



# THE PRESS CLUB

## PressClub Breakfast

Be sure to check our pastry table for the day's fresh selection of pastries, muffins and other tasty treats. Unless specified, our breakfasts are served with regular brown or white toast.

<b>The Englishman</b> Two eggs, bacon, grilled cherry tomatoes, with toast. R40	<b>French Toast Stack</b> Two Slices of toast of your choice stacked with bacon, cinnamon and syrup R52	<b>Scrambled &amp; Savoury</b> Scrambled egg with savoury or curry mince on a slice of our toasted homemade loaf. R69	<b>Corn Fritter Breakfast</b> Sliced avocado, crispy bacon, fritters & PC's sweet chilli sauce. R65	<b>Eggs Benedict</b> Two poached eggs on toast with Hickory ham & PC's hollandaise. R66	<b>Spicy Must</b> Butter bean and potato curry, and two eggs on homemade toast R69	<b>Durban Eggs</b> Two eggs, crispy bacon with chips and curry gravy topped with fresh coriander. R62	<b>Scrambled Egg</b> With crispy bacon on a toasted slice of PC's homemade loaf. R55
<b>Breakfast Wrap</b> Bacon, mushroom, onion, scrambled egg and mozzarella R69	<b>Clement Special</b> Mushroom, bacon, onion and fried egg on our homemade toast R69	<b>Press Style Hash</b> Diced Sautes potato, bacon bits and onion tossed on the grill with two eggs and toast. R69	<b>Lamb liver Breakfast</b> Lamb's liver, onion, bacon topped with a fried egg on our homemade toast R82	<b>Smoked Salmon</b> With scrambled eggs and a toasted slice of PC's homemade loaf. R89	<b>The Italian Solution</b> Chopped bacon, mushrooms, grilled onion. Topped with Napolitana sauce, two fried eggs & mozzarella on ciabatta. R75	<b>Kipper Breakfast</b> Two eggs, grilled cherry tomatoes and toast. R77	<b>Full PC Breakfast</b> Two eggs, crispy bacon, grilled mushrooms and sausage with grilled baby cherry tomatoes. Choice of Beef, pork, mini wows R75

Substitute starch for veg or salad additional charge R13

### CLASSIFIED BANTING OPTIONS

**Grilled Halloumi**  
Breakfast Grilled halloumi, two eggs, cherry tomato, mushroom, and avocado  
R65

**AUTO CARE**  
WE SERVICE ALL MAKES, ALL MODELS  
190 Ridge Road, Umhlanga Rocks  
Tel: 031 561 1415

**Salmon Omelette**  
salmon, cream cheese and dill  
R89

**Bacon Omelette**  
Bacon, asparagus and mozzarella  
R72

**Salmon**  
scrambled egg and avo  
R89

### HEALTHY KEEP IT CLEAN

**Bowl Of Oats**  
Hot oats with grated apple, cinnamon and honey. A cleaner start to the day. (V)  
R48

**Very Bery & Nuts**  
Hot Oats with mixed berries and a mixed nut selection of the day. (V)  
R55

**Yolkless Eggs**  
For a cleaner option to any of our Breakfasts order egg whites instead of full eggs at no extra charge  
R55

**Yoghurt with Museli**  
Seasonal fruit, muesli and plain yoghurt. (V)  
R52

**Greek Yoghurt**  
with a homemade nut and seed muesli drizzled with honey (V)  
R52



### GENERAL

**Pc's Bun**  
Original toasted Rasin Bun  
R28

**Hot Buttered Toast**  
Two slices of regular toast with your choice of: preserve, peanut butter, marmite, bovril or anchovy paste  
R12

**Toasted Homemade/Rye**  
Two slices of rye or a single slice of homemade loaf, with your choice of: preserve, peanut butter, marmite, bovril or anchovy paste.  
R17

### Super SALAFRAGELOUS (Salads)

**Sesame Nuts**  
Butternut, sesame seeds, garden greens, roasted cherry tomatoes, grilled halloumi & pecan nuts with PC's Dressing. (V)  
R75

**Jo's Maple**  
Crispy bacon caramelised in maple syrup, grilled chicken and tossed with some pecan nuts and avo  
R82

**Pecan Pear**  
Diced poached pear mixed with caramelised roasted pecan nuts topped with blue cheese. (V)  
R75

**A Mexican Spicy Must**  
Mexican spiced chicken, red beans, corn and sweet chilli, topped with cream cheese, rocket and coriander  
R82

**Press Club Tumble**  
Tumbled chicken with pecan nuts, apple, mayo, onion, lettuce and feta  
R82

**Thai Fishcake**  
Fishcakes of the day on a salad bed topped with sweet chilli mayo. **Subject To Availability**  
R79

**Thai Peanut chicken**  
Grilled chicken strips done in peanut satay sauce topped with crispy noodles, snap peas and citrus  
R82



**Roast Aubergine**  
Roast aubergine, lentil, feta and sweet basil with an olive oil and vinaigrette dressing. (V)  
R75

**Prawn & Calamari**  
Grilled in lemon & herb sauce, rocket salad base with shaved parmesan. Sundried tomato pesto and fresh coriander.  
R99

**Crispy Calamari**  
Lightly battered calamari and squid with sundried tomato on a bed of greens, drizzled with a sweet chilli sauce  
R95



### SOMETHING LIGHT

**Soup de Jour**  
Please ask your waitron for today's soups.  
R42

**Homemade Fishcakes**  
Mini fishcakes with sweet chilli and mayo **Due to availability**  
R58

**Coconut Chicken Fingers**  
Coconut and sesame crusted chicken fingers with satay sauce  
R62

**Light Livers**  
A traditional taste grilled chicken livers served with a portuguese roll. Choose hot or not.  
R62

Add Blue Cheese sauce R10

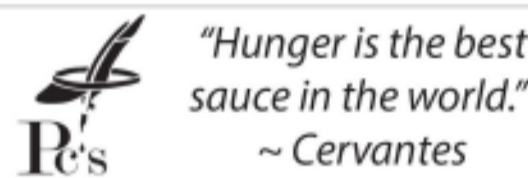
**Potato Skins**  
Done with our secret spice. (V)  
R42

**Pretzel Dusted Calamari & Squid heads**  
served with sweet chilli mayo  
R69

**Bruschette**  
Chopped tomato mozzarella and sweet basil. (V)  
R48

**NACHOS**  
Corn chips, guacamole, cheddar cheese, salsa, sour cream, jalapenos. (V)  
R65

Add mince R15



### TOASTED SARMIES served with your choice of salad or chips

**Prawn Mayo**  
Our very own & famous creation. Prawns and mayo with the choice to add our peri sauce.  
R99

**Chunky Peri**  
Like a chicken mayo but with the addition of our famous chunky peri peri.  
R56

**Press Club Sarmie**  
Pulled southern style brisket, streaky bacon, cheddar cheese and caramelised onion  
R92 **Oh my...**

**Basil's Toasty**  
A firm favourite of basil pesto, mozzarella and tomato  
R48

**Bacon, Cheese & Chutney**  
Bacon, cheese and chutney baby - yeah!  
R52

**Chicken Mayo**  
Standard issue with PC's own mayo  
R55

**Bacon & Egg**  
Breakfast on a toasted sarmie.  
R50

**Fillet Steak & Onion**  
No description needed...  
R92

**Bacon & Banana**  
A tropical classic...  
R50

<p><b>Press Club Burger</b> Avocado, crispy bacon and melted cheese, choose either chicken-fillet or ground beef pattie R85</p>	<p><b>Brett's New York Slider</b> 150g Fillet with caramelised onions, blue cheese and crispy brinjal on fresh rocket R96</p>	<p><b>Dukka Crusted Chicken fillet burger</b> With creamy riata harissa pesto R85</p>	<p><b>Pulled brisket burger</b> Pulled southern style brisket on a bed of rocket topped with coleslaw and caramelised onion R89</p>	<p><b>Nacho Burger</b> Just like Nachos but on a burger R89</p>
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### THE LITTLE PEOPLE

**Mighty M&M**  
Savoury Mince and Mash  
R55

**Sausies & Chips**  
Choose beef, pork or mini wows  
R38

**Radical Ribs & Chips**  
Sticky little ribs with chips  
R55

**Battered Hake and Chips**  
R52

**Mr Cheezy**  
Cheesy scrambled egg on toast  
R32

**PC's Mac & Cheese**  
Old school macaroni and cheese  
R55

**Kids Bacon, Egg and Chips**  
1 egg, some bacon, and all important chips  
R38

**Crumbed Chicken**  
PC's crumbed chicken pieces with chips and a pink sauce  
R55

**Nutella Pancake**  
with ice cream  
R42



The Press Club was started in 1982 in-between the then Natal Mercury and Daily News buildings, hence the name "Press Club". The owner Selwyn Sklarchik wanted to create an environment where one could feel comfortable for both an extended lunch meeting or a quick meal

while always offering great, wholesome food packed with bold flavours. With the menu based on the success of both Selwyn's and Three Monkeys, The Press Club was an instant hit, journalists and business people alike enjoyed this culinary escape in the centre of town. A familiar lunchtime scene at The Press Club was

large groups of 10-15 journalists or horseracing enthusiasts eating lunch and discussing the day's odds or politics.



# CONTENT

Choose it on a ciabatta, wrap (gluten & wheat free available) or our homemade loaf with fries or side greens.

## Fast, freshly prepared food

<b>Grilled P&amp;C</b> Prawns and calamari, grilled and served with tomato, lettuce and some tangy mayonnaise. R99	<b>Spicy P&amp;C</b> Grilled prawns and chicken with lettuce, tomato and tangy mayo. R99	<b>The ABC</b> Avocado, bacon and cream cheese with lettuce and tomato... yup, I bet you can taste it already! R75	<b>Portuguese Chicken</b> Marinated spicy chicken strips grilled with onions, peppers and feta. R82	<b>Tuna Mix &amp; Avo</b> Tuna mixed with pepper onions and tangy mayo. R79	<b>Grilled Delight</b> Grilled steak with Camembert, caramelised onions and avo. R95	<b>The BCC</b> Bacon, Camembert, and cranberries with greens... Salty, creamy and sweet. R75	<b>Chunky Peri</b> Chicken mayo, our famous chunky peri peri with tomato and lettuce. R79
<b>Livered Grill</b> Grilled chicken livers with creamy blue cheese and some rocket. Have it spicy or not. R79	<b>Guaca-Chicken</b> Grilled Chicken strips guacamole and bacon bits R82	<b>Aubergine</b> Roast aubergine, lentil, feta and sweet basil with an olive oil and vinegrette dressing. (V) R75	<b>Beef or Chicken Curry</b> Subject to availability R82	<b>Sesame Nut</b> Butternut, sesame seeds, garden greens, roasted cherry tomatoes, grilled halloumi and pecan nuts.(V) R75	<b>Steak BBQ</b> Strips of BBQ marinated steak and feta R95		

# THE MAIN

Served with chips mash or rice. **Substitute with veg or side salad R13**

 **Our Chicken is Halaal**

<b>Beer Battered Hake &amp; Chips</b> Fresh hake done in our special Press Club beer batter served with chips. <b>Subject to Availability</b> R105	<b>For Today</b> - Curry of the Day - Casserole of the Day Please ask your waitron for details on today's dish. R - Check with your waitron	<b>Crispy Duck</b> Honey, Ginger and sesame duck breast served on basmati rice R146	<b>Portugese</b> Chicken strips, grilled onions and peppers. R102	<b>Three Hundred</b> Three hundred grams of real beef fillet grilled to your liking.  R160	<b>Breast of the bird</b> Filleted chicken breast, choose it hot or not: lemon & herb or peri peri. R102	<b>Turf'n Turf</b> 300g fillet topped with creamy napoletana chicken livers R168	<b>Traditional Liver</b> Lamb livers, onion and crispy bacon with creamy mashed potato. R105
<b>Chicken Fillet Stack</b> Two chicken fillets stacked with bacon, mozzarella and sundried tomato R105	<b>The Irish</b> Press Clubs homemade irish oxtail casserole served on mash potato R152	<b>Creamy Prawn Linguini</b> Grilled prawns in a cream sauce with a hint of chilli R149	<b>Basil Pesto Chicken</b> Grilled chicken strips in a pesto sauce with sundried tomato on a bed of linguini R98	<b>Lasagne of the day</b> R - Check with your waitron	<b>Homemade Meatballs</b> Served with our Napoli sauce topped with parmesan shavings on a bed of linguini R98	<b>Southern Style Brisket</b> Pulled southern style on a bed of mash served with caramelised onion R98	<b>On The Line</b> Please ask your waitron for details on today's fish dish. SQ

<b>Faulklands' Grill</b> Faulklands calamari squid heads, grilled with your choice of sauce: lemon & herb, garlic or peri peri. R115	<b>Homemade Pie of the day</b> Please ask your waitron
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<b>SIDES</b> Garlic Ciabatta R32 Bowl of Veg R30 Bowl of Mash R25 Chips R25 Rice R25	<b>SAUCES</b> Blue Cheese R20 Mushroom R20 Peri Peri R15 Chunky Peri R18 Lemon & Herb R15 Pepper R20	<b>Soups</b> Take a look at our menu boards to see what's on today. 
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## SOMETHING SWEET

<b>Chocolate Brownies</b> Press Club homemade chocolate brownies served with icecream. R49	<b>Affogato</b> Vanilla ice cream with espresso and a shot of amarula R40	<b>Your Bread and Butter</b> Old fashioned bread and butter pudding with custard R48	<b>Cheese Blintzers</b> A pancake filled with sweet cream cheese, then grilled and topped with cinnamon sugar and cream or icecream. R55	<b>Sticky Date &amp; Toffee Pudding</b> served with cream or ice cream R48
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## Drinks

<b>Fresh Fruit Juice</b> Ask your waitor for todays selection R23 	<b>Milkshakes</b> Bar One Strawberry Espresso Honey & Horlicks Vanilla Bean Lemon & Lime R36	<b>Soda Pop</b> Coke, Sprite, Fanta, Appletiser, Etc The list is long so ask your waitron if you dont see what you're looking for, we probably have it... R20/ Tisers R24	<b>Ice Tea</b> Lemon, Peach, Berry R26 
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## Chilla

Cappuccino R39 Coffee R39 	<b>Freshly Squeezed Lemonade</b> R30
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## Something HOT

We love our coffee as much as our food...  
 We use whole milk and premium blended beans.

Cappuccino R22	
Latte R24	
Cafe au lait R20	Milo/Hot Horlicks/ Hot Chocolate R30
Mocha R30	Muggachino R32
Single Espresso R19	Iced Coffee (Press Club Traditional, Cappuccino, Regular) R35
Double Espresso R26	Regular Tea (Five Roses) R16
Extra Shot (For the more difficult mornings) R7	Rooibos R16
Single Macchiato R19	Earl Grey R19
Double Macchiato R26	Spiced Chai R35
Red Cappuccino R25	

ADD YOUR FAVOURITE FLAVOUR TO YOUR COFFEE OR ICE COFFEE

Hazelnut  
Cinnamon  
Peppermint  
Almond  
R7





**THE PRESS CLUB**  
*Curry Night*  
 Last Tuesday Of Every Month



**THE PRESS CLUB**  
*Outside Catering*  
 Birthdays  
 Weddings  
 Office Parties  
 Corporate Events  
 House Parties  
 Dinner Parties  
 Picnics  
 & More...

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