

OldDucky
French Café

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The Tale of Two Duckies...

Marina & Freda Appelbaum most certainly have their ducks in a row when it comes to all things culinary. Marina's fresh, gregarious and gracious approach to hospitality is backed by 46 years in the industry, which she experienced & navigated from every perspective.

She started working in her mother's popular & successful Three Sisters Cafe at the age of 11, then worked her way up to the sought-after Manager's Assistant position at the Ritz in London at the age of 24, cementing her place in fine dining forever. Here she rubbed shoulders with all walks of life, from royalty & aristocracy to Russian oligarchs & many other nationalities.

Marina came home & opened five restaurants of various cuisines, marking Old Ducky French Cafe as her 6th successful restaurant. For the latter, she coaxed award-winning chef Freda Appelbaum out of retirement to run & oversee the beautiful kitchen as her partner.

Freda spent over 25 years in the much loved award winning and renowned restaurant Le Canard (which ran from 1987 to 2013) & boasts unsurpassed expertise in classic & contemporary French and European food. She is well renowned and respected in restaurant circles. Freda is also one of very few women chefs in the world to be awarded the title 'Disciple of Escoffier', was showered with countless national & international awards, & invited to be a member of the Chaîne des Rôtisseurs.

While Le Canard was frequented by countless international celebrities, politicians & musicians, Freda remained grounded. For her, any food lover was a favoured guest - an attitude that is mirrored in her authenticity to this day.

Freda & Marina's combined passion, experience, dedication & old-school grit has established the award winning Old Ducky as a favourite for local & international guests. Sit back & enjoy a meal with us, knowing that you're in the very best, most passionate company.

**Old
Ducky
French Café**

Everything is made daily using the highest quality ingredients.
We can not warm up your food as we dont use microwaves.

Breakfast

Menu petit déjeuner

Monday – Thursday : Served until 4pm

Friday – Sunday : Served until 12pm

Served with Toasted Ciabatta^G or Rye^G
or White^G or Brown^G.

To swap for Gluten Free Bread^{GF} ADD: 19

CLASSICS

classiques

Croissants from France

Croissants de France

Served with Butter & a selection of Jams.

Plain ^G	39
ADD: Mozzarella	29
Gouda	29
Imported Emmental	47
Streaky Bacon	34
Gypsy Ham	37
Chocolate ^G	49
Almond Marzipan ^G	49

Pocket Croissants ^G

Croissants de poche

Plain Croissant cut in half & filled with:

Smoked Norwegian Salmon, Capers, Cream Cheese & Red Onions	149
Parma Ham & Imported Emmental Cheese ..	117
Bacon, Egg Mayo & Rocket	91

Not foie gras toast

Pâté pain grille

Mini pot Duck Pâté with Cranberry Gelle

French Toast

Pain Perdu

2 Slices of White bread fried with beaten eggs &
served with mixed Berry Coulis & Cream. Topped
with caramelized Walnuts & dusted with icing sugar.

ADD: Bacon	34
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Quiche Lorraine

An open dish made with Eggs, Cream, Bacon, &
Gruyère Cheese. Served with a Side Salad. ^G

Can be served room temperature or warm
(15 mins to heat).

Banana Bread

Pain à la banane

Two slices of toasted banana bread served with cream.

ADD: Bacon	34
Nutella	24

EGGS

oeufs

Omelette

3 Free Range Eggs.

ADD: Imported Emmental	47
Mozzarella	29
Gouda	29
Tomato	11
Onion	11
Bell Peppers	20
Mushrooms	29
Streaky Bacon	34
Gypsy Ham	37

English Breakfast

Petit déjeuner anglais

2 Free range Eggs (fried), with Streaky Bacon,
1 Beef or Pork Sausage, grilled Mushrooms
& grilled Tomato.

Creamy Scrambled Eggs with Salmon

Oeufs brouillés au salmon fumé

Scrambled Eggs mixed with Cream
& thin strips of Norwegian Salmon.

Eggs Benedict

Oeufs Bénédicte

2 Poached eggs with 2 slices of gypsy ham
served on a toasted muffin^G & topped with
creamy Hollandaise Sauce.

Eggs Royale

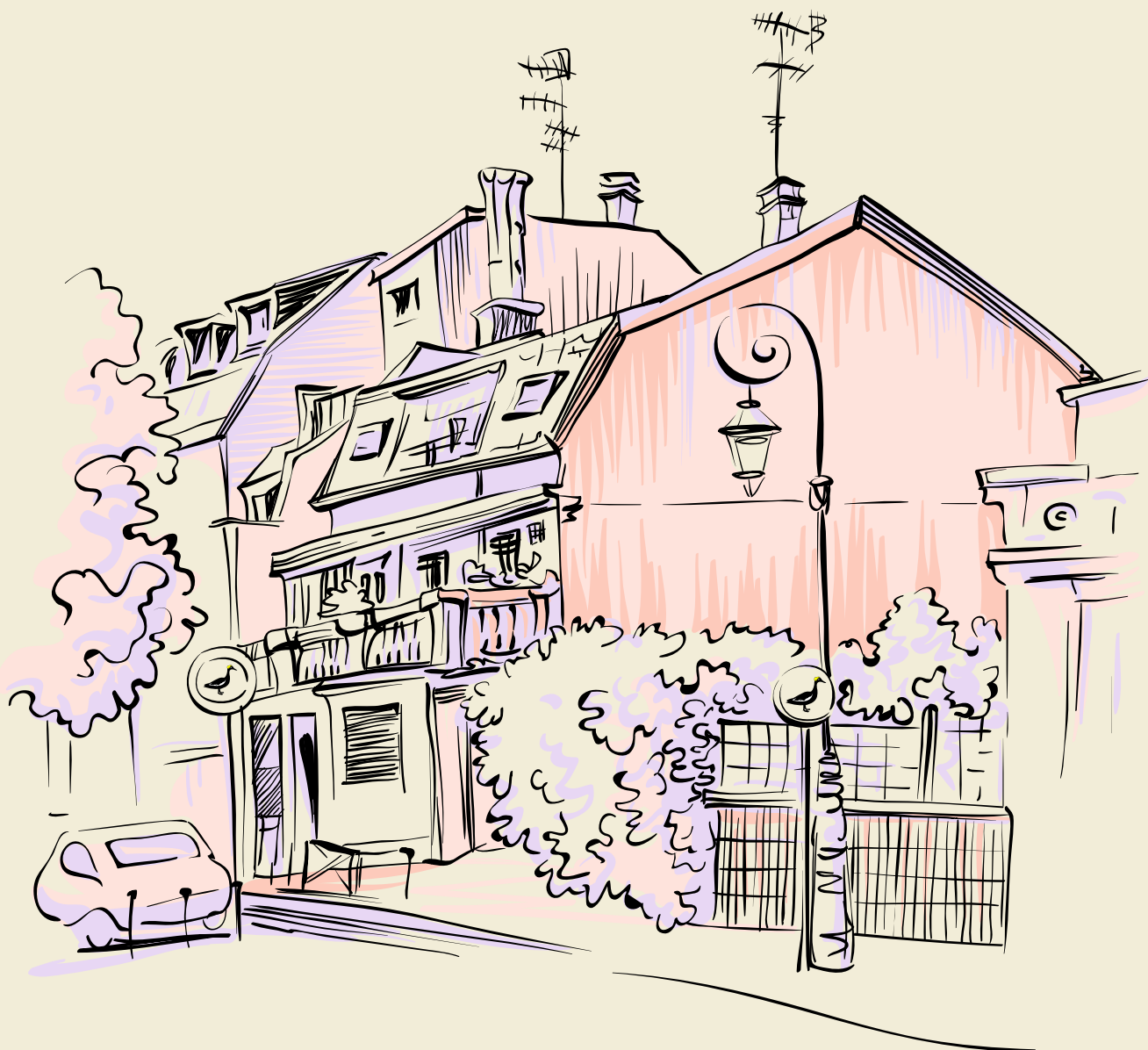
Oeufs Royaux

2 poached Eggs with slices of Norwegian Salmon
on a toasted Muffin^G & topped with creamy
Hollandaise Sauce.

Eggs Florentine

Oeufs Florentine

2 poached Eggs with wilted Spinach &
Norwegian Smoked Salmon on a Toasted Muffin^G &
topped with creamy Hollandaise Sauce.



VEGETARIAN OPTIONS

options végétariennes

Greek Yogurt 81

Yaourt grec

Honey, crushed Walnuts & Raisins. ^V

ADD: Seasonal Fruit 24

ADD: Toasted Muesli & Nuts 24

Classic Egg Mayo Sandwich 71

Sandwich Oeuf Mayo Classique

Fresh white Bread^G with Cumin Butter &

Egg Mayo with a Garlic Aioli. ^V

Mushroom Nut Loaf ^{VG,G} 169

Slices of Nut Loaf served with Ratatouille.

Served with Toasted Ciabatta^G or Rye^G
or White^G or Brown^G.

To swap for Gluten Free Bread^{GF} ADD: 19

Pesto Mushrooms 95

Champignon pesto

Pan fried Mushrooms with Egg of your choice

& homemade Basil Pesto. ^V

Hummus & Avo 91

Chickpea Dip & slices of Avo. ^{VG}

Tahina & Avo 91

Roasted Sesame Seeds, Olive Oil, Parsley

& Slices of Avo. ^{VG}

Lunch & Dinner

Menu du déjeuner et du dîner

STARTERS

entrées

“Not Foie Gras” Pâté Canard 110

Smooth Duck Liver topped with a thin layer of Cranberry Gelle. Served with slices of Baguette^G.

Pan-Fried Livers

a la Portugaise 89

A mini pot of Livers, prepared with Mushrooms, Onion, Tomato, Lemon, Garlic, Chilli(Med) & a touch of Tarragon & Parsley. Served with slices of Baguette^G

Crêpe Aux Fruits De Mer 156

Seafood Crepe (deconstructed) with Prawns, Kingklip, Calamari, & topped with a light tomato Beurre Blanc.^G

Prawn Shooters 142

4 Grilled Prawns in a seductive mélange of Lemongrass, Balsamic & light Tomato crème. ^{GF}

Aria di Parma 161

Finest Parma Ham finely sliced with Melon* & Parmesan Cheese. ^{GF} *Subject to Availability.

Calamari 110

Rings and Heads dusted with Asian Spice, lightly fried, & drizzled with a Franco Asian Sauce on a bed of Rice. ^G

Mussels* 110

A bowl of fresh Mussels served with Spring Onions, Parsley, Garlic, Coriander, a touch of Chilli, Blue Cheese & Fresh Cream. Served with slices of Baguette^G. *Subject to Availability.

Snails & Prawns 149

3 Prawns & 3 Snails served on baked mushroom caps with a traditional French Garlic Butter Sauce. ^{GF}

Escargot 109

6 Snails in a traditional French Garlic Butter Sauce.

Steak Tartare 159

100g Finest beef fillet chopped by hand & mixed with red onion, anchovy, capers, parsley, mustard, mayonnaise & a fresh oyster.

Served with finely sliced julienne crisps.

*No raw egg

Monday – Saturday : Served 12pm until 8:30pm

Sunday : Served 12pm until 3pm

Served with Toasted Ciabatta^G or Rye^G

or White^G or Brown^G.

To swap for Gluten Free Bread^{GF} ADD: 19

SOUPS

soupes

Served with Croutons^G.

Lobster Bisque 130

250ml creamy soup of Lobster & fresh mushrooms, with a small dash of Cognac & Saffron. ^G

French Onion 89

250ml French Onion Soup topped with a Toasted Baguette(G) & melted Gruyère Cheese. ^V

Cauliflower 85

250ml delicate Cauliflower & Herb infused creamy soup. ^V

Split Peas 85

250ml soup of green Split Peas with a selection of Beans, Garlic, Onions, Celery, Leeks & blended with Cream. ^V

Gazpacho 75

250ml Cold zesty Tomato Soup with the choice of side vegetables to add. ^V

SIDES

côtés

Single Baguette ^G From France 38

Shoestring Fries ^{GF} 38

French Side Salad ^{GF} 55

Potato Mash ^{GF} 49

Ratatouille ^V 65

Fresh vegetables (Brinjals, baby marrow, tomatoes, onions and bell peppers) stewed in fresh tomato.

Brinjals ^{GF} 65

Smoked Brinjals mixed as a dip with fresh tomatoes, onions, cumin & green chillies.

Homemade Mayonnaise ^{GF} 18

G - Gluten GF - Gluten Free VG - Vegetarian V - Vegan



SALADS

salades

Chicken Caesar	139
With Chicken Breast, Bacon, Cos Lettuce, Anchovy, Boiled Egg & Parmesan Cheese. Served with Homemade Caesar Mayonnaise on the side.	
ADD: Avo	30
French Fillet	175
Rare Fillet of Beef, Mozzarella, Cos Lettuce, sliced Tomatoes, Red Onions & fresh Rocket. Served with Homemade Chimichurri Sauce on the side.	
Aria Di Parma	189
Smooth Cream Cheese balls, thinly sliced finest Parma Ham, Peaches, Cos Lettuce & fresh Thyme. Served with Creamed Honey on the side.	
Classic French Salad ^{VG}	95
Mixed leaf salad, Mixed Peppers, Carrots, Olives, Cucumbers & Feta. Served with Homemade French Salad Dressing on the side.	
ADD: Avo	30
Burrata Salad ^{VG}	240
Red onion, balsamic vinegar, Iceberg Lettuce, mixture of tomatoes, burrata cheese with chilli flakes, fresh herbs & a touch of lemon.	

GOURMET OPEN SANDWICHES

sandwichs ouverts
gastronomiques

Served with Toasted Ciabatta^G or Rye^G or White^G or Brown^G.
To swap for Gluten Free Bread^{GF} ADD: 19

Croquer	138
3 Cheeses (Gruyère, Gouda & Mozzarella) melted over layers of Pastrami & Sauerkraut. Served with Gherkins & Dijon Mustard on the side.	
Chicken Caesar	98
With Chicken Breast, Bacon, Cos Lettuce, Anchovy, Boiled Egg & Parmesan Cheese. Served with Homemade Caesar Mayonnaise on the side.	
ADD: Avo	30
French Fillet	109
Rare Fillet of Beef, Mozzarella, sliced Tomatoes, Red Onions & fresh Rocket. Served with Homemade Chimichurri Sauce on the side.	
Aria Di Parma	120
Smooth Cream Cheese, thinly sliced finest Parma Ham, Peaches & fresh Thyme. Served with Creamed Honey on the side.	

PIES

tartes

Served with a French Side Salad or Potato Mash.

Chicken a la King 149

A twist on a classic. Chicken Breast, Green Pepper, Spring Onion, fresh Mushrooms, White Wine, Mozzarella & a touch of Cream.^G

Lamb 189

Braised & succulent Lamb cooked for 4 hours & reduced with Red Wine, & fresh Peas. Served with a side Red Wine Jus.^G

Duck & Cherry 175

Duck Breast & Thigh reduced with Port, Marjoram & Cherries. Served with a side Port Jus.^G

Beef Bourguignon 179

Diced Beef braised in Pinot Noir, Onions, Carrots & Mushrooms.^G

Spinach & Feta 139

An Open Pie made with egg, fresh spinach, peppadew, feta cheese with a touch of cream and nutmeg.^{VG}

MAINS

plat principal

Served with Shoe-string Fries, French Salad, Brown & Wild Rice, Potato Mash or Ratatouille.

Lamb Shank 295

Marinated overnight with fresh Tomatoes, Herbs & Olive Oil. Served with mashed Potatoes & Vegetables.^{GF}

Oxtail Stew 239

Oxtail braised in Tomato & slow cooked for 4 hours.^{GF}

French Fillet 260

250g Grilled Fillet of Beef, cooked with Basting or Butter. Served with either Creamy Mushroom Sauce or Pepper Sauce.^{GF}

Steak Tartare 260

250g Raw chopped Fillet of Beef with traditional condiments mixed & served at your table.

ADD a sniffer glass of

Rémy Martin French Cognac 99

Seared Salmon 299

Seared Norwegian Salmon served with a choice of Goji Berry Sauce^G or Fresh Cucumber Sauce.

Fresh Seabass 280

Pan fried & served with lime zest & lemon butter

Mauritian Prawn & Chicken Curry 255

Creamy Creole Masala with a touch of Ginger.^G

Franco-Russian Beef Stroganoff 255

Sliced Fillet of Beef in a sauce of Dijon Mustard, Cognac, Crème Fraiche & Mushrooms.^G

Le Canard 249

Free range Duck Breast Crisped with Honey & Pepper accompanied by Traditional Potato Gratin. Served with your choice of sauce:

Fresh Orange & Grand Marnier or Apple, Ginger, Cinnamon & Calvados.^{GF}



VEGETARIAN OPTIONS

options végétariennes

Mushroom Nut Roast ^{VG} 169
Slices of Nut Loaf served with Ratatouille.

Hummus & Avo ^V 91
Chickpea Dip & slices of Avo.

Classic Egg Mayo Sandwich ^{VG} 71
Fresh white Bread^G with Cumin Butter &
Egg Mayo with a Garlic Aioli.

Ratatouille ^V 125
Brinjals, baby marrows, fresh tomatoes, onions &
bell peppers. Stewed in tomato. Served on a bed
of lentils & rice.

Served with Toasted Ciabatta^G or Rye^G
or White^G or Brown^G.
To swap for Gluten Free Bread^{GF} ADD: 19

Tahina & Avo ^V 91
Roasted Sesame Seeds, Olive Oil, Parsley
& Slices of Avo.
ADD: Brinjal Dip 48

Vegetarian Burger ^{VG} 159
Vegetarian patty served with fresh tomato, lettuce,
gherkins, smoked brinjal dip & vegan mayonnaise
on a bun.

DESSERTS

le desserts

Parisian Walnut Parfait 94
A French favourite made with Walnuts, Honey & Swirls of Chocolate & Vanilla.^{GF}

Crêpes Suzette 99
Timeless French feather light Crêpes prepared with an Orange & Grand Marnier flambé sauce. Served with a scoop of Ice Cream.^G

Crème Glacée 75
Vanilla Ice Cream drizzled with homemade Chocolate Sauce.

Lemon Meringue Dessert 89
Caramelised Lemon Meringue Ice Cream.

CAKES

gâteaux

Cheesecake 59
A smooth tantalizing Baked Cheesecake.^G

Carrot Cake 59
A cake which explodes with flavour, bursting with an array of Nuts & delicious crunch. Rich, moist & topped off with soft Cream Cheese icing.^G

Chocolate Torte 59
A thin sliver of decadent Chocolate Torte.^G

Cupcake Boss
Red Velvet 50
Vanilla 50
Oreo 60
Gluten Free Red Velvet ^{GF} 80

