



VISTA

There is a Xhosa legend that tells the tale of how Table Mountain came to be.

When the planet was once covered entirely by ocean, the god Qamata - son of Tixo, God of the Sun, wanted to create dry land.

The sea dragon Nkanyamba did not like this idea, and tried to stop him. Despite this, Qamata persevered and began to form land by creating volcanic eruptions under the sea.

A huge fight ensued between Qamata and Nkanyamba, leaving Qamata crippled and unable to protect the land.

Qamata's mother, Djobela, came to his aid and created four giant beings to guard and protect all four corners of the land, North, South, East and West.

These guardians were known as 'The Watchers'.

The Watchers together fought many fierce battles with the sea dragon Nkanyamba, and were all eventually killed. They asked Djobela in their final moments that she transform them into stone so that they could continue to watch over the land, even in death.

She transformed each of the guards, and as the Watcher of the South pulled back the land to protect it from the ocean, he became stone - creating an expansive ridge along the coastline. This exceptional formation is the very famous Table Mountain, a true wonder of the world that continues to watch over Cape Town.

Brunch

Served daily from 7am to 12pm

BRUNCH & PASTRIES

Seasonal Fruit Plate G VG	95
Mixed Berry Smoothie Bowl G V	110
<i>Honey roasted granola and seed mix, coconut, goji berry and fresh banana.</i>	
Napoletana Eggs G N V	135
<i>Poached eggs, cherry tomato relish, Cape seed loaf, baby spinach and basil pesto.</i>	
Eggs Benedict G P	160
<i>English muffin, poached eggs, baby spinach, gypsy ham and Hollandaise.</i>	
Eggs Royale G	170
<i>English muffin, poached eggs, flaked Norwegian salmon and dill mousseline.</i>	
Bhisto & Avocado on Rye G V	130
<i>Poached egg, feta cheese, baby spinach and beetroot hummus.</i>	
German Currywurst G P	150
<i>Pork sausage, crispy crushed green onion potatoes, horseradish yoghurt crème.</i>	
Peri-Peri Chicken Livers G	150
<i>Crispy pan-fried free range chicken livers, creamy peri-peri sauce, moss parsley, red onion, toasted brioche.</i>	
Potato, Onion & Sumac Rosti VG	140
<i>Avocado, sundried tomato relish, spinach, toasted sunflower seeds.</i>	
French Toast G V	130
<i>Salted caramel, cinnamon granny smith, Canadian maple, cocoa nibs.</i>	

Pastry of the Day

Breakfast Muffin G V	60
Giant Cookie G V	50
Breakfast Pastry G V	55

Vista Bar & Lounge in collaboration with Karen Dudley

Served daily from 12pm to 10pm

“Delicious always wins.”

Karen Dudley

Known for her vivacious energy, creative cuisine concoctions and love of toast, Chef Karen Dudley never fails to delight whoever steps foot into her kitchen. A collaboration born from a desire for fresh, clean and wonderfully unstuffy food, Karen and One&Only Cape Town’s team have created a bespoke menu that will simultaneously delight and enchant all who try it, leaving every guest wanting more.

By adding a twist to some of South Africa’s most well-known and classic dishes, embracing flavours and ingredients from the world over, Karen Dudley and Vista Bar & Lounge’s collaborative efforts ensures that no matter what, the food before you always tastes like home.

Light Meals

Signature Salad G V	195
<i>A leafy salad with shaved apple, dates, fried brussel sprouts, gorgonzola, walnut brittle and parmesan with Vista poppyseed dressing.</i>	
Very Mushroom Toast G V	195
<i>An indulgent pile of buttery mushrooms on charred ciabatta with miso crème. Served with well-dressed leaves.</i>	
Gochujang Cauliflower G VG	190
<i>Crispy roasted cauliflower bathed in gochujang dressing, baby gem lettuce, radish, apple, sesame seed and spring onion with a hint of mint.</i>	
Marina Rise Mussels G S	270
<i>Fresh Saldanha Bay mussels, with a gentle leek and fennel cream, topped with parsley gremolata and served with baguette slices.</i>	
Grilled Prawns S	350
<i>Six tiger prawns grilled with butter and lemon served with any one of the sides.</i>	
Vista Chicken Schnitzel G	275
<i>Topped with slaw tartare and a side of gremolata potatoes.</i>	

Main Meals

Crispy Kingklip with Black Rice	295
<i>Crispy fried Kingklip on an island of seeded black rice with a light dilled Cha Ca curry sauce, surrounded by a bright sea of sweet and sour Nam Jim.</i>	
Charred & Melting Cabbage I G V	265
<i>On a fragrant smoor of tomato, pearl couscous and chickpeas.</i>	
Vista Burger I G	260
<i>200g homemade patty, onion chutney, mature cheddar, Vista mayo on a brioche sesame bun with all the trimmings.</i>	
Umami Ribeye Steak I G	395
<i>With buttered wild miso cream mushrooms on crisped semolina gnocchi.</i>	
Fragrant Roasted Pumpkin Wedges I VG	320
<i>With a Thandai masala, rose petal crust and red sorghum, tamarind drizzle salad.</i>	
Spiced Lamb Cutlets	450
<i>Creamy baba ghanoush lentils, Turkish pickles and cabbage tabbouleh.</i>	
Korean Fried Chicken Sandwich I G	250
<i>Fried chicken breast fillet dipped in gochujang dressing on soft brioche along with mayo and our carrot daikon pickle. A crisp Asian slaw is served alongside.</i>	
Norwegian Salmon	395
<i>Medium-roasted Norwegian salmon on a bed of wilted baby spinach with butter-emulsified capers, garlic and lemon sauce and a green medley of sugar snaps, petit pois and fine beans.</i>	
Crispy Broccoli & Kale Pakora I G VG	320
<i>Coconut coriander relish, tamarind chutney, and peanut curry leaf chutney podi.</i>	

Sides

Perfect as a snack or light meal. We recommend 2-3 as a meal

Roasties I N V	95
<i>Crispy new potatoes, whipped feta with sumac dressing and dukkah spice.</i>	
Caesar Broccoli I G V	190
<i>Blanched broccoli and greens on a wholegrain caesar mayo with crispy fried capers, parmesan and toasted sunflower seeds.</i>	
Well-Dressed Leaves I VG	95
<i>Fresh green simplicity of beautiful leaves with Vista poppy seed vinaigrette.</i>	
Semolina Gnocchi I G V	135
<i>Soft, fluffy semolina gnocchi with rich melting artichoke crème.</i>	
Bowl of Chips I G V	85
<i>Homemade, crispy chips served with curried aioli and our secret seasoning.</i>	
Kale Salad I G N V	170
<i>With lemon, garlic, toasted almonds and parmesan.</i>	



Cakes & Desserts

Lemon Brûlée G V <i>Orange curd, orange segment, citrus sherbet, optic tuile biscuit.</i>	150
Very Chocolate Tart G V <i>With complex espresso ice cream.</i>	160
Vanilla Bean Pannacotta G V <i>Assorted seasonal berries, dehydrated raspberry meringue twigs.</i>	120
Strawberry Sablé Breton G N V <i>Whipped vanilla Chantilly cream, fresh strawberries, toasted almond flakes.</i>	120
Baked Cheesecake G V <i>Homemade caramel popcorn, ginger candy, soft cream, dulce chocolate shavings.</i>	120
70% Valrhona Dark Moist Chocolate Cake G V <i>Fudge sauce, mebos ice cream.</i>	150
Freshly Baked Scones G V <i>Served with homemade forest berry jam, Chantilly crème, local cheddar cheese and farm butter.</i>	80

Afternoon Tea

Served daily from 2pm to 5pm

Afternoon Tea G N <i>A colourful selection of sweet and savoury delights paired with a wide range of leaf teas and coffee.</i>	550
Moët & Chandon Afternoon Tea (per couple) G N <i>Our classic afternoon tea with a 375ml bottle of Moët & Chandon.</i>	2500

*Our menus are prepared using local, seasonal ingredients.
All fish is sustainably sourced and our coffee is Rainforest Alliance certified.
Please notify our service colleagues if you have any known food allergies or intolerance.
Our food is prepared in an environment where peanuts / nuts and other allergens are handled.
Currently there is no separate concerned allergen-free preparation area.
(A) Alcohol | (G) Gluten | (P) Pork | (N) Nuts | (S) Shellfish | (V) Vegetarian | (VG) Vegan
All prices are quoted in ZAR, inclusive of 15% VAT*