

— THE —
YELLOW
DOOR
AT SYNC

Kindly note we are a cashless establishment



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AT SYNC

COLD STARTERS

Mediterranean Dips 90

Ciabatta & sourdough served with tzatziki, hummus
& dipping oils

Prawn & Avo Cocktail 110

Greens topped with avo, prawns and rosa
tomatoes topped with our homemade Marie-Rose
sauce and a drizzle of hot sauce

Beef Fillet Carpaccio 110

Thinly sliced beef fillet served with rocket, capers,
balsamic glaze. Topped with parmesan shavings.
Served with toasted ciabatta

HOT STARTERS

Italian Tomato Soup 80

Our house speciality, served with toasted ciabatta

Mussel Pan 90

Mussel steamed & served in a creamy white wine, garlic & herb sauce served with toasted ciabatta

Spicy Homemade Fish Cake 85

Served with rocket mayo

Prawn Saganaki 110

Prawns baked in a tomato concassé, topped with feta & herbs. Served with toasted ciabatta

Crispy Calamari 110

Tender tubes and squid heads fried and served with tartare sauce

Wood Oven Roasted Prawns 115

Prawns roasted with a chimichurri sauce.
Served with ciabatta

Peri Peri Chicken Livers 90

Chicken livers prepared in our house peri-peri sauce.
Served with toasted ciabatta

Roasted Marrow Bones 90

Marrow bones roasted to perfection & dressed with chimichurri sauce. Served with toasted ciabatta

Skinny Lamb Chops 115

Three skinny lamb chops, served with tzatziki

SHARING BOARDS

Focaccia

Garlic & herb 65
Feta & rosa tomatoes 85
Caramelized onion & gorgonzola 105

Cheese Plate 175

Three assorted cheeses, olive tapenade, dipping oils & preserves. Served with ciabatta

Charcuterie Plate 195

Three assorted cured meats with pickles, olives & dipping oils. Served with ciabatta

SALADS

Greek 95

Chunky tomato, cucumber, red onion,
green pepper, Kalamata olives & feta

Caprese 115

Tomatoes, mozzarella, fresh basil,
basil pesto, balsamic reduction
& extra virgin olive oil

Thai Beef 155

Stir-fried beef fillet strips, fresh greens, coriander,
red onions & sesame seeds.
Finished with a spicy Asian dressing

Caesar

Cos lettuce, croutons & boiled egg topped with
parmesan shavings & dressed with our
creamy Caesar dressing

with bacon 125

with chicken 145





BETWEEN BUNS

Banting Burger 135

Premium beef burger (150g) topped with cheddar cheese, bacon, gherkins, feta & avo.
Served with a side salad & no bun

YD Ultimate Burger 145

Our premium beef (150g) with cheddar cheese, bacon, gherkins, tomato & lettuce.
Served with potato chips

swop beef for chicken breast

Red Rooster 135

Grilled chicken breast basted with a Korean inspired sauce. Served with potato chips and a side salad

Wagyu Burger 175

100% Wagyu patty topped with lettuce, tomato, house pickles & cheddar cheese.
Served with potato chips

GNOCCHI

Gnocchi Gorgonzola 135

Served in a creamy gorgonzola sauce with baby spinach & topped with walnuts.

Gnocchi Bolognese 125

Served in a rich bolognaise sauce & topped with parmesan shavings

Gnocchi Sorentina 125

Gnocci baked in tomato and basil sauce.
Topped with Parmesan
& fresh basil leaves

PASTAS

Your choice of tagliatelle or penne

VEGETARIAN

Arrabiata 105

Slow-cooked spicy napolitana sauce.
Served with fresh basil & Parmesan

Napoletana 105

Slow-cooked napolitana sauce with fresh basil.
Topped with Parmesan

SEAFOOD

Puttanesca 125

Rich tomato sauce with anchovies, olives, capers,
garlic & a hint of chilli. Topped with Parmesan

Fresh Mussels 175

Mussels in a creamy white wine sauce.
Topped with basil

Chilli Prawn 185

Deshelled prawns sauteed in olive oil, garlic
& tomato. Topped with feta & fresh rocket

Millionaire 215

Smoked salmon, courgettes, spring onions
& avo. Topped with rocket & lemon

CARNI

Chicken Pesto 165

Chicken fillets tossed with sundried tomatoes, basil, pesto, courgettes, red pepper & feta.
Served in a creamy white wine sauce

Chicken Alfredo 145

Chicken breasts sliced & tossed in a creamy sauce & topped with Parmesan

Ham Alfredo 135

Mushrooms & ham tossed in a creamy alfredo sauce. Topped with Parmesan.

Bolognese 135

Beef & pork slow cooked in a napolitana sauce.
Finished with fresh cream

New York 185

Beef fillet strips with mushrooms, olives, onions, red pepper & garlic. Served in a tomato sauce

Beef Cannelloni 135

Beef bolognaise in a crushed red pepper, tomato, garlic & basil napolitana sauce

Butternut & Bacon 145

Butternut & bacon served in a creamy gorgonzola sauce

Chicken Liver 135

Sauteed chicken livers served in a tomato & onion peri-peri sauce.

PIZZAS

Margherita 95

Mozzarella, parmesan, tomato & fresh basil

Regina 125

Mozzarella, mushroom & gypsy ham

Caprese 145

Mozzarella & tomato topped with avo & basil.
Finished with a balsamic glaze

Vegetarian 155

Roasted butternut, feta, caramelized onion
& calamata olives. Topped with fresh rocket

La Med

Mozzarella, avo & feta

with bacon 175

with roasted chicken 185

with chorizo & olives 185

Diavola 145

Salami & fresh rocket

add gorgonzola 30

Prosciutto 195

Prosciutto, Parmesan shavings & fresh rocket

New York 210

Fillet steak, caramelized onion, mozzarella
& fresh rocket

add gorgonzola 30

Mexicana 165

Beef bolognese, mozzarella, red onion,
green peppers & chilli

Soprano 185

Bacon, fig & gorgonzola cheese

Agnello 205

Lamb, caramelized onion, mushrooms,
cream cheese & fresh rocket

Roasted Chicken 185

Chicken mayo, mushrooms, feta
& peppadews. Topped with rocket

Jem Squash 185

Brie cheese, cranberry & cream cheese

**with bacon or
with roasted chicken**

Sicilian 185

Bacon, ham, salami, onion, peppadews
& avocado

PRIME CUTS

**Grain-fed South African beef served with
onion strings & side of your choice**

Fillet 250g 250

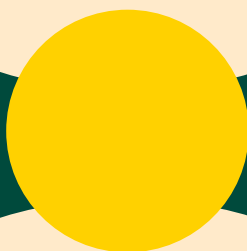
Rump 350g 200

Sirloin 200g/300g 175/220

Ribeye 300g 275

T-Bone 600g 295

Add marrow bone 50



SPECIALITY STEAKS

**Flame-grilled & served with onion
strings & side of your choice**

The Dax 280

250g beef fillet topped with creamed
spinach & feta

The Jem 280

250g beef fillet topped with Camembert
cheese & caramelised onion

Mushroom Steak 280

250g beef fillet topped topped with
mushroom sauce

Fillet Au Poivre 280

250g beef fillet topped with a Madagascar
pepper sauce

SLOW ROASTED

**Unique to the Yellow Door and
prepared with love**

Lamb Shank 295

Tender lamb shank slow cooked in red wine
& whole tomatoes. Served on mashed
potatoes with roasted vegetables

Pork Belly 200

Slow-roasted pork belly served on creamy
mash with house roasted vegetables
& apple chutney

Lamb Curry 180

Tender lamb curry with sambals
& basmati rice

RIBS

Pork Loin Rib

Slow cooked and then grilled to fall off
the bone perfection

400g 185 | 800g 285

CHICKEN

Chicken Schnitzel 160

Our famous ciabatta & Parmesan crumbed chicken breast, lightly fried & served with mushroom sauce, a side of chips & a salad

Butter Chicken Curry 165

Mild butter chicken curry served with basmati rice & sambals

Roasted Chicken 175

Tender & juicy wood roasted 1/2 chicken marinated in mild lemon & herb, peri-peri or a BBQ basting. Served with a side of your choice

FISH

Sauces:

Lemon butter, peri peri & garlic

Grilled Fish of the Day 175

Today's catch grilled to perfection.
Served with your choice of starch & a side salad

Fresh Mussel 185

Mussel steamed in white wine, cream, garlic
& parsley sauce. Served with toasted ciabatta

Classic Fish & Chips 165

Battered & fried hake served with tartare sauce
& your choice of side

Sole de Sync SQ

West Coast sole either grilled with our unique lemon
butter sauce or lightly crumbed and gently fried.
Served with tartare sauce & side of your choice

Fried Calamari 185

Fried in a tempura batter served with chips & tartare
sauce. Served with a side salad

Grilled King Prawns 245

Butterflied & grilled. Served with a sauce
& starch of your choice

Seafood Curry 185

White fish and prawns infused with a fragrant
green Thai curry with coconut milk & coriander.
Served with jasmine rice

Fish Cakes 135

Gurnard & haddock fish cakes.
Served with tzatziki and a side salad

SIDES 45

Creamy mash

Potato chips

**Roasted butternut & baby
marrow with feta**

Greek salad

Tomato & onion salad

Onion rings

BUTTERS 40

Cafe De Paris

Garlic & Coriander

SAUCES 45

Peppercorn

Mushroom

Chimmichurri

Gorgonzola

Cheese

KIDS

Under 12 years of age

Macaroni Cheese 80

Macaroni & cheese in a creamy white sauce.
Topped with mozzarella cheese

Chicken Strips & Chips 75

Margherita Pizza 95

DESSERTS

Creme Brulee 80

Creamy vanilla custard with a crunchy
caramelised topping

Apple Crumble 80

Spiced apple, raisin & nut crumble.
Served with ice-cream

Malva Pudding 75

South Africa's favourite pudding.
Topped with a caramel sauce & served
with custard

Affogato 70

Creamy vanilla gelato. Topped with
a shot of espresso

Gelato 45

(per scoop)

* Please ask your waiter

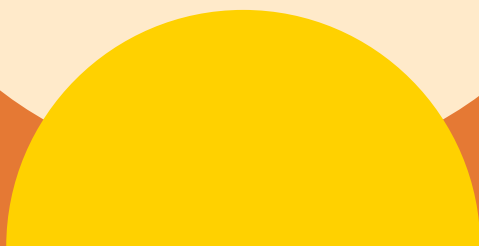
Cake of the Day SQ

* Please ask your waiter

DESSERT COCKTAILS

Irish Coffee 70

Don Pedro 70



BEVERAGES

WARM

Served with full cream milk, skim on request.

Soy | Almond | Oat/Cream 15
Decaffeinated 15
Collagen 15

COFFEES

	Mug	Cup
Americano	40	35
Cappuccino		40
Cappuccino - double shot		45
Cappuccino - large		48
Flat White		45
Espresso - Single Shot		30
Espresso - Double Shot		35
Caffe Latte		40
Add vanilla or hazelnut 10		
Macchiato	35	40
Mocha	45	50

TEAS

	Mug	Cup
Rooibos Earl Grey Ceylon Green		30
Chai Latte	45	50
Dirty Chai Latte	50	55
Red Cappuccino		45
Red Cappuccino Large		50
Red Latte		45

HOT CHOCOLATES

	Mug
Hot Chocolate	45
White Hot Chocolate	45

Our coffee is 100% Arabica & Fairtrade
certified

COLD DRINKS

Shakes 55

Iced cappuccino, chocolate, Strawberry, salted caramel, vanilla

Frullato 60

Fresh, seasonal fruit blended with ice cream

Smoothies 60

Berry, mango, peanut butter

Freezos 55

Bar-One, lemonade, berry, mango

Rock Shandy 55

Soda, lemonade & bitters

Steelworks 55

Soda, ginger ale, bitters & cola tonic

Boss Iced Teas 30

Lemon, peach

Coolers 45

Lemonade, berry

Fruit Juice (100% blends) 45

Orange, cocktail, mango, pineapple, cloudy apple, berries, lemonade

Cold Pressed 40

Orange, carrot & ginger, apple & ginger, carrot, apple, beetroot

Add a shot of ginger 40

Soft Drinks 25

Coke, Coke Zero, Crème Soda, Sprite, Sprite Zero, Fanta

Appletizer / Grapetizer 40

Schweppes 25

Soda, Ginger Ale, Dry Lemon, Tonic, Sugar Free, Pink

Cordial 10

Cola, lime, passion fruit

Red Bull 40

Energy, watermelon, sugar free

Waters (still or sparkling)

Valpre 350ml 25 | Valpre 500ml 40