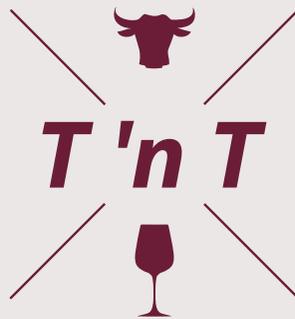




**FOR**  
**THE LOVE OF**  
*great*  
*steak*

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.***

## STARTERS

<b>NEW</b>	<b>BUTTERNUT SOUP</b>	<b>69</b>
	Roasted butternut soup, with coconut milk swirl. Vegan.	
<b>NEW</b>	<b>SEAFOOD SOUP</b>	<b>145</b>
	Creamy tomato base with mussels and calamari, with white wine and a touch of garlic. Topped with a grilled prawn.	
	<b>MARROW BONES</b>	<b>79</b>
	Roasted buttery marrow bone, spiced with paprika, black pepper and salt.	
	<b>CRUMBED MUSHROOMS</b>	<b>85</b>
	White button mushrooms coated in panko crumbs and Grana Padano cheese shavings and deep-fried. Served with sweet chilli mayo dipping sauce.	
	<b>CHICKEN LIVERS</b>	<b>89</b>
	Pan-seared to enjoy plain or with our famous peri-peri cream sauce.	
	<b>BEEF SHORT RIB RASHERS</b>	<b>89</b>
	Seasoned with our special BBQ spice.	
	<b>HALLOUMI CHEESE</b>	<b>89</b>
	Grilled or fried and served with sweet chilli and coriander dipping sauce.	
<b>NEW</b>	<b>RUMP CARPACCIO</b>	<b>95</b>
	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**.	
	<b>SQUID HEADS</b>	<b>109</b>
	Coated in a light batter and fried to golden perfection. Served with your choice of tartar or peri-peri sauce.	
	<b>CALAMARI TUBES</b>	<b>109</b>
	Served grilled with your choice of fresh lemon butter, sweet chilli and coriander or peri-peri sauce.	
	<b>SNAILS</b>	<b>115</b>
	Covered in a delectable brandy and garlic butter sauce with a dash of cream.	
	<b>MUSSELS</b>	<b>119</b>
	Prepared in a creamy white wine sauce with a hint of garlic.	
	<b>TRINCHADO</b>	<b>119</b>
	Tender beef fillet cubes smothered in fresh green chilli, tomato, onion and garlic.	
	<b>AVO RITZ</b>	<b>139</b>
	Prawns coated in Marie Rose dressing, served on a bed of avo*.	
	<b>LAMB TAILS</b>	<b>159</b>
	Braised and slow-cooked with tomato, onion, garlic and celery. Served with a dollop of pap.	

\*Subject to availability

\*\*Contains soya

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## SALADS

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- SWEETCORN** 89  
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.
- FRENCH** 89  
Fresh rocket, tomato, red onion, cucumber, avo\* and carrot, served on a bed of crisp lettuce.
- ROASTED BUTTERNUT** 99  
Roasted butternut, red onion, rocket, tomato, feta and avo\*.  
Served on a bed of crisp lettuce.
- GREEK** 109  
Fresh rocket, tomato, red onion, cucumber, feta and Kalamata olives, served on a bed of crisp lettuce.
- SWEETCORN AND CHICKEN** 115  
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.
- BLUE CHEESE** 119  
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.
- ROASTED BUTTERNUT AND STEAK** 149  
Roasted butternut, red onion, rocket, tomato, feta and avo\*.  
Served on a bed of crisp lettuce, topped with lightly basted beef fillet cubes.

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## VEGETARIAN AND VEGAN

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

- NAKED VEGAN BURGER** 109  
Activated charcoal, sweet potato and chickpea patty grilled with BBQ basting and topped with sautéed mushrooms, crispy onion rings and fresh avo\*.
- VEGETARIAN BURGER** 109  
Activated charcoal, sweet potato and chickpea patty grilled with BBQ basting and topped with mustard mayo, pickles, fresh tomato and grilled onions.  
Served on a toasted brioche bun.
- VEGETARIAN CURRY** 149  
Mixed seasonal vegetables prepared in a creamy curry coconut sauce with a hint of garlic. Served in a potjie pot.

*\*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.

## **BRIAN'S BOWL OVER**

**389**

600g rib-eye on the bone, topped with flambéed brandy green peppercorn sauce with a touch of cream.

 **SHIRAZ**

## **HOWARD'S HOWLER**

**279**

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

*Should you prefer fillet, add 49*

 **CABERNET SAUVIGNON**

## **STEVEN'S SENSATION**

**299**

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**

## **MERVYN'S MAGIC**

**399**

"*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.

<b>SIRLOIN</b>	200g <b>185</b>
Succulent cut with just enough fat to enhance the flavour.	300g <b>225</b>
<b>RUMP - NO FAT</b>	200g <b>185</b>
A unique lean and juicy cut.	300g <b>225</b>
<b>RUMP - WITH FAT</b>	200g <b>185</b>
Juicy and full of flavour.	300g <b>225</b>
<b>POINT RUMP (SIGNATURE CUT)</b>	300g <b>265</b>
Our cut of rump with a thick layer of crispy fat.	400g <b>319</b>
<b>FILLET</b>	200g <b>245</b>
A prime cut so tender it melts in your mouth.	300g <b>285</b>
<b>RIB-EYE</b>	300g <b>289</b>
Rib-eye has fat marbling through the steak making it rich and full of flavour.	
<b>ARGENTINIAN-STYLE FILLET</b>	300g <b>335</b>
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.

<b>SIRLOIN</b>	700g <b>499</b>
<b>FILLET</b>	700g <b>619</b>

## STEAK ON THE BONE

<b>T-BONE</b>	600g <b>375</b>
This cut is a tender fillet and succulent sirloin separated by a T-shaped bone.	
<b>RIB-EYE ON THE BONE</b>	600g <b>365</b>
Marbled with fat, this cut on the bone is both juicy and full of flavour.	
<b>NEW DRY-AGED RIB-EYE ON THE BONE</b>	600g <b>435</b>
This succulent cut is dry-aged for 28 days to enhance the tenderness and flavour of the meat.	
<b>CAVEMAN</b>	1kg <b>469</b>
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. Served with a choice of chips, sweet potato chips, rice, mash potato, pap and gravy, vegetables, baked potato or a side salad.

<b>BEEF</b>	500g <b>279</b>
	1kg <b>395</b>

## SOUTH AFRICAN FAVOURITES

### BOEREWORS

Our own pure beef boerewors. Best served with pap and gravy.  
Add a fried egg 12

1 piece **109**  
2 pieces **159**

### LAMB LOIN CHOPS

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

Two **229**  
Four **329**

### OXTAIL POTJIE

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

**299**

## 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*

**239**

### 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*

**285**

### 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*

**289**

### BEEF RIBS AND CHICKEN

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

**349**

### BEEF RIBS AND STEAK

Tender, sticky and delicious ribs and juicy, tender 200g rump or sirloin. *Should you prefer fillet, add 49*

**399**

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

## SAUCES

**MONKEY GLAND, PEPPER  
OR PERI-PERI** 30

**MADAGASCAN GREEN  
PEPPER CORN, CHEESE OR  
MUSHROOM** 40

**BLUE CHEESE** 45

**BORDELAISE** 69  
With marrow bones, mushrooms  
and port.

## EXTRAS

**PAP & 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** 59  
Spiced with paprika and coarse salt.

**SAUTÉED MUSHROOMS** 69

**BOEREWORS** 69

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## POULTRY

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- CHARGRILLED CHICKEN BREAST** 145  
Tender and flame-grilled with your choice of peri-peri, fresh lemon and herb, sweet chilli and coriander or BBQ sauce.
- CHICKEN SCHNITZEL** 155  
Coated in panko crumbs and fried to golden perfection.  
**Add cheese or mushroom sauce 40**
- WHOLE CHICKEN** *Half* 149  
*Full* 199  
Succulent and tender with your choice of peri-peri, fresh lemon and herb, sweet chilli and coriander or BBQ sauce.

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## SEAFOOD

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- CALAMARI TUBES** 215  
Grilled and tender. Served with your choice of fresh lemon butter, sweet chilli and coriander or peri-peri sauce.
- HAKE FILLET** 145  
Served dry grilled or in fresh lemon butter or battered and deep-fried.
- MUSSELS** 195  
Prepared in a creamy white wine sauce, with a hint of garlic.  
Recommended with chips.
- KINGKLIP FILLET** 265  
Enjoy it dry grilled or with a fresh lemon butter.
- PRAWNS** 309  
8 succulent Queen prawns grilled in fresh lemon butter, served over a bed of rice and a side of peri-peri sauce.

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## BURGERS

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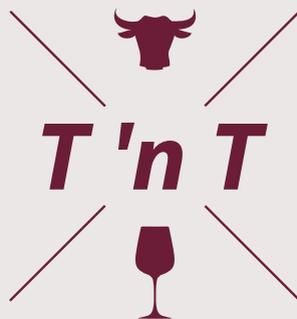
*Pure 200g hand-pressed beef patty, served on a toasted brioche bun.  
Substitute bun with lettuce for any burger.*

- CLASSIC** 125  
Topped with grilled onions and classic pink sauce.
- CHEESE** 149  
Topped with sliced cheddar and served with cheese sauce on the side.
- MACON AND CHEESE** *Single* 165  
*Double* 239  
Topped with sliced cheddar and crispy macon.

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- PANKO CRUMBED CHICKEN** 129  
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** 159  
Thinly sliced rump steak, Emmental cheese, rocket, mustard mayo and crispy onion rings.  
Served on toasted sourdough with a rosemary steak sauce.

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



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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](http://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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