

# 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.

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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.

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## **Seared & Tempura Yellowfin Tuna**

*Baby leaf, julienne vegetables, edamame beans, pickled ginger, toasted sesame, wasabi, mayonnaise & Asian dressing.*

R110.00/R198.00

## **Pork Belly**

*Slow roasted with honey & soya served with coconut curry cream, carrot puree, tempura litchi, cashew nuts & crackling.*

R98.00

## **Kalahari Springbok Tartare**

*Coriander & juniper pickled celeriac, smoked mayonnaise, toasted ciabatta.*

R95.00

## **Cape Malay Seafood Soup**

*Linefish, mussels, calamari, coriander yoghurt, roti.*

R92.00

## **Fresh Saldanha Bay Black Mussels**

*Chenin blanc, onion, garlic, cream & herbs.  
\*subject to availability*

R90.00/R178.00

## **Honey Roast Pear & Onion Tart**

*Gorgonzola, wild rocket, walnuts.*

R85.00

## **Tempura Prawn (4)**

*Lime aioli, radish, celery, coriander & tomato salsa, avocado puree.*

R115.00

# 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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## **Crispy Squid Caesar**

*Cos lettuce, parmesan, free-range egg, croutons & dressing.*

R98.00/R179.00

## **Duck**

*Baby herbs, duck, pancetta, avocado, orange segments, soy, chilli & honey dressing.*

R95.00

## **Roast Vegetables, Quinoa & Labneh (V)**

*Baby herbs, avocado, pickled onion, pumpkin seeds & vinaigrette.*

R92.00

## **House Salad**

*Baby herbs, confit tomato, feta, olives, baby cucumber, red onion, avocado & vinaigrette.*

R89.00

# 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 yellowfin tuna, 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.

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## **Kalahari Springbok Loin**

*Homemade potato gnocchi, wild & cultivated mushrooms, bordelaise sauce, white truffle essence & parmesan.*

R238.00

## **Crisp Roast Free-Range Duck**

*Preserved kumquat jus, potato & butternut dauphinoise, broccolini & baby carrots.*

R225.00

## **Slow Roasted Deboned Karoo Lamb Neck**

*Potato croquettes, gremolata, confit pearl onion, baby vegetables, red wine jus.*

R205.00

## **Pork Belly**

*Wholegrain mustard potato puree, stir-fried pak choi & broccolini, toasted sesame, honey, soy & tamarind glaze.*

R195.00

## **Daily Fresh Fish**

*Sweet potato galette, green vegetables, lemon & dill beurre blanc.*

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*\*see blackboard for details*

**Wild & Cultivated Mushroom Risotto**

*White truffle crème fraiche, garlic & herbs.*

R155.00

**Thai Red Prawn Curry**

*Prawns, lychee, basil, coriander, ginger, lemongrass, lime leaves,  
coconut cream & egg fried jasmine rice.*

R198.00

# 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, hasselback potato, potato wedges,  
potato & butternut dauphinoise or roast sweet potato.  
Seasonal vegetables/side salad instead +R12.00*

### **Rump Steak**

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

300g - R195.00

### **Sirloin Steak**

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

300g - R 205.00

### **Plain Fillet**

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

200g - R205.00

300g - R245.00

### **Fillet Au Poivre**

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

200g - R210.00

### **Homemade Free-Range Beef Burger**

*Lettuce, pickled red onion, tomato, mature cheese,  
homemade brioche roll, truffle mayonnaise, French fries & onion rings.*

200g - R135.00

### **Sauces**

*Madagascan green peppercorn & brandy*

*Wild mushroom & truffle*

*Gorgonzola cream*

*Bordelaise*

R26.00

### **Sides**

*Hasselback potatoes with crème fraiche - R38.00*

*Potato and butternut dauphinois - R38.00*

*Duck fat potato wedges - R35.00*

*French Fries - R35.00*

*Roast Sweet potato - R40.00*

*Onion Rings - R35.00*

*Seasonal Vegetables - R45.00*

*Seasonal Salad - R40.00*

# 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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## **Couverture Chocolate Tart**

*Powdered olive oil, sea salt,  
homemade Madagascan vanilla bean ice-cream.*

R92.00

## **Tonka Bean Crème Brûlée**

*Homemade toasted almond ice-cream, brandy snap, coffee butterscotch,  
cocoa nib & chocolate soil.*

R89.00

## **Apple Tarte Tatin**

*Cinnamon & ginger syrup, crème fraiche,  
apple tuile.*

R80.00

## **Mzansi**

*"South Africa"  
Sago, traditional malva pudding, vanilla anglaise  
& homemade koeksister ice-cream.*

R85.00

## **Trio of Homemade Ice-Cream**

*Ask waitron for today's selection.*

R85.00

## **Cheese Board**

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

R120.00

# DRINKS



## COFFEE & HOT DRINKS



### TERBODORE COFFEE

<i>Americano</i>		R24.00
<i>Decaffeinated</i>		R24.00
<i>Cappuccino</i>		R30.00
<i>Caffè Latte</i>		R30.00
<i>Espresso</i>	- Single	R20.00
	- Double	R24.00
<i>Almond Milk</i>		+R10.00

### HOT DRINKS

<i>Red Espresso</i>		R21.00
<i>Red Cappuccino</i>		R32.00
<i>Red Latte</i>		R32.00
<i>Hot Chocolate</i>		R32.00
<i>Ceylon, Earl Grey, Camomile, Green Peppermint &amp; Rooibos Tea (Dilmah)</i>		R20.00

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## COLD DRINKS

<i>Coke, Fanta, Cream Soda, Sprite</i>	<i>R25.00</i>
<i>Coke Zero, Sprite Zero (300ml)</i>	<i>R25.00</i>
<i>Coke, Coke Light, TAB, Ginger Ale, Tonic, Dry Lemon (200ml)</i>	<i>R19.00</i>
<i>Apple- &amp; Grapetizer</i>	<i>R30.00</i>
<i>Ice Tea - Lemon/Peach</i>	<i>R30.00</i>
<i>Fresh Juices</i>	<i>R35.00</i>
<i>Mineral Water (Still/Sparkling) - 300ml</i>	<i>R19.00</i>
<i>- 750ml</i>	<i>R35.00</i>
<i>Tomato Cocktail (200ml)</i>	<i>R26.00</i>
<i>Coconut Water (330 ml)</i>	<i>R35.00</i>
<i>Rock Shandy</i>	<i>R40.00</i>

## MILKSHAKES (ONE SIZE)

<i>Chocolate, Strawberry, Coffee, Peanut Butter</i>	<i>R45.00</i>
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# 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*

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

*Coleslaw, lemon aioli, French fries.*

R115.00

### **Beef & Sweet Potato Roti**

*Coriander yoghurt, tomato & onion salsa.*

R120.00

### **Homemade Tagliatelle**

*Squid, chorizo, garlic, herbs & cream.*

R125.00

### **Free-Range Chicken Cordon Bleu**

*Wild mushroom & truffle sauce, French fries/seasonal salad.*

R120.00



*We add a 10% service charge to tables of 6 or more.  
All prices include 15% VAT. We accept VISA, Electron,  
MasterCard, Maestro, Diners & Amex but, regrettably, no cheques.*

