



Atlantic Express Train Restaurant Menu

1 B Regent Road,
Sea Point, Cape Town,
South Africa

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*Our menu serves to satisfy all palates from
Eastern to
Western as well as Vegetarian*

For special events and functions
Contact

Showket Sunday :

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HALAAL

Breakfast

Atlantic Express Breakfast	8 0.00
100g fillet steak, 2 eggs, mushrooms, tomato, sausage, chips with your choice of either tea, coffee or freshly squeezed juice.	
Health Breakfast	45.00
Fresh seasonal fruit , muesli and plain yoghurt.	
Eggs Florentine	40.00
Baby spinach on wholewheat toast and topped with 2 poached eggs ,lightly dusted with paprika.	
Eggs Benedict	49.00
Toasted English muffin topped with macon ,2 poached eggs and Hollandaise sauce.	
Salmon Benedict	55.00
Toasted English muffin topped with salmon , 2 poached eggs and Hollandaise sauce.	
Kippers	49.00
Served with 2 poached eggs & toast.	
Egg`s White Omelette	49.00
Mushrooms, baby spinach, feta & toast.	
Farmer`s Omelette	59.00
A 3 egg omelette with macon , mushrooms, onions, tomato cheddar cheese & toast.	
Boss`s Breakfast	65.00
2 slices of toast topped with cream cheese, salmon, tomato, onion, avocado & chilli.	
Sunrise Special	40.00
1 egg , toast, macon, grilled tomato with your choice of either tea ,coffee or freshly squeezed juice.	
Cheese and Tomato Omelette	40.00
3 egg omelette with cheddar cheese, tomato and toast.	
Spinach and Fetta Omlette	45.00
3 egg omelette with spinach, Danish Fetta and toast.	
Traditional Breakfast	65.00
Freshly squeezed orange juice, eggs to order, macon, beef sausage, mushrooms, grilled tomato, toast with preserve and tea or coffee.	
Breakfast Burger	59.00
Beef Patti, slice of cheese and fried egg, served with chips.	
Croissant	20.00
Scramble egg and Macon Croissant	35.00
Macon and Cheese Croissant	35.00
Served with preserves.	

Combos

Atlantic Express Steak combo	80.00
100g fillet steak, 2 eggs, mushrooms, tomato, sausage, and chips .	
Steak & Calamari	140.00
200g fillet steak, 125g calamari and chips and veggies	
Quarter chicken, chop, sausage chips	99.00
Quarter chicken 100g lamb chop and sausage , served with chips or veggies .	
Seafood Platter for 1	175.00
2 Crayfish Tails ,2 Prawns 1 piece Atlantic Kingklip , portion of Calamari , served with savoury rice , fries & veg.	
Seafood Platter for 2	299.00
4 Crayfish Tails , 4 Prawns , 2 pieces Atlantic Kingklip , 2 portions Calamari , served with savoury rice , fries and veg.	



Starters

Cape Sea food Soup	45.00
Traditional Cape seafood bisque.	
Mushroom Soup	40.00
Creamy mushroom...blended to perfection .	
Chef`s Butternut Soup	35.00
Cooked and blended butternut with cream .	
Samosas (Mince)	32.00
6 traditional samosas , served with a delicious savoury dip .	
Springrolls: (Chicken)	35.00
6 springrolls , served with a delicious savoury dip	
Halfmoons (Steak)	35.00
6 crispy halfmoons , served with a delious savoury dip.	
Variety Plate	32.00
2 Samosas, 2 springrolls & 2 halfmoons served with a savoury dip .	
Plain Garlic Roll	20.00
Traditional garlic roll.	
Cheezy Garlic Roll	24.00
Topped with melted cheddar and mozzarella cheese.	
Starter Calamari	39.00
Grilled or deep fried calamari, served tartar sauce rice or fries.	
Crumbed Mushrooms	40.00
Crispy coated mushrooms served with a tangy mushroom	

Salads

Greek Salad	49.00
Salad greens, feta cheese, olives, cucumber, & tomato.	
Chicken Ceasar Salad	49.00
Cut lettuce, egg, croutons, chicken strips & macon bits and anchovy fillets.	
Salad Nicoise	49.00
Tuna, anchovy fillets, capers, egg & lettuce.	
Shrimp Salad with Avocado	69.00
Shrimps in a tangy seafood dressing with salad greens, tomato, cucumber , onion rings & avocado (seasonal).	
Smoked Salmon Salad	69.00
Smoked salmon trout on lettuce with capers, onion rings, & cucumber & tomato.	

Sandwiches-

served with Farmer`s white or wholewheat bread.

Toasted egg (3 eggs)	25.00
Chicken mayonnaise	33.00
Tuna mayonnaise	35.00
Cheese and tomato	30.00
Macon & egg	35.00
Chicken & mozzarella	45.00
Cold sandwich (Speciality)	49.00
Corned beef, mayonnaise, dried- coconut & onion chutney.	
Steak sandwich	69.00
120 g fillet steak strips, fries, onions, sauce & salad	
Full house steak sandwich-	79.00
120 g fillet steak strips, egg, cheese, fries, Onions, sauce & salads.	



Burgers-

served with chips & onion rings

Fillet steak burger

100 g whole Fillet steak , served on lightly toasted roll. 65.00

Beef burger

100 g beef burger patti , served on lightly toasted roll 49.00

Cheese burger

100 g beef patti and slice of cheese , served on lightly toasted roll 52.00

Chicken fillet burger

120 g Chicken fillet, served on lightly toasted roll 49.00

Light Meals

Chicken and Mushroom Pancake/Baked Potato.

79.00/69.00

Served with cheese sauce and side salad.

Savoury Mince Pancake/Baked Potato

79.00/69.00

Served with cheese sauce and side salad.

Smooresnoek Pancake/Baked Potato

79.00/69.00

Served with cheese sauce and side salad.

Baked Potato

69.00

Served with vegetables and pesto.

Beef-

served with vegetables and your choice of fries or savoury rice or baked potato.

Flame-grilled fillet steak (200 g)

110.00

succulent, matured beef fillet marinated in a special BBQ sauce or masala sauce.

Flame-grilled fillet steak (300 g)

130.00

as above just with a 300 g fillet of steak.

Flame grilled T-Bone steak (350 g)

90.00

matured T-bone steak, marinated in T-Bone sauce or masala sauce.

Mixed grill

160.00

200 g steak, 100 g lamb chops, beef sausage, 1 egg and a slice of toast.

Babotie

89.00

traditional baked ground with a savoury custard topping.

Salomie

89.00

Tender pieces of beef in a traditional beef curry, cooked in coconut milk and served with roti and atchar.

Lamb-

served with vegetables and your choice of fries or savoury rice .

Karoo roast lamb

109.00

Slow -roasted leg of lamb bathed in garlic lemon.

Lamb chops

119.00

4 tender lamb chops.

Lamb shank

150.00

Tender pieces of lamb served with savoury rice and veggies.



Poultry

Chicken Sosatie	79.00
Traditional Cape <i>Malay, tamarind</i> marinated chicken fillet kebabs, served with savoury rice.	
BBQ Chicken Breast	69.00
2 Pieces of chicken fillet grilled in BBQ Sauce, served with, chips & veggies	
Quarter Chicken	59.00
Leg and Thigh grilled in BBQ Sauce and Masala , served <i>with</i> chips & veggies.	
Green Thai Chicken Curry	79.00
Chicken fillet with <i>green curry paste herbs and coconut cream</i> served with rice & chili jam.	
Crumbed Chicken Strips	59.00
served with fries.	
Butter Chicken	79.00
Cooked In fresh cream and yoghurt with a variety of traditional spices.	

Seafood

Smoorsnoek	89.00
Traditional flaked smoked line fish, sautéed with chili, garlic, onions, tomato and potato & served with rice.	
Deep fried or grilled calamari rings.	79.00
Served with savoury rice or fries & home made tartar sauce.	
Fresh line fish—Kingklip	120.00
Grilled or fried (garlic or lemon herb butter) with vegetables, savoury rice or fries.	
Prawn Chaat	99.00
Prawns made with traditional spices & yoghurt, served with paratha & fries or savoury rice.	
Crayfish curry (seasonal)	150.00
Crayfish made in coconut curry, served with savoury rice or paratha.	

Pasta

Chicken pasta with smoked paprika cream.	79.00
Chicken fillet in a smoked paprika cream sauce & cocktail tomatoes .	
Green Thai chicken pasta.	79.00
Chicken fillet with green curry paste, herbs & coconut cream.	
Chicken pasta with mushroom sauce.	79.00
Cooked in cream & mushroom sauce.	
Seafood pasta	79.00
Mussels, calamari, smoorsnoek & shrimps in a garlic cream sauce .	
Vegetarian Pasta	69.00
Mixed vegetables, cooked in a pesto based sauce.	

Extras

Small Portion Of Fries	10.00
Medium Portion Of Fries	18.00
Paratha	10.00
Plain Rice	12.00
Savoury Rice	15.00
Masala or BBQ Sauce	12.00
Mushroom Sauce or Cheese Dauce	20.00
Pepper Sauce	18.00
Chocolate Sauce	10.00
Ice Cream / Fresh Cream	10.00
Onion Rings	15.00
Egg	6.00
Veggies	18.00
Cheese— Half Portion	12.00
Baked Beans in onion and green Peppers	10.00

Cold Beverages

Sodas	14.00
Coke, Coke Light, Coke Zero Tab, Fanta, Cream Soda, Sprite, Sprite Zero	
Mineral Water Still or Sparkling	12.00
Appetizer or Grapetizer	18.00
Freshly Squeezed Orange Juice (small)	12.00
Mango Juice	12.00
Orange Juice (Large)	20.00
Milkshakes Strawberry, Chocolate or Vanilla	27.00
Double Thick Fresh Banana Shake	27.00
Frullatto	30.00
Fallooda Special (Large)	30.00
Avo Shake (Seasonal)	30.00
Mango Shake (Seasonal)	28.00
Iced Tea Lemon, Peach, or Red Fruits	18.00
Iced Coffee Topped with Cream	28.00
Passion Fruit & Lemonade	18.00
Strawberry Fruit & Lemonade	20.00

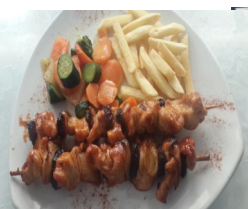
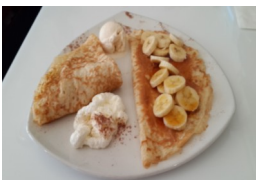
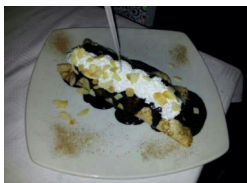
Hot Beverages

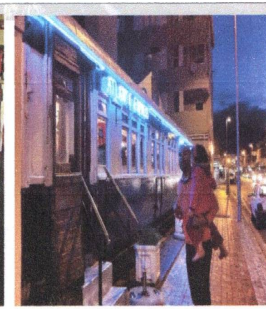
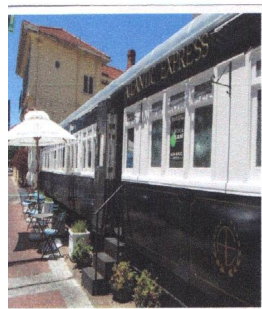
Freshly Ground Coffee (Per Cup)	16.00
Cup Refill	10.00
Freshly Ground Coffee (Per Mug)	19.00
Mug Refill	12.00
Decaff	14.00
Espresso Single	14.00
Espresso Double	17.00
Cappuccino	19.00
Cream Cappuccino	20.00
Café Latte	18.00
Chococcino	20.00
Hot Chocolate	19.00
Hot Chocolate with cream	21.00
Hot Chocolate with flake	25.00
Milo	18.00
Horlicks	18.00
Tea (Ceylon and Rooibos)	12.00
Earl Grey	12.00
Camomile	13.00
Geen Tea	13.00
Deluxe Tea Mildly Spiced	18.00
Chai Tea	18.00



Desserts

Coupe Denmak	30.00
Vinale ice-cream with chocolate sauce and nuts.	
Pancakes Half	20.00
Pancakes Full	35.00
Maple syrup and cinnamon sugar, served with a wedge of lemon.	
Banana Delight Pancakes Half	25.00
Banana Delight Pancakes Full	49.00
Banana caramel, cinnamon sugar & maple syrup served with cream or ice-cream	
Atlantic Express Pancakes	49.00
Ice-cream , chocolate sauce, cream & flaked almonds.	
Fresh Fruit Salad	35.00
Fresh seasonal fruit topped with fresh cream or ice-cream.	
Cheese Cake Slice	35.00
Our baked speciality ... with cream or ice-cream.	
Chocolate Cake Slice	35.00
Moist , real chocolate cake.	
Scones	40.00
Served with jam & cream.	
Banana Split	35.00
Grilled banana and mixed fruit served with vanilla or whipped cream.	
Malva Pudding	35.00
Served with custard or ice-cream.	
Plain Waffle	35.00
Served with ice-cream & a choice of sauces.	
Banana Waffle	40.00
Served with ice-cream & a choice of sauces.	
Peppermint Dessert	30.00
Layered caramel cream with peppermint crisp chocolate.	
Chocolate Brownies	37.00
Served with chocolate sauce & ice cream, sprinkled with	





We deliver to Green Point Park

- Picnic baskets
- Out door events /
- Kiddies parties



Variety Platters

The Atlantic Express Train Restaurant is steeped in History. It is synonymous with Sea Point. Everybody knows it as a landmark in Sea Point. The Atlantic Express Train Restaurant is a carefully restored railway carriage based on the theme of a dining coach, it is a prominent landmark and highly successful restaurant on Sea Point's busy Regent Road. The Atlantic Express Train Restaurant has become a landmark in Cape Town, serving breakfast, light lunches and some substantial main meals.

Operating Hours

Mon to Thurs : 8am —11pm

Friday: 8am -12:45pm

Close 12:45pm—1:45pm

Open 1:45pm – 12 midnight

Sat to Sun : 8am—12 midnight