




**Breakfast**


**Atlantic Express Breakfast** 80.00  
100g fillet steak, 2 eggs, mushrooms, tomato, sausage, chips with your choice of either tea, coffee or freshly squeezed juice.



**Health Breakfast** 38.00  
Fresh seasonal fruit, muesli and plain yoghurt.

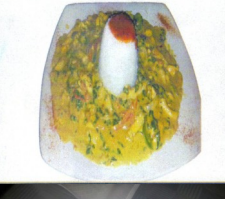
**Eggs Florentine** 39.00  
Baby spinach on wholewheat toast and topped with 2 poached eggs, lightly dusted with paprika.

**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** 55.00  
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** 39.00  
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.

**Starters**

**Cape Sea food Soup Traditional Cape seafood bisque.** 45.00  
**Mushroom Soup**  
Creamy mushroom...blended to perfection.

**Chef's Butternut Soup** 40.00  
Cooked and blended butternut with cream.

**Variety Plate** 35.00  
2 Samoosas, 2 springrolls & 2 halfmoons served with a savoury dip.

**Crumbed Mushrooms** 32.00  
Crispy coated mushrooms served with a tangy mushroom sauce.

**Plain Garlic Roll** 35.00

**Cheezy Garlic Roll Traditional garlic roll.** 20.00

**Starter Calamari** 24.00  
Grilled or deep fried calamari, served tartar sauce rice or fries. 39.00



**Salads**

**Greek Salad** 45.00  
Salad greens, feta cheese, olives, cucumber, & tomato.

**Chicken Ceasar Salad** 46.00  
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** 59.00  
Shrimps in a tangy seafood dressing with salad greens, tomato, cucumber, onion rings & avocado (seasonal).

**Smoked Salmon Salad** 59.00  
Smoked salmon trout on lettuce with capers, onion rings, & cucumber & tomato.

**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.

**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.** 69.00  
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)** 140.00  
Crayfish made in coconut curry, served with savoury rice or paratha.


**Burgers.**

**Fillet steak burger** 65.00  
100 g whole Fillet steak & onion rings.

**Beef burger** 49.00  
100 g beef burger patti.

**Cheese burger** 52.00  
100 g beef patti and slice of cheese.

**Chicken fillet burger** 49.00  
120 g Chicken fillet.



**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** 150.00  
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 or baked potato.

**Karoo roast lamb** 109.00  
Slow-roasted leg of lamb bathed in garlic lemon.

**Lamb chops** 109.00  
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 Malay, tamarind 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 with chips & veggies.

**Green Thai Chicken Curry** 79.00  
Chicken fillet with green curry paste herbs and coconut cream 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.

## Sandwiches-

served with Farmer's white or wholewheat bread.

<b>Toasted egg (3 eggs)</b>	25.00
<b>Chicken mayonnaise or Tuna mayonnaise</b>	35.00
<b>Cheese and tomato</b>	30.00
<b>Macon &amp; egg</b>	35.00
<b>Chicken &amp; mozzarella</b>	42.00
<b>Cold sandwich (speciality)</b>	49.00
Corned beef, mayonnaise, dried- coconut & onion chutney.	
<b>Steak sandwich-</b>	69.00
120 g fillet steak strips, fries, onions, sauce & salad	
<b>Full house steak sandwich-</b>	79.00
120 g fillet steak strips, egg, cheese, fries, Onions, sauce & salads.	



## Light Meals

<b>Chicken and Mushroom Pancake/Baked Potato.</b>	69.00
<b>Savoury Mince Pancake/Baked Potato</b>	69.00
<b>Smooresnoek Pancake/Baked Potato</b>	69.00
Served with cheese sauce and side salad.	
<b>Baked Potato</b>	69.00
Served with vegetables and pesto.	



## Desserts

<b>Pancakes Half</b>	20.00
<b>Pancakes Full</b>	35.00
Maple syrup and cinnamon sugar, served with a wedge of lemon.	
<b>Banana Delight Pancakes Half</b>	25.00
<b>Banana Delight Pancakes Full</b>	45.00
Banana caramel, cinnamon sugar & maple syrup served with cream or ice-cream	
<b>Atlantic Express Pancakes</b>	45.00
Ice-cream, chocolate sauce, cream & flaked almonds.	
<b>Malva Pudding</b>	35.00
Served with custard or ice-cream.	
<b>Plain Waffle</b>	35.00
<b>Banana Waffle</b>	40.00
Served with ice-cream & a choice of sauces.	
<b>Chocolate Brownies</b>	37.00
Served with chocolate sauce & ice cream, sprinkled with flaked almonds.	
<b>Scones</b>	35.00
Served with jam & cream.	
<b>Fresh Fruit Salad</b>	35.00
Fresh seasonal fruit topped with fresh cream or ice-cream.	
<b>Cheese Cake Slice</b>	35.00
Our baked speciality ... with cream or ice-cream.	
<b>Chocolate Cake Slice</b>	35.00
Moist, real chocolate cake.	
<b>Peppermint Dessert</b>	30.00
Layered caramel cream with peppermint crisp chocolate.	
<b>Banana Split</b>	35.00
Grilled banana and mixed fruit served with vanilla or whipped cream.	
<b>Coupe Denmak</b>	30.00
Vinale ice-cream with chocolate sauce and nuts.	

## Beverages

A wide variety of hot and cold beverages available.



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

Web : [www.atlanticbluetrain.com](http://www.atlanticbluetrain.com)



AtlanticExpressTrainRestaurant



## Atlantic Express Train Restaurant Menu

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Sea Point, Cape Town,  
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For special events and functions

Contact

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



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