


TAPAS & LUNCH MENU (BAR)

Served from 12h00 to 22h00

TAPAS




- 45 / **Falafel** 
Deep-fried falafel, hummus, red onions, olive oil and herbs
- 45 / **Crispy and Spicy Vegetable Samosa** 
Served with chutney
- 78 / **Sweet and Sticky Sesame Chicken Wings**
Served alongside a bowl of yoghurt swirled with harissa paste
- 120 / **Biltong and Droëwors**
A true South African classic
- 55 / **Jalapeño Rissoles**
Served with tzatziki dipping sauce
- 120 / **Honey-Roasted Mixed Nuts** 
Oven slow roasted with honey & Cajun spice
- 250 / **Ultimate Healthy Mediterranean Meze for Two** 
Baby eggplants (baba ganoush), hummus, roasted red bell pepper, homemade green tzatziki, cherry tomato medley, baby cucumbers, pitted Kalamata olives, marinated artichoke hearts, Greek feta, baby mozzarella balls, Prosciutto di Parma and figs
Served with pita bread

SALADS

- 120 / **Classic Caesar Salad**   / **Vegetarian Caesar**
Cos lettuce, bacon, anchovies, tomato, red onion, garlic croutons and boiled egg with Jospier-grilled chicken and Caesar dressing
- 105 / **Mediterranean Salad** 
Persian cucumbers, chopped tomato, red onions, pitted Kalamata olives, artichoke hearts and parsley with a garlic and herb vinaigrette

SANDWICHES & SAVOURIES

White / Brown / Ciabatta / Seed / Low GI Bread. Served with side salad or chunky chips

- 175 / **The Maslow Club Sandwich** 
Jospier-grilled chicken breast, bacon, lettuce, tomato, mayo, cheddar, avocado and fried egg
- 95 / **Sandwiches**
Chicken and Mayo / Ham and Cheese  / Bacon and Egg  / Cheese and Tomato 

 Chilli  Nuts  Pork  Seafood  Vegetarian      Vegan



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AT *Sun* The Maslow

THE MASLOW SANDTON



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BURGERS & PLATES "MASLOW"

- 160 / The Maslow Beef Cheeseburger**
Josper-grilled beef patty in a sesame seed bun with gherkins, lettuce, onion, tomato, cheddar and cheese sauce
- 150 / Chicken Breast Burger**
Grilled chicken breast in a sesame seed bun with cheese, rocket, kachumbari salad, tomato, onions and yoghurt raita
- 120 / M.A.T Spiced Chickpea Burgers**  
Vegetarian burger patty in a wholewheat bun with lettuce, onion, tomato and cucumber
- 150 / Moroccan Wrap**
Vegetarian  / Chicken
Herbed quinoa, feta, avocado, carrots, tomato salsa, coriander and spicy Moroccan sauce, served with side salad or chunky chips
- 320 / Maslow Charcoal-Grilled BBQ Pork Ribs**
Served with grilled pineapple, sesame seeds, spring onion and chips
- 695 / Meat Platter for Two**
Beef sliders, smoked pork ribs, BBQ beef ribs, sticky sriracha Buffalo wings (four of each)

DESSERTS

- 120 / Cheese Board**
A selection of artisanal cheese, savoury crackers, tomato chilli jam, ginger preserve and fresh grapes
- 150 / Trio of Maslow Desserts**
Chef's dessert selection of the day
Please ask your waitron on availability
- 120 / Lemon Meringue Tart**
- 160 / Baklava with Pistachio Filling** 
Served with seasonal berries and meringue crumble
- 160 / Baked Cheesecake**
Served with vanilla ice-cream
- 70 / Artisanal Ice Cream or Sorbet (Two Scoops)** 
Cinnamon / Vanilla / Chocolate /
Ferro Rocher / Ginger Shortbread

 Chilli  Nuts  Pork  Seafood  Vegetarian   Vegan



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Find out **what's ON at The Maslow**

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AT  The Maslow

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