



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!

To begin with...

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| 110 | 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: May 2025



Signature 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

Freshly Tossed 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.

220	Rump	300 grams
180 240	Sirloin	200 300 grams
260	Fillet	200 grams
350	Fillet on the bone	300 grams
370	Ribeye	300 grams
360	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 mash potato • 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 red wine jus • roast garlic cream • mushroom • creamy cheese • béarnaise

45 Jichana's Café de Paris Butter

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Jichana Burgers...

- 150 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

Grilled Fish and Seafood...

- 350 Line Fish of the day**
pearl barley risotto with shitaki 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

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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 potato
- 500 Jichana Meat Platter for Two**
300 grams bbq beef rib • 200 grams sirloin • 200g lamb chops • homemade
bafana potato chips
- 170 Roast Duck**
grilled breast • confit leg • asian wok fried vegetables • 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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Desserts...

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| 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 |
| 95 | Seasonal Fruits and Berries
...when in season! |
| 220 | Local South African Cheese Board |
| 145 | 5 Chocolate Valrhona Chocolate Ball
with fresh fruit relish great to share! |

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