoop**
Our homemade selection

110 **Amarula Scented Crème Brûlée**
Amarula scented crème brûlée • salted caramel fudge • white chocolate mousse • fresh berries • mint shoots

110 **New York Cheese Cake**
New York cheesecake served with minted strawberry salad

85 **Malva with twist**
Malva pudding milk tart • caramel sauce

85 **Seasonal Fruits and Berries**
...when available fresh!

220 **Local South African Cheese Board**

145 **5 Chocolate Valrhona Chocolate Ball**
With fresh fruit relish great to share!

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