

# STORIES OF FOOD & WINE



Welcome to Noop. We hope you feel at home here, because that's how we think of our restaurant. After all, we spend more time here than we do at our homes. Our beautiful heritage building breathes warmth and hospitality. We know many of our guests by name; some of them have become our friends.

As for us, we were customers before we became owners. Noop was established in 2005, and we had an affinity for the restaurant when we took it over in 2012. It's still as popular with returning locals as it is with visiting tourists, and we've kept everything people love about it while also making it our own.

The menu you're reading, for example, has got bigger and more adventurous. There's plenty for you to choose from, and we're sure you'll find something you like. The meals are all fresh, and so is the inspiration on our specials board. If you have special requests, we'll try our best to accommodate them. Whatever you order, you can enjoy it knowing that we make the same kind of food here as we do at home. Unpretentious. Often spontaneous. Always delicious.

Zian

The word "Noop" written in a stylized, handwritten cursive font.

# STARTERS



**Keep it fresh, keep it local, keep it simple.** This is what we try to do with each meal. Nothing comes out of a tin, so if something on our menu isn't available, it's because we couldn't get an ingredient that day. As much as possible, we try to support local suppliers: our fruit, vegetables and flowers almost always come from nearby, herbs come from our very own garden. And we don't over-elaborate or unnecessarily complicate recipes, because we like to respect the purity of our ingredients. We think food tastes better that way.

Noop

### **Homemade Potato Gnocchi (V)**

*Wild & cultivated mushrooms, balsamic poached pears,  
crispy sage, basil pesto, parmesan, truffle butter.*

R82.00

### **Fresh Saldanha Bay Black Mussels**

*Chardonnay, garlic, onion, herbs & cream.*

*\*subject to availability*

R85.00/R165.00

### **Pork Belly**

*Slow roasted with honey & soya served with cashew nut curry cream,  
carrot purée, tempura litchi & parsnip crisps.*

R89.00

### **Beef Sirloin Tagliata**

*Seared & sliced thin, lemon & thyme olive oil, smoked salt,  
parmesan, wild rocket, ciabatta.*

R89.00

### **Norwegian Salmon**

*Cured with gin, sugar & Maldon salt, cucumber yogurt,  
red onion, dill mayonnaise, wild rocket, flatbread.*

R92.00

### **Prawn Tempura (4)**

*Grilled aubergine, tomato concasse, guacamole,  
basil mayonnaise, sweet chilli dressing.*

R108.00

# SALADS



**We put “special” into our specials.** They change daily, because they depend on two things: creativity and availability. Sometimes we’re simply inspired to try something new. Sometimes we find meat or fish that’s normally difficult to come by. And sometimes a supplier will offer us something so interesting or unusual that, even if it’s a herb or a garnish, we’ll conjure up an entire meal around it.

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### **House Salad**

*Baby herbs, feta, olives, confit tomato, avocado, red onion,  
grilled baby marrow, Peppadew & vinaigrette.*

R79.00

### **Duck & Mango Salad**

*Baby herbs, duck, mango, bean sprouts, spring onions, radish,  
toasted cashews, soya, honey, chilli & ginger dressing.*

R87.00

### **Crisp Calamari Caesar**

*Crispy squid, cos lettuce, parmesan, egg, anchovy,  
croutons & dressing.*

R89.00/R165.00

### **Seared & Tempura Tuna**

*Baby leaf, avocado, bean sprouts, julienne vegetables, wasabi,  
ginger, mayonnaise, sesame seeds & asian dressing.*

R92.00/R179.00

# MAINS



**These are a few of our favourite things.** Recommendations are always personal, but here are the meals we most often choose for ourselves. The duck dishes – salad or main – which are our own creations, and which people drive from Cape Town for specially. The venison loin, which is a rare treat. The salmon, which we love preparing as much as we love eating. And, for vegetarians, the mushroom risotto, which is truly one of life's simple pleasures.

Noop

**Wild & Cultivated Mushroom Risotto (V)**

*Parmesan, garlic, white truffle oil & herbs.*

R135.00

**Pork Belly**

*Caramelised apple, root vegetables, brandy jus.*

R175.00

**Thai Red Chicken & Prawn Curry**

*Coriander, ginger, lemongrass, lime leaf, coconut cream,  
egg fried jasmine rice.*

R179.00

**Pan Fried Line Fish**

*Sweet potato & carrot mash, green vegetables, beetroot purée,  
lemon & dill beurre blanc.*

SQ

*\*see blackboard for details*

**Crisp Roast Half Duck**

*Cointreau jus, potato & butternut dauphinoise & vegetables.*

R180.00

**Slow Roasted Deboned Karoo Lamb Neck**

*Gremolata, red wine jus, croquettes, vegetables.*

R189.00

**Norwegian Salmon**

*Imported fresh. Sweet potato & carrot mash, green vegetables,  
beetroot purée, lemon & dill beurre blanc.*

SQ

*\*see blackboard for details*



# MEAT



**Not all meats are created equal.** So we handpick ours personally and almost daily at a local butcher in Paarl. Our beef is matured for at least 32 days. Our venison usually comes from our farm in the Namibian Kalahari and occasionally from the Karoo, depending on the time of year. We know what to look for and where to find it, and we make sure you're served the best there is.

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*Served with French fries, mashed potato, potato & butternut dauphinoise, potato wedges unless stated otherwise.*

### **Rump Steak**

*Served with onion rings & a sauce of your choice.*

300g - R179.00

### **Sirloin Steak**

*Served with onion rings & sauce of your choice.*

300g - R189.00

### **Plain Fillet**

*With onion rings & sauce of your choice.*

200g - R185.00

300g - R225.00

### **Fillet au Poivre**

*Crusted with black peppercorns & flambéed with brandy, served with onion rings & Madagascan green peppercorn sauce.*

200g - R189.00

### **Noop Fillet**

*Topped with gorgonzola & herb butter, crisp potato wedges, onion rings & red wine jus.*

200g - R192.00

## **Homemade Venison Burger (200g)**

*Bacon jam, mature cheddar, cos lettuce, tomato,  
homemade sesame seed roll, served with French fries & onion rings.*

R125.00

## **Homemade Grass-fed Beef Burger (200g)**

*Onion marmalade, mature cheddar, cos lettuce, tomato,  
homemade sesame seed roll, served with French fries & onion rings.*

R125.00

## **Sauces**

*Wild mushroom, thyme & truffle | Madagascan green peppercorn & brandy  
| Red wine jus | Gorgonzola cream*

R26.00

## **Extras**

*Onion rings – R32*

*Mashed potato – R32*

*French fries - R32*

*Potato wedges – R32*

*Potato & butternut dauphinoise – R32*

*Sweet potato mash – R35*

*Vegetables – R35*

*Side salad – R35*

# DESSERT



**First impressions count. Lasting impressions count more.** That's why we put such love into the end of your meal. We add a little something special to turn the traditional into the exceptional. Our ice creams are genuinely homemade and inspired by what's in our kitchen at any time.

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**Trio of homemade Ice-cream**

*Ask waitron for today's selection.*

R75.00

**Apple Crumble**

*Crème fraîche, cinnamon & brandy syrup.*

R75.00

**Pineapple Crème Brûlée**

*Coconut ice-cream, toasted peanuts, shaved coconut &  
pineapple purée.*

R77.00

**Mzansi**

*“South Africa”*

*Traditional malva pudding, milk tart mille-feuille,  
Amarula ice-cream, soetkoekie crumbs.*

R78.00

**Couverture Chocolate Torte**

*Coffee & hazelnut ice-cream, salted butterscotch, brandy snap.*

R83.00

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**Cheese Board**

*Five specially selected cheeses,  
homemade preserves & biscuits.*

R105.00

# DRINKS



Noop

# COFFEE & HOT DRINKS



## TERBODORE COFFEE

*NOOP BLEND or GREAT DANE BLEND*

<i>Americano</i>	<i>R22.00</i>
<i>Decaffeinated</i>	<i>R22.00</i>
<i>Cappuccino - Single</i>	<i>R26.00</i>
<i>- Double</i>	<i>R29.00</i>
<i>Caffè Latte</i>	<i>R29.00</i>
<i>Espresso - Single</i>	<i>R18.00</i>
<i>- Double</i>	<i>R22.00</i>
<i>Almond Milk</i>	<i>+R10.00</i>

## HOT DRINKS

<i>Red Espresso</i>	<i>R18.00</i>
<i>Red Cappuccino</i>	<i>R29.00</i>
<i>Red Latte</i>	<i>R29.00</i>
<i>Hot Chocolate</i>	<i>R30.00</i>
<i>Ceylon Tea (Dilmah)</i>	<i>R18.00</i>
<i>English Breakfast Tea (Dilmah)</i>	<i>R18.00</i>
<i>Rooibos Tea (Dilmah)</i>	<i>R18.00</i>

## **COLD DRINKS**

<i>Coke, Fanta, Cream Soda, Sprite</i>	<i>R23.00</i>
<i>Coke Zero, TAB, Sprite Zero (330ml)</i>	<i>R23.00</i>
<i>Coke, Coke Light, TAB, Ginger Ale, Tonic, Dry Lemon (200ml)</i>	<i>R18.00</i>
<i>Apple- &amp; Grapelizer</i>	<i>R28.00</i>
<i>Ice Tea - Lemon/Peach</i>	<i>R28.00</i>
<i>Fresh Juices</i>	<i>R30.00</i>
<i>Mineral Water (Still / Sparkling) - 300ml</i>	<i>R17.00</i>
<i>- 750ml</i>	<i>R32.00</i>
<i>Rock Shandy</i>	<i>R37.00</i>
<i>Milkshakes - One size</i>	<i>R40.00</i>
 <i>Chocolate, Strawberry, Mocha, Peanut Butter</i>	



# DAY MENU



Available  
11:00 - 16:00

In a world of celebrity chefs, ours prefer to leave their egos at the door. We work as a team. And, like all good teams, we collaborate. We share. We complement. Without exception, the food is better for it.

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## *Light Meals*

### **Beef Salad**

*Fillet strips, baby herbs, avocado, red onion, peppers, cherry tomato, harissa mayonnaise, sweet potato crisps.*

R85.00

### **Free-range Chicken Schnitzel**

*Mushroom sauce, French fries/side salad.*

R95.00

### **Crispy Salt & Pepper Squid**

*Aioli, French fries/side salad.*

R95.00

### **Beer Battered Line Caught Hake**

*French fries, homemade tartar sauce.*

R98.00

# *Pizza*

*Handcrafted. Stone baked. Thin crust.  
Made with speciality flours.*

## **Margherita**

*Mozzarella, tomato, origanum.*

R65.00

## **Bianco**

**(No tomato base)**

*Mozzarella, gorgonzola, fig preserve, wild rocket.*

R90.00

## **Noop**

*Mushroom, red onion, chilli, garlic, avocado.*

R100.00

## **The Usual**

*Mozzarella, bacon, avocado, feta.*

R100.00

## **Asian**

*Mozzarella, chicken, pineapple, red onion,  
peppers, coriander.*

R100.00



*We add a 10% service charge to tables of 6 or more.  
All prices include VAT. We accept VISA, Electron, MasterCard,  
Maestro, Diners & Amex but, regrettably, no cheques.*