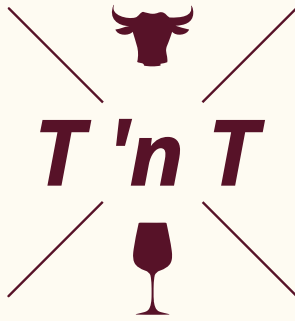




— FOR —
THE LOVE OF
GREAT
STEAK

EST. 1977



Take four brothers with a love for great steak, add a side order of warmth and a peppering of friendship and you have the secret recipe to why Turn 'n Tender is the best steak restaurant in town.

Nearly five decades on, Turn 'n Tender is still the place where friends and families gather to soak up the friendly atmosphere and savour the succulent dishes that made us famous.

The tradition continues across our restaurants and you're invited to unwind, enjoy a sizzling steak with fine wine, warm hospitality and great value.

You're welcome anytime.

ALL DAY SET MENU

Choose your favourites from our all day set menu options.

2 COURSE MEAL

229

Choose a starter and main or main and dessert.

3 COURSE MEAL

289

Choose a starter, main and dessert.

STARTERS

CHICKEN LIVERS

Pan-seared to enjoy plain or with our famous peri-peri cream sauce.

TRINCHADO

Tender beef fillet cubes smothered in fresh green chilli, tomato, onion and garlic.

BUTTERNUT SOUP

Roasted butternut soup, with coconut milk swirl. Vegan.

FRENCH SALAD

Fresh rocket, tomato, red onion, cucumber, avo* and carrot, served on a bed of crisp lettuce.

**Subject to availability*

MAINS

ROASTED BUTTERNUT AND STEAK SALAD

Roasted butternut, red onion, rocket, tomato, feta and avo*. Served on a bed of crisp lettuce, topped with lightly basted beef fillet cubes. **Subject to availability*

CHICKEN SCHNITZEL

Coated in bread crumbs and fried to golden perfection.

CHARGRILLED CHICKEN BREAST

Tender and flame-grilled with your choice of peri-peri, fresh lemon and herb, sweet chilli and coriander or BBQ sauce.

200G STEAK

Choice of rump (with or without fat) or sirloin.

HAKE FILLET

Served dry grilled or in fresh lemon butter.

VEGETARIAN CURRY POTJIE

Mixed seasonal vegetables prepared in a creamy curry coconut sauce with a hint of garlic. Served in a potjie pot.

 *Vegetarian*

*Served with a choice of chips, rice, pap and gravy,
baked potato or vegetables.*

DESSERTS

ICE CREAM WITH BAR-ONE® SAUCE

2 scoops of vanilla ice cream, drizzled with a rich BAR-ONE® chocolate sauce.

HOMEMADE MALVA PUDDING

A caramelised, sweet traditional South African dessert, served with a sweet sticky sauce and vanilla ice cream.

STARTERS

BUTTERNUT SOUP	69
Roasted butternut soup, with coconut milk swirl. Vegan.	
MARROW BONES	79
Roasted buttery marrow bone, spiced with paprika, black pepper and salt.	
CRUMBED MUSHROOMS	85
White button mushrooms coated in bread crumbs and Grana Padano cheese shavings and deep-fried. Served with sweet chilli mayo dipping sauce.	
CHICKEN LIVERS	89
Pan-seared to enjoy plain or with our famous peri-peri cream sauce.	
BEEF SHORT RIB RASHERS	95
Seasoned with our special BBQ spice.	
HALLOUMI CHEESE	95
Grilled or fried and served with sweet chilli and coriander dipping sauce.	
RUMP CARPACCIO	105
Thinly sliced succulent rump coated in activated charcoal rub, drizzled with extra virgin olive oil, and topped with rocket, Grana Padano cheese shavings and our Signature carpaccio dressing**.	
SQUID HEADS	109
Coated in a light batter and fried to golden perfection. Served with your choice of tartar or peri-peri sauce.	
CALAMARI TUBES	109
Served grilled with your choice of fresh lemon butter, sweet chilli and coriander or peri-peri sauce.	
SNAILS	115
Covered in a delectable brandy and garlic butter sauce with a dash of cream.	
TRINCHADO	119
Tender beef fillet cubes smothered in fresh green chilli, tomato, onion and garlic.	
MUSSELS	129
Prepared in a creamy white wine sauce with a hint of garlic.	
AVO RITZ	155
Prawns coated in Marie Rose dressing, served on a bed of avo*.	

**Subject to availability*

***Contains soya*

SALADS

FRENCH **99**
Fresh rocket, tomato, red onion, cucumber, avo* and carrot, served on a bed of crisp lettuce.

ROASTED BUTTERNUT **109**
Roasted butternut, red onion, rocket, tomato, feta and avo*.
Served on a bed of crisp lettuce.

SWEETCORN **109**
Grilled corn, roasted tomato, green beans and toasted almonds on a bed of white and red cabbage, topped with tzatziki. With honey mustard dressing on the side.

GREEK **119**
Fresh rocket, tomato, red onion, cucumber, feta and Kalamata olives, served on a bed of crisp lettuce.

BLUE CHEESE **125**
Fresh rocket, tomato, red onion, cucumber, avo*, carrot and grated blue cheese.
Served on a bed of crisp lettuce with creamy blue cheese dressing on the side.

NEW **BLUE CHEESE, FIG AND WALNUT** **129**
Red onions, walnuts, blue cheese crumbs and fig preserve, served on a bed of crisp lettuce and fresh rocket. With honey mustard dressing on the side.


SWEETCORN AND CHICKEN **139**
Grilled corn, roasted tomato, green beans and toasted almonds on a bed of white and red cabbage, topped with tzatziki and grilled chicken. With honey mustard dressing on the side.


ROASTED BUTTERNUT AND STEAK **159**
Roasted butternut, red onion, rocket, tomato, feta and avo*.
Served on a bed of crisp lettuce, topped with lightly basted beef fillet cubes.

VEGETARIAN AND VEGAN

Served with a choice of chips, rice, mash potato, pap and gravy, vegetables, baked potato or a green salad.

NEW **BUNLESS VEGAN BURGER** **109**
Falafel patty grilled and topped with egg-free mustard mayo, sautéed mushrooms, crispy onion rings and fresh avo*.

NEW **VEGETARIAN BURGER** **119** 
Falafel patty grilled and topped with tzatziki, pickles and fresh tomato.
Served on a toasted brioche bun.

VEGETARIAN CURRY POTJIE **149** 
Mixed seasonal vegetables prepared in a creamy curry coconut sauce with a hint of garlic. Served in a potjie pot.

 *Vegetarian*

**Subject to availability*

OUR LEGENDARY — STEAK CUTS —

SIRLOIN

A prime cut. Succulent and tender with a strip of fat, that when crispy, packs in the flavour. This cut is best enjoyed as rare as possible.

POINT RUMP (SIGNATURE CUT)

This signature Turn 'n Tender cut is from the cap end of the rump. Commonly referred to as Picanha, this succulent steak is covered in a generous layer of crispy fat that enhances its flavour and juices.

RUMP - WITH FAT

A classic cut with a little something extra. Full of flavour with crispy grilled fat that unlocks the legendary flavours.

RUMP - NO FAT

A unique lean cut. Juicy with no fat, making it a healthy steak choice.

FILLET

The most legendary of all cuts. Tender and lean, the buttery softness of fillet is best enjoyed rare or medium rare. Best when paired with one of our speciality sauces or toppings for the perfect personalised touch.

T-BONE

A juicy and tender favourite. The smaller tender fillet is separated from a larger succulent sirloin by the T-shaped bone which adds a sweeter flavour. Perfect for those who can't decide. Have it medium rare for the best flavour.

RIB-EYE ON THE BONE

Rib-eye has fat marbling through the steak and it's recommended that it's not cooked less than medium rare. This is to allow the fat marbling to melt and saturate the meat, making it juicy and full of flavour.

GRILLING GUIDELINES

BLUE

Lightly seared on the outside with a completely red centre.

RARE

Brown seared on the outside with a red centre.

MEDIUM RARE

Brown seared on the outside, warmed through with a red centre.

MEDIUM

Brown seared on the outside with a pink, hot, juicy centre.

MEDIUM WELL

Dark brown seared on the outside, cooked through with a slightly pink centre.

WELL DONE

Slightly charred on the outside, cooked through completely.

All weights advertised are raw weights prior to cooking, weight losses may occur and will vary depending on the length of cooking time.

OUR FOUR BROTHERS' SPECIALITIES

The Aaron Brothers founded Turn 'n Tender in **1977** and each developed their own delicious speciality dish. The brothers also took extra care to pair the perfect wine with each speciality dish.

HOWARD'S HOWLER

285

300g rump (with or without fat) or sirloin topped with melted cheddar and creamy pepper sauce.

Should you prefer fillet, add 49

 **SHIRAZ**

STEVEN'S SENSATION

315

300g rump (with or without fat) or sirloin topped with a mussel, white wine, garlic and cream sauce.

Should you prefer fillet, add 49

 **MERLOT**

NEW BRIAN'S BOWL OVER

399

600g rib-eye on the bone, topped with herb compound butter and roasted marrow bone.

 **CABERNET SAUVIGNON**

MERVYN'S MAGIC

409

"*The Meneer*" 600g French trimmed Prime rib, thinly sliced off the bone and finished with coarse salt and burnt butter.

 **PINOTAGE**

Please note the following wines are recommendations only and not included in the meal.

STEAK

Choose from original Turn 'n Tender basting, plain-grilled, dry pepper coating or activated charcoal rub.

Please ask your waitron for our meat board filled with premium cuts of the day.

SIRLOIN	200g 189
Succulent cut with just enough fat to enhance the flavour.	300g 229
RUMP - NO FAT	200g 189
A unique lean and juicy cut.	300g 229
RUMP - WITH FAT	200g 189
Juicy and full of flavour.	300g 229
POINT RUMP (SIGNATURE CUT)	300g 275
Our cut of rump with a thick layer of crispy fat.	400g 335
FILLET	200g 245
A prime cut so tender it melts in your mouth.	300g 299
RIB-EYE	300g 295
Rib-eye has fat marbling through the steak making it rich and full of flavour.	
ARGENTINIAN-STYLE FILLET	300g 339
Fillet marinated in our own Chimichurri which consists of onion, red pepper, garlic, chilli, parsley, white wine vinegar, olive oil and lemon juice.	

CUT FOR TWO

Steak carved at the table, served with two sides and two sauces.

SIRLOIN	700g 499
FILLET	700g 639

STEAK ON THE BONE

T-BONE	600g 375
This cut is a tender fillet and succulent sirloin separated by a T-shaped bone.	
RIB-EYE ON THE BONE	600g 385
Marbled with fat, this cut on the bone is both juicy and full of flavour.	
DRY-AGED RIB-EYE ON THE BONE	600g 449
This succulent cut is dry-aged for 28 days to enhance the tenderness and flavour of the meat.	
CAVEMAN	1kg 475
Rib-eye on a long bone, thinly sliced and finished off with coarse salt and burnt butter.	

RIBS

Slow-cooked, tender, sticky and delicious. Covered in our original Turn 'n Tender basting sauce.

BEEF	500g 285
	1kg 399
PORK LOIN	500g 299
	1kg 429

Served with a choice of chips, rice, mash potato, pap and gravy, vegetables, baked potato or a green salad.

SOUTH AFRICAN FAVOURITES

BOEREWORS

Our own pure beef boerewors. Best served with pap and gravy.

Add a fried egg 12

1 piece | **115**

2 pieces | **165**

LAMB LOIN CHOPS

140g succulent and juicy T-bone-style chops.

Two | **249**

Four | **349**

OXTAIL POTJIE

Our legendary braised oxtail, slow-cooked in red wine until beautifully tender.

339

COMBOS

STEAK AND BOEREWORS

Juicy and tender 200g rump (with or without fat) or sirloin and our own pure beef boerewors. *Should you prefer fillet, add 49*

249

STEAK AND CALAMARI

Juicy and tender 200g rump (with or without fat) or sirloin and grilled calamari tubes or fried squid heads. *Should you prefer fillet, add 49*

289

STEAK AND PRAWN

Juicy and tender 200g rump (with or without fat) or sirloin and 3 succulent Queen prawns, topped with creamy garlic sauce.

Should you prefer fillet, add 49

299

RIBS AND CHICKEN

Tender, sticky and delicious ribs and succulent, tender half chicken.

Beef | **369**

Pork Loin | **389**

RIBS AND STEAK

Tender, sticky and delicious ribs and juicy, tender 200g rump or sirloin.

Should you prefer fillet, add 49

Beef | **415**

Pork Loin | **429**

Served with a choice of chips, rice, mash potato, pap and gravy, vegetables, baked potato or a green salad.

SAUCES

NEW HERB COMPOUND BUTTER 45

With a roasted marrow bone.

MONKEY GLAND, PEPPER 30

OR PERI-PERI

MADAGASCAN GREEN 40

PEPPER CORN

CHEESE OR MUSHROOM 45

OR BLUE CHEESE

BORDELAISE 75

With marrow bones, mushrooms and port.

EXTRAS

PAP AND GRAVY 40

ONION RINGS 49

Deep-fried or pan-fried.

MOROGO-STYLE SPINACH 49

Finely chopped spinach pan-fried with onion and tomato.

VEGETABLES 55

Creamed spinach, butternut and cabbage.

SWEET POTATO CHIPS 65

Spiced with paprika and coarse salt.

SAUTÉED MUSHROOMS 69

BOEREWORS 75

POULTRY

CHARGRILLED CHICKEN BREAST 149

Tender and flame-grilled with your choice of peri-peri, fresh lemon and herb, sweet chilli and coriander or BBQ sauce.

CHICKEN SCHNITZEL 159

Coated in bread crumbs and fried to golden perfection.

Add cheese or mushroom sauce 45

NEW DEBONED CHICKEN 179

Flame-grilled half deboned chicken, with wing in. With your choice of peri-peri, fresh lemon and herb, sweet chilli and coriander or BBQ sauce.

WHOLE CHICKEN Half | 159

Succulent and tender with your choice of peri-peri, fresh lemon and herb, sweet chilli and coriander or BBQ sauce.

Full | **209**

SEAFOOD

HAKE FILLET 145

Served dry grilled or in fresh lemon butter or battered and deep-fried.

MUSSELS 209

Prepared in a creamy white wine sauce, with a hint of garlic.

Recommended with chips.

CALAMARI TUBES 215

Grilled and tender. Served with your choice of fresh lemon butter, sweet chilli and coriander or peri-peri sauce.

KINGKLIP FILLET 279

Enjoy it dry grilled or with a fresh lemon butter.

PRAWNS 329

8 succulent Queen prawns grilled in fresh lemon butter, served over a bed of rice and a side of peri-peri sauce.

BURGERS

*Pure 200g hand-pressed beef patty, served on a toasted brioche bun.
Substitute bun with lettuce for any burger.*

CLASSIC 135

Topped with grilled onions and classic pink sauce.

CHEESE 155

Topped with sliced cheddar and served with cheese sauce on the side.

BACON AND CHEESE Single | 169

Topped with sliced cheddar and streaky bacon.

Double | **245**

PANKO CRUMBED CHICKEN 139

Buttermilk chicken breast coated in spices, panko bread crumbs and deep fried to golden perfection. Topped with sliced cheddar and sweet chilli mayonnaise.

STEAK SANDWICH 169

Thinly sliced rump steak, Emmental cheese, rocket, mustard mayo and crispy onion rings. Served on toasted sourdough with a rosemary steak sauce.

Served with a choice of chips, rice, mash potato, pap and gravy, vegetables, baked potato or a green salad.

DESSERTS

NEW GELATO (PER SCOOP) **39**

Scoop of creamy and delectable gelato.
Cherry cheesecake or double toffee.

CRÈME BRÛLÉE **75**

Homemade rich vanilla custard with a caramelised sugar crust.

HOMEMADE MALVA PUDDING **75**

A caramelised, sweet traditional South African dessert, served with a sweet sticky sauce and vanilla ice cream.

ICE CREAM WITH BAR-ONE® SAUCE **79**

3 scoops of vanilla ice cream, drizzled with a rich homemade BAR-ONE® chocolate sauce.

CHOCOLATE MOUSSE **79**

Decadent chocolate mousse and chantilly cream, topped with honeycomb, chocolate and fresh strawberries.

PANNA COTTA **89**

Light and creamy served on a biscuit crumble and topped with berry compote.

BAKED CHEESECAKE

Homemade, sweet and creamy.

Plain **89**

BAR-ONE® **109**

DESSERT BEVERAGES

DOM PEDRO

Creamy vanilla shake infused with either a single or double shot.

Frangelico Single | **59** | Double | **79**

Kahlúa Single | **59** | Double | **79**

Jameson Single | **75** | Double | **95**

SPECIALITY COFFEES

Kahlúa **69**

Jameson **75**

BEVERAGES

COLD

SOFT DRINKS **32**

CORDIAL AND MIXER **35**

Rose's cordial with Schweppes mixer.

GRAPETISER OR APPLLETISER **45**

RED BULL **45**

GLASS BOTTLED MINERAL WATER SPARKLING OR STILL

250ml | **24**

750ml | **46**

MILKSHAKES

VANILLA OR STRAWBERRY **49**

BAR-ONE® **75**

HOT

AMERICANO **30**

SINGLE ESPRESSO **29**

DOUBLE ESPRESSO **36**

CAPPUCCINO **39**

CAPPUCCINO WITH CREAM **42**

LATTÉ **40**

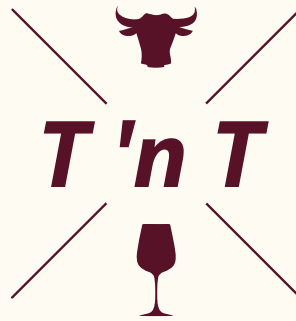
FIVE ROSES TEA **27**

HERBAL TEA **28**

RED LATTÉ **40**

RED CAPPUCCINO **40**

HOT CHOCOLATE **40**



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Thank you for your patronage, we look forward to welcoming you again.

Paper straws available on request. Terms and conditions apply. While stocks last. All prices include VAT. Ingredients may vary subject to availability and seasonality. Menu descriptors do not contain full list of ingredients. Some products may contain traces of nuts. All nutritional information is available on www.turnntender.co.za. If you require any allergen information prior to ordering, please ask a member of our team to assist. We use a lot of different ingredients and shared equipment in our kitchens, as well as some products that have been produced by suppliers. Due to this, we cannot guarantee that our food is completely free of allergens or traces of allergens. Portion weights are raw weights. Any change or addition to our original recipes will result in kilojoule count variations. ©Coca-Cola, the Dynamic Ribbon Device and Coke are registered trademarks of The Coca-Cola Company® 2024.

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