FORTRESS

MENU

FOREWORD

Welcome to Fortress Restaurant—an elevated dining destination where contemporary African warmth meets clean, modern culinary craft. Our space is designed for intimate dinners, relaxed afternoons, and vibrant gatherings, all set within the energy of Menlyn Maine. Every detail, from the ambience to the plating, is shaped to give you a sense of comfort, refinement, and belonging the moment you arrive.

From the grill to the flat-top, from vibrant bowls to signature cocktails, our kitchen brings forward a balance of freshness, heat, and richness.. Signature grills, ocean-inspired dishes, and colorful plant-based creations come together with a thoughtful wine list to create meals that feel both familiar and elevated. Alongside these, our chefs prepare traditionally crafted sushi, made with authentic Japanese methods and paired with classic sauces for clean, delicate flavour.

Thank you for choosing Fortress Restaurant. Whether you’re here for a quiet evening, a business lunch, or a festive celebration, we aim to make every visit memorable. Settle in, take in the atmosphere, and enjoy the experience, we’re honored to host you.

SUSHI

NIGIRI 4 PCS

Hand-pressed sushi rice topped with a fresh slice of seafood.

Maguro (Tuna)	R119	Unagi (Grilled Eel)	R159
Sake (Salmon)	R129	Tako (Octopus)	R89
Ebi (Prawn)	R99		

SASHIMI

Simple slices of seafood served without rice, raw or cooked depending on the item.

Maguro (Tuna) 4 pcs	R109	Maguro (Tuna) 7 pcs	R169
Sake (Salmon) 4 pcs	R119	Sake (Salmon) 7 pcs	R189
Tako (Octopus) 4 pcs	R86	Tako (Octopus) 7 pcs	R149

SASHIMI MORIAWASE (SASHIMI FUSION PLATTERS)

Assorted raw and cooked seafood slices served without rice.

4 pcs - R109 | 7 pcs - R169 | 15 pcs - R369

MAKI ROLL 6 PCS

Classic sushi roll with rice and fresh fillings wrapped in seaweed.

Tekka (Tuna)	R96	Ebi (Prawn)	R89
Spicy Tuna	R109	Prawn Tempura	R119
Sake (Salmon)	R99	Kani (Crabstick)	R79
Avocado	R79	Teriyaki (Grilled-Chicken)	R99
Kappa (Cucumber)	R69		

CALIFORNIA ROLL 8 PCS

Rice on the outside, filled with fresh ingredients and wrapped in seaweed, topped with flying fish roe.

Tekka (Tuna)	R139	Deep Fried Prawn	R179
Sake (Salmon)	R149	Kani (Crabstick)	R99
Ebi (Prawn)	R129	Veg	R109

FASHION SANDWICH 6 PCS

Sushi “sandwich” with rice on the outside, layered with fresh fillings and mayo, topped with flying fish roe.

Tekka (Tuna)	R149	Crabstick (Kani)	R109
Sake (Salmon)	R159	Veg	R119
Ebi (Prawn)	R139		

TEMAKI - HAND ROLL

A cone-shaped sushi roll filled with rice and fresh ingredients.

Tekka (Tuna)	R109	Crabstick (Kani)	R99
Sake (Salmon)	R119	Unagi (Grilled Eel)	R169
Ebi (Prawn)	R109	Veg	R89

TOKUBETSUNA RŌRU - SPECIAL ROLLS

Signature sushi rolls made with premium ingredients and unique combinations.

Alaska Roll 8 pcs	R179	Fortress Kiwami Roll 4 pcs	R229
Rainbow Roll 8 pcs	R169	Futomaki 4 pcs	R119
Dragon Roll 8 pcs	R199	Salmon Roses 3 pcs	R99

SEARED

Fresh fish lightly grilled on the outside while remaining soft and tender inside, served with ponzu sauce.

Maguro (Tuna) 4 pcs	R119	Maguro (Tuna) 7 pcs	R179
Sake (Salmon) 4 pcs	R129	Sake (Salmon) 7 pcs	R199

SUSHI MORIAWASE - SUSHI PLATTERS

A mixed platter of assorted sushi rolls, sashimi and nigiri.

Kyoto Platter (16 pcs) R306

Deep Fried Prawn California Roll (8 pcs)
Tekka Maki - Tuna Roll (6 pcs)
Sake - Salmon Nigiri (2 pcs)

Sushi And Sashimi (15 pcs) R296

Sake Salmon California Roll (4 pcs)
Avo Maki - Avocado Roll (3 pcs)
Nigiri (4 pcs)
Sashimi (4 pcs)

Fortress Tasting (7 pcs) R103

Ebi - Prawn California Roll (4 pcs)
Sake Maki - Salmon Roll (3 pcs)

Sushi Platter (30 pcs) R509

Sake - Salmon California Roll (8 pcs)
Ebi - Prawn Fashion Sandwich (6 pcs)
Tekka Maki - Tuna Roll (6 pcs)
Avo Maki - Avocado Roll (6 pcs)
Nigiri Delight (4 pcs)

STARTERS

Soup Of The Day **R65**

Ask your waiter.

Chicken Livers **R85**

Chicken livers cooked in our creamy peri-peri sauce and served with our village bread.

Winglets **R120**

Winglets with options of BBQ, Peri Peri, Lemon and Herb sauces.

Chorizo And Calamari **R120**

Flame grilled chorizo with calamari, served with a Mediterranean sauce and village bread.

Mussels **R135**

In white wine garlic sauce, served with village bread.

Calamari And Squid **R120**

SALADS

Fortress Salad **R189**

Mixed lettuce with cucumber, cherry tomatoes, red onions, carrots, beetroot, avocado, cranberries, pumpkin seeds, walnuts, feta, and chicken breast.
Served with a balsamic vinegar and olive oil dressing.

Prawn And Calamari **R250**

Mixed lettuce with calamari, prawns, cherry tomatoes, carrots, bell peppers, red onions, cucumber, and olives. Served with a lemon garlic dressing.

High Protein **R210**

Mixed lettuce, cherry tomatoes, red onions, charred corn, fetta, chicken breast, eggs, bacon, avocado. Served with honey and mustard dressing.

Mediterranean Whipped Feta **R150**

Whipped feta base, topped with cucumbers and cherry tomatoes. Dressed with olive oil, chili oil, and herbs.

LIGHT MEALS

Mediterranean Chicken Shawarma Wrap **R135**

Chicken strips with tzatziki and greens.

Hummus Chicken Wrap **R155**

Hummus, chicken strips, garlic onions, mushrooms, mozzarella, and avocado.

Halloumi Wrap **R140**

Honey and chili-fried halloumi, served on tzatziki and topped with sundried tomatoes, pickled onions, and avocado.

GRILLS

Standard – All mains served with one side. Choice of sides: Potato Chips, House Salad, Coconut Rice, Grilled Vegetables, Spinach, Butternut, Plain African Pap (White or Brown) and Relish and potato mash

Grilled Whole Baby Chicken R235

Option 1: Marinated in peri-peri sauce
Option 2: Marinated in Mediterranean sauce
Option 3: Marinated in BBQ sauce

Bourbon Chicken Breasts R160

Served on mashed potato and topped with a creamy bourbon mushroom sauce.

Wings R180

Options: Peri-peri, BBQ, garlic and herb

Pork Ribs R250

500g pork ribs flame-grilled and brushed with our in-house basting.

Lamb Chops R320

400g grilled lamb chops, brushed with our tangy mint sauce.

Fillet On The Bone R390

500g fillet on the bone, grilled to perfection. Ask your waiter about our sauces.

Rib Eye Steak R310

500g rib-eye steak, grilled to perfection. Ask your waiter about our sauces.

Tomahawk Steak R360

500g steak, grilled to perfection. Ask your waiter about our sauces.

Rump R250

350g rump, grilled to perfection. Ask your waiter about our sauces.

Espetada Rump R280

4 rump picanha cubes, brushed with rock salt and pepper.

TRADITIONAL

Mogodu (Ox tripe) R159

Served with African steamed bread (uJeqe) or African pap (white or brown), and traditional spinach.

Hardbody (African Chicken) R159

Served with African steamed bread (uJeqe) or African pap (white or brown), and traditional spinach.

Oxtail R290

Slow-cooked oxtail in our rich gravy, served with a choice of African steamed bread (uJeqe), coconut rice, mashed potato, or African pap (white or brown).

Prawn Curry R210

Coconut-infused prawn Mozambican curry, served with village bread.

Lamb Neck Curry R180

Lamb neck in a coconut-infused Mozambican curry.

Lamb Shank R350

Lamb shank served with mashed potato.

SEA FOOD

All seafood meals are served with a choice of potato chips, house green salad, or grilled vegetables.

Grilled Calamary **R195**

200g succulent calamari, grilled to perfection and served with a lemon butter sauce.

Selection Of Prawns

Grilled to perfection with our lemon butter sauce.

Queen

6 – R 180 **8 – R 220** **10 - R265**

Whole Fish **300g – R400 / 600g – R550**

Grilled with olive oil and lemon butter sauce. Ask your waiter about the whole fish of the day.

Line Fish

Ask your waiter about your line

BURGERS

All burgers are served with chips.

Chicken Mozzarella **R140**

Beef, Bacon, And Mixed Cheese **R175**

PASTA

Creamy Chicken and Mushroom Pasta **R189**

Add chorizo (optional - R35)

Sea Food Pasta **R275**

Calamari, Squid and Prawns

Vegetarian Pasta **R160**

SIDES

Potato chips	**R45**
Mashed potatoes	**R50**
Grilled vegetables	**R45**
Steamed bread	**R45**
Dirty rice	**R55**
Coconut rice	**R50**
Spinach and butternut	**R50**
Potato wedge	**R50**
African pap and relish	**R50**

SAUCES

Mushroom sauce	**R50**
Pepper sauce	**R50**
Cheese sauce	**R50**
Peri-peri sauce	**R60**





DESSERTS

Ice Cream Scoop **R20**

3 Ice Cream Scoop **R70**

With Strawberry or Chocolate Syrup

Cheesecake **R90**

Cake Selection **R75**

Ask your waiter about our selection

Malva Pudding **R85**

served with home made custard

Crème Brûlée **R95**

Fudge Brownie **R85**

served with a scoop of vanilla ice cream



With Gratitude

We hope your journey through Fortress Restaurant’s menu has been as inspiring as the meals themselves. Every dish is crafted with care, passion, and a dedication to flavour, from the first bite to the last. Thank you for letting us share our table with you—may your experience linger long after the meal, and we look forward to welcoming you again soon.