

Delicious Mediterranean Food



Toula's
Family Restaurant

BREAKFAST

Saturday - Sunday
8:30 - 11:00

Santorini Breakfast | R75

2 Fried eggs, bacon & toast

Haloumi Breakfast | R95

2 Fried eggs, bacon, grilled haloumi, grilled tomato & toast

Samos Breakfast | R95

Bruschetta topped with lettuce, smoked salmon, avo, cream cheese & sesame seeds

Healthy Helena | R75

Muesli, Greek yoghurt, seasonal fruit & honey

The Eggcellent Pita | R95

Eggs, bacon, mushrooms, Danish feta & sundried tomatoes

Morning Mix | R110

Eggs, bacon, grilled tomato, mushrooms, cheese griller & toast

Extras: Cheese Griller, Bacon,
Grilled Mushrooms or Avocado @ R20



LUNCH SPECIAL

Monday - Friday
11:00-17:00

Baby Chicken | R145

Baby chicken grilled with lemon butter or peri-peri sauce, served with hand cut chips

Half Baby Chicken & Prawns | R175

Half a baby chicken, grilled with lemon butter or peri-peri sauce & 3 queen prawns, served with hand cut chips

Greek Burger | R120

Greek patty stuffed with feta, served with tzatziki & chips

Moussaka | R95

Layers of mince, brinjals & potato, topped with bechamel & oven baked

Chicken Souvlaki In Pita | R110

Chicken kebabs, salsa, herbs & tzatziki wrapped in our homemade pita. Served with chips

Tarantino Box | R135

4 Spicy salmon california rolls, 4 salmon rainbow rolls, 4 avo maki



PITA'S & DIPS

Pita Bread R28 | Garlic Pita Bread R32 | Feta Pita Bread R32

Sundried Tomato & Olive Pita Bread R35

Taramosalata | R49

Whipped cod fish roe

Tzatziki | R45

Homemade Greek yoghurt, grated cucumber & garlic

Roasted Red Pepper | R45 Tzatziki

A twist on the traditional Greek favourite, added roasted red peppers for extra flavour

Hummus | R49

Chickpeas blended with tahini, garlic, olive oil & lemon

Beetroot Hummus | R49

Delicious! Beetroot flavoured hummus

Skordalia | R45

Blended potato with olive oil, lemon, garlic & egg

Olive Pate | R49

Blended olives with olive oil & garlic

Melitzanosalata | R49

Roasted brinjals with olive oil, lemon, herbs & garlic

Patiti | R45

A blend of tzatziki, feta & chilli





PASTA Choice of Spaghetti or Penne

Chicken Riganato | R150

Pasta & strips of grilled chicken in a creamy lemon & oregano sauce with pecorino cheese

Chicken Piperato | R150

Pasta & strips of grilled chicken, black pepper, brandy, cream & seasoning

Seafood | R180

Pasta & mussels, calamari & prawns in a creamy neapolitana sauce

Fillet Riganato | R170

Pasta & strips of grilled beef fillet in a creamy lemon & oregano sauce with pecorino cheese

Lamb Ragu | R170

Pasta & slow roasted fall off the bone lamb shoulder, with Indonesian sauce

Smokey Chorizo Pasta | R155

Pasta & grilled chorizo, sundried tomato, fresh chilli, and peppers in a spicy cream sauce



SOUVLAKI IN PITA

Chicken Souvlaki In Pita | R125

Chicken kebabs, salsa, herbs & tzatziki wrapped in our homemade pita

Double Stick Chicken in Pita | R155

2 x Chicken kebabs, salsa, herbs, tzatziki & chips wrapped in our homemade pita

Lamb or Beef Fillet Souvlaki In Pita | R165

Lamb or beef fillet kebab, salsa, herbs & tzatziki wrapped in our homemade pita

Pork Souvlaki In Pita | R115

Pork kebab, salsa, herbs & tzatziki wrapped in our homemade pita

Chicken & Haloumi In Pita | R145

Chicken kebabs, grilled OR fried haloumi, salsa, herbs & tzatziki wrapped in our homemade pita



VEG TAPAS

Marinated Feta Jars | R45

Danish feta in olive oil marinated with lemon & herb or chilli or capers & garlic

Marinated Olive Jars | R45

Calamata olives in olive oil marinated with lemon & herb or chilli or capers & garlic

Tiropita - 3 Piece | R75

3 Cheeses & herbs in phyllo pastry & oven baked

Spanakopita - 3 Piece | R75

Spinach, feta & herbs in phyllo pastry & oven baked

Melitzanes | R65

Fried brinjals, served with skordalia

Fried Zucchini | R65

Fried zucchini, served with skordalia

Haloumi | R79

Traditional Cypriot cheese, grilled or fried

Feta Cashew | R85

Fried feta served with cashew nuts, honey & sesame seeds

Goat's Cheese Spring Rolls | R85 - 3 Piece

Phyllo pastry cigars filled with diced olives, sundried tomatoes & goat's cheese rolled up & oven baked

Dolmades - 4 Piece | R75

Rice & herbs wrapped in vine leaves

MEAT TAPAS

Lamb or Beef Fillet Souvlakia | R160

2 x Lamb or beef fillet kebabs

Pork Souvlakia | R115

2 x Pork kebabs

Chicken Souvlakia | R130

2 x Chicken kebabs

Keftedes | R80

5 x Greek meatballs, served with tzatziki

Fillet Riganato | R155

Strips of grilled beef fillet in a creamy lemon & oregano sauce with pecorino cheese

Chicken Riganato | R120

Strips of grilled chicken in a creamy lemon & oregano sauce with pecorino cheese

Bifteki | R110

Giant Greek meatball, filled with feta, topped with fried onion & mushrooms

Lamb Chops | R225

Lamb chops, drizzled with olive oil, lemon & herbs, grilled to perfection, served with lemon wedges & tzatziki

Moussaka | R105

Layers of mince, brinjals & potato topped with béchamel & oven baked

Pastitsio | R95

Penne pasta with mince, topped with béchamel & oven baked

Chicken Romano | R120

Chicken strips topped in an olive, neapolitana & herb sauce



SEAFOOD TAPAS

6 x Oyster Platter | R180

12 x Oyster Platter | R300

Medium cultivated oysters

Mussels | R95

Served in a creamy garlic, lemon & herb sauce

Calamari | R110

Grilled or fried, served with a lemon butter sauce

Kingklip | R135

Succulent kingklip fillets grilled to perfection & topped with roasted tomatoes, olives & feta

Prawns | R155

6 x Queen prawns served with feta & garlic or lemon butter sauce

Smoked Salmon Open Pita | R155

Flat homemade pita bread, topped with cucumber slices, avo, smoked salmon, sesame seeds & cream cheese, drizzled with mayo dressing

Seafood Paella | R125

Fusion Mediterranean flavoured rice, cooked with seafood

CHEF'S RECOMMENDATION

Calamari In Pita | R139

Fried calamari, served with chopped onion, tomatoes, cucumber & taramosalata

Prawns Prawns Prawns! | R335

8 King prawns, topped with feta & garlic or lemon butter, served with chips

Whole Fish Grilled | SQ

Served with grilled vegetables & oven potatoes
Subject to availability

Santorini Sole | R175

Grilled sole, served with spanakorizo & oven potatoes

Baby Kingklip | SQ

Grilled, served with spanakorizo

Greek Burger | R140

100% Beef patty stuffed with feta, served with tzatziki sauce & chips

T-Bone - 400g | R195 or 600g | R230

Served with oven potatoes & creamy mushroom sauce

Greek Pork Ribs | R225

500g Pork ribs with sweet & sticky basting, served with chips

Greek Lamb Ribs | R295

600g Lamb ribs with sweet & sticky basting, served with chips

Baby Chicken | R165

Flame grilled baby chicken, choice of lemon & herb or peri-peri, served with hand cut chips

Chicken Livers | R80

Spicy chicken livers served with bruschetta

Hake & Chips | R135

Grilled or fried hake fillet served with chips & lemon butter sauce

Prawn Curry | R140

Cape Malay prawn curry, served with plain rice or pita

SALADS

Traditional Greek Salad | S - R65 L - R85

Lettuce, tomato, cucumber, olives, danish feta & onions

Village Salad | S - R65 L - R85

Tomato, cucumber, olives, danish feta & onions

Chicken Salad | S - R65 L - R118

Tasty chicken strips on a bed of garden greens with cherry tomatoes, caramelised onions, parmesan shavings, olives, grilled butternut & cashew nuts

Haloumi Salad | S - R65 L - R125

Grilled haloumi served on a bed of garden greens with sundried tomatoes & olives, accompanied with warm pita slices & tzatziki

Calamari Salad | S - R75 L - R135

Grilled calamari, on a bed of garden greens with cucumber, cherry tomatoes, carrot & feta slice, accompanied with warm pita slices & creamy mayo dressing

SIDES

Chips | R40

Hand cut

Chips Topped with Feta | R49

Spanakorizo | R45

A tasty blend of rice, spinach, tomato, onion & mushrooms

Grilled Vegetables | R40

Seasonal vegetables, grilled to perfection in olive oil & herbs

Oven Potatoes | R40

Traditional Greek potato wedges, oven grilled with olive oil & lemon

Creamed Spinach | R45

Mash Potatoes | R45

Creamy mash potatoes

Side Salad | R45

Small portion of village salad to go with your meal



PLATTERS Serves 2 people

Pita & Dip Platter | R185

Plain pita, feta pita, garlic pita, served with tzatziki, hummus & olive pate dips

Vegetarian Platter | R310

Fried bringals, fried zucchini, grilled haloumi, spanakopita & goat's cheese spring rolls

Seafood Platter | R480

Mussels, pita bread, calamari, kingklip, prawns & chips

Meat Platter | R550

Pita bread served with tzatziki, lamb chops, beef kebabs, half baby chicken, chips, spanakorizo

Mixed Platter | R600

Pita bread served with tzatziki & hummus dips, melitzanes, moussaka, mini chicken kebabs, keftedes, chicken livers, calamari, prawns



DESSERTS

Baklava | R85

Nuts layered in phyllo pastry & smothered in syrup, served with a scoop of ice cream

Kataifi | R85

Nuts & honey wrapped with stringy pastry, served with a scoop of ice-cream

Baklava Ice Cream | R75

Vanilla ice cream topped with baklava

Nutella Nut Spring Rolls | R85

Rolled in phyllo & served with dark chocolate sauce

Fruit Topped Galaktoboureko | R85

Creamy custard wrapped with phyllo pastry & topped with fresh fruit, in syrup & icing sugar

Ice Cream with Bar One Sauce | R45

Pasteis de nata | R20 each - 6 for R100

Baked Portuguese custard tart



Display cakes & tarts available.
Ask your waiter on availability.

KIDS MENU

KIDS MEALS

PASTITSIO | R85

Penne pasta with mince sauce & béchamel,
Baked in the oven!

MARGARITA PIZZA | R65

HAWAIIAN PIZZA | R75

SPAGHETTI BOLOGNESE | R85

All dishes below are served with one of the following: chips, oven potatoes or veg.

CHICKEN STRIPS | R85

CHICKEN KEBAB | R65

FISH BITES | R65 Homemade



CALAMARI | R95

KEFTEDES | R80 Mini meatballs

RIBS | R85

FUN KIDS DRINKS

MILKSHAKES | R30

Strawberry, Bubblegum, Choc,
Lime & Vanilla

JUICE | R35

Ask waiter for options

SLUSH | R20

KID'S FAVOURITES

ICE CREAM & CHOCOLATE SAUCE | R30

ICE CREAM BONANZA | R35 With flake & sprinkles





MENU

SUSHI SUNDAY SPECIAL

16H00 - 20H00

20% OFF LUNCH BOXES
OR SUSHI PLATTERS
SIT-IN ONLY

CALIFORNIA ROLLS - 4 PIECE



A CALIFORNIA ROLL AKA INSIDE-OUT ROLL, IS A ROLL WITH THE RICE ON THE OUTSIDE & NORI (SEAWEED) ON THE INSIDE WITH CUCUMBER, AVOCADO & ONE OF OUR DELICIOUS FILLINGS.

SALMON	R58	PRAWN	R58
SPICY SALMON	R58	PRAWN TEMPURA	R65
SMOKED SALMON	R56	CRAB	R50
SALMON & CHEESE	R65	CRISPY CHICKEN	R50
TUNA	R58	VEG	R50
SPICY TUNA	R58		

FASHION SANDWICH

- 4 PIECE



SIMILAR TO THE CALIFORNIA ROLL WITH RICE ON THE OUTSIDE, BUT RECTANGULAR. YOUR FAVOURITE FILLING, CONTAINED BY NORI ON EITHER SIDE, COVERED BY A LAYER OF RICE & COATED IN SESAME SEEDS.

SALMON & CHEESE	R65	SPICY TUNA	R60
SALMON	R62	PRAWN	R60
SPICY SALMON	R62	CRAB	R58
SMOKED SALMON	R62	CRISPY CHICKEN	R58
TUNA	R60	VEG	R58



HAND ROLLS - 1 PIECE

TRADITIONAL SUSHI INGREDIENTS CONTAINED IN A CONE OF NORI. THEY ARE CALLED HAND ROLLS BECAUSE THEY ARE MADE 'BY HAND' AS OPPOSED TO WITH A MAKISU, THE SMALL BAMBOO MAT USED TO ROLL MAKI ROLLS.

SALMON	R55	PRAWN TEMPURA	R52
SPICY SALMON	R55	CRAB	R45
TUNA	R52	CRISPY CHICKEN	R45
SPICY TUNA	R52	VEG	R45
PRAWN	R52		

MAKI - 4 PIECE

MAKI AKA MAKIZUSHI BASICALLY MEANS "ROLLED SUSHI". RICE WRAPPED IN NORI (SEAWEED) WITH ONE FILLING.



SALMON	R45	AVO	R37
TUNA	R42	CRAB	R37
PRAWN	R42	CUCUMBER	R34



RAINBOW ROLL - 4 PIECE

SIMILAR TO THE CALIFORNIA ROLL BUT WITH EXTRA STRIPS OF FISH & AVOCADO ACROSS THE TOP, GIVING IT A "RAINBOW" EFFECT.

SALMON	R65
TUNA	R60
AVO	R55
SALMON, CREAM CHEESE & STRAWBERRY	R65

NIGIRI - 2 PIECE

A SLICE OF FISH OR CRAB ON TOP OF A SMALL BED OF RICE, ALSO THE MOST COMMON FORM OF GUSHI OUTSIDE JAPAN.



SALMON	R56	PRAWN	R52
TUNA	R52	CRAB	R45

ROSES - 2 PIECE

REVERSING THE TRADITIONAL ORDER OF MAKI, FISH IS WRAPPED AROUND A SMALL CORE OF RICE, TOPPED WITH MAYONNAISE & CAVIAR.



SALMON	R65
TUNA	R58
SEARED SPICY TUNA	R60

SASHIMI - 3 PIECE

A JAPANESE DELICACY OF VERY FRESH, THIN SLICES OF RAW FISH, WITH A SPICY OPTION.



SALMON	R70	TUNA	R69
SPICY SALMON	R70	SPICY TUNA	R69

SUSHI CAKES

WE CATER!

SPOIL YOUR GUESTS WITH A CUSTOM MADE PLATTER OR SUSHI CAKE AT YOUR NEXT EVENT!
GIVE US A SHOUT AT [INFO@TOULAS.CO.ZA](mailto:info@toulas.co.za) & WE WILL TAILOR THE PERFECT PACKAGE FOR YOU!



CHEF'S CHOICES

VOLCANO ROLL - 4PC

TEMPURA PRAWN, AVO & CREAM CHEESE CALIFORNIA ROLL, TOPPED WITH SPRING ONION, 7 SPICE, MAYO & SWEET CHILLI SAUCE

R65



PRAWN TEMPURA - 3PC

3 DEEP FRIED PRAWNS SERVED WITH SWEET CHILLI SAUCE

R55



THE BUSINESS END - 4PC

PRAWN TEMPURA & CREAM CHEESE CALIFORNIA ROLL, TOPPED WITH SMOKED SALMON, DYNAMITE SAUCE, TERIYAKI SAUCE, CAVIAR & SPRING ONION

R82



911 - 4PC

TUNA, AVO & CUCUMBER CALIFORNIA ROLL, TOPPED WITH TUNA & CRISPY ONION DRESSED WITH MAYO, YUMMY SAUCE & SRIRACHA SAUCE

R60



KFC ROLL - 4PC

SEASONED CRISPY CHICKEN, CUCUMBER & AVO CALIFORNIA ROLL, TOPPED WITH AVO, BLACK PEPPER, SESAME OIL, YUMMY SAUCE & SPRING ONION

R55



STRAWBERRY BLAZE - 4PC

CREAM CHEESE & STRAWBERRY CALIFORNIA ROLL, TOPPED WITH MAYO, CONDENSED MILK & SEVEN SPICE

R60



LUNCH BOXES

YUMMY BOX

4 MYSTERY ROLLS | 4 DRAGON ROLLS | 4 AVO MAKI

R165



MC CARTNEY BOX

4 AVO MAKI | 4 VEG FASHION SANDWICH | 4 VEG CALIFORNIA ROLL

R130

CASH BOX

3 SALMON SASHIMI | 4 SALMON FASHION SANDWICH | 4 SALMON & CHEESE CALIFORNIA

R180

JACKSON BOX

4 PAUL'S PRAWN | 2 SALMON ROSES | 3 PRAWN TEMPURA

R175

SCRUMPTIOUS BOX

4 SALMON CRUNCH | 2 SALMON BATTLESHIP | 3 PRAWN TEMPURA

R175

CHEF'S BOX

4 PAUL'S PRAWN | 4 TUNA CRUNCH | 2 SALMON NIGIRI

R185



HOT BOX

2 SEARED SPICY TUNA ROSES | 4 SPICY TUNA CALIFORNIA ROLLS | 4 WASABI PARCELS

R170

BANG BANG BOX

4 SALMON CALIFORNIA DREAMING | 4 TUNA CRUNCH | 3 SALMON SASHIMI

R195



LUNCH BOXES

CHICKEN & VEG BOX

4 VEG CALIFORNIA ROLLS | 4 CRISPY CHICKEN CALIFORNIA | 4 KFC ROLLS

R145



DELICIOUS BOX

4 BUSINESS END | 4 SALMON RAINBOW ROLLS | 2 SALMON ROSES

R195

RITCHIE BOX

1 SALMON HAND ROLL | 3 SALMON SASHIMI | 2 SALMON ROSES

R175



LENNON BOX (V)

2 VEG BATTLESHIP | 4 VEG CALIFORNIA ROLLS | 4 AVO RAINBOW ROLLS

R145

MONROE BOX

4 TUNA CALIFORNIA | 4 SALMON FASHION SANDWICHES | 2 SALMON NIGIRI

R160



BIRDIE BOX

4 CHICKEN FASHION SANDWICHES | 4 AVO MAKI | 4 CHICKEN CALIFORNIA ROLLS

R140

TARANTINO BOX

4 SPICY SALMON CALIFORNIA | 4 SALMON RAINBOW ROLLS | 4 AVO MAKI

R150



PLATTERS

ALL YOU'LL NEED PLATTER - 20PC



4 SALMON ROSES
4 TUNA CRUNCH
4 SALMON BATTLESHIPS
4 PAUL'S PRAWN
4 SALMON & CHEESE FASHION SANDWICHES

R395

HUNGER BUSTA PLATTER - 20PC



4 SALMON ROSES
4 BUSINESS END
4 PHILLY ROLLS
4 VOLCANO ROLLS
4 SALMON CRUNCH

R360

BADDABOOM PLATTER - 22PC



6 SALMON SASHIMI
4 MYSTERY ROLLS
4 SALMON CALIFORNIA DREAMING
4 DRAGON ROLLS
4 SALMON & CHEESE CALIFORNIA

R370

PIGGY PLATTER - 32PC



8 SALMON RAINBOW
8 SALMON FASHION SANDWICH
8 AVO MAKI
4 PRAWN TEMPURA CALIFORNIA
4 SALMON ROSE

R440

SASHIMI PLATTER

- 9 PIECE - 12 PIECE



R195

R265

MOTHER PLATTER - 32PC



4 SALMON CALIFORNIA ROLLS
4 PRAWN CALIFORNIA ROLLS
4 SALMON RAINBOW ROLLS
4 SALMON ROSES
4 TUNA CRUNCH
4 PRAWN NIGIRI
4 CRAB MAKI
4 SALMON & CHEESE FASHION SANDWICHES

R465

CODFATHER PLATTER - 48PC



8 SALMON CALIFORNIA DREAMING
8 DRAGON ROLLS
8 VOLCANO ROLLS
8 PAUL'S PRAWN
8 TUNA CRUNCH
8 MYSTERY ROLLS

R750



CHEF'S CHOICES

PHILLY ROLL - 4PC

CREAM CHEESE & AVO CALIFORNIA ROLL, TOPPED WITH SMOKED SALMON & SESAME SEEDS

R55



PAUL'S PRAWN - 4PC

PRAWN CALIFORNIA ROLL TOPPED WITH HALF A TEMPURA PRAWN SMOTHERED IN TANGY MAYO

R80



SALMON CRUNCH - 4PC

DEEP FRIED SALMON, AVO & CUCUMBER CALIFORNIA ROLL, TOPPED WITH SPICY MAYO, SESAME SEEDS, SPRING ONION & SWEET CHILLI SAUCE

R80



MYSTERY ROLL - 4PC

DEEP FRIED SMOKED SALMON, CREAM CHEESE & AVO CALIFORNIA ROLL, TOPPED WITH SPRING ONION & 7 SPICE

R57



WASABI PARCEL - 4PC

3 LAYERS OF WASABI, SALMON, MAYO & SEAWEED TOPPED WITH MAYO & CAVIAR

R68



TUNA CRUNCH - 4PC

DEEP FRIED TEMPURA TUNA CALIFORNIA ROLL ROLLED IN BREADCRUMBS & DEEP FRIED AGAIN, TOPPED WITH MAYO & SWEET CHILLI SAUCE

R68



SALMON CALIFORNIA DREAMING - 4PC

SPICY SALMON & AVO CALIFORNIA ROLL, WRAPPED WITH SALMON & AVO, TOPPED WITH SPICY MAYO, CAVIAR, SPRING ONION & TERIYAKI SAUCE

R68



EXECUTIVE CALIFORNIA ROLL - 4PC

SALMON & AVO CALIFORNIA ROLL, TOPPED WITH TEMPURA PRAWN, AVO, MAYO & CAVIAR

R78



CHEF'S CHOICES

SPRING ROLLS - 2PC

2 DEEP FRIED SPRING ROLLS SERVED WITH SWEET CHILLI SAUCE

CHICKEN
VEG

R25
R20



BATTLESHIPS - 2PC

AVO, RICE & MAYO WRAPPED IN A TOFU POCKET WITH A FILLING OF YOUR CHOICE

SALMON
PRAWN

R60
R60

CRAB
CRISPY CHICKEN

R46
R46

VEG

R46



THE WHOLE 9 YARDS - 4PC

PRAWN & AVO CALIFORNIA ROLL, WRAPPED WITH SALMON & TUNA, TOPPED WITH MAYO, CAVIAR, SESAME SEEDS & TERIYAKI SAUCE

R80



SPICY MAYO PRAWN - 4PC

SPICY PRAWN CALIFORNIA ROLL, TOPPED WITH A PRAWN SMOTHERED IN SPICY MAYO, TERIYAKI SAUCE & SPRING ONION

R90



DRAGON ROLL - 4PC

PRAWN TEMPURA & AVO CALIFORNIA ROLL, TOPPED WITH SALMON, AVO & NORI STRIPS, SMOTHERED WITH YUMMY SAUCE, MAYO, SPRINKLED WITH CRUNCHES & SESAME SEEDS

R80



PRAWN & SALMON DELUXE ROSES - 2PC

SALMON ROSES DRESSED IN TERIYAKI SAUCE, TOPPED WITH HALF A TEMPURA PRAWN & DRENCHED WITH TANGY MAYO

R65

