

ADUNA
bistro

GOOD MOOD FOOD



light lunch

AVOCADO* TOAST 95

smashed avocado* | rye toast
chimichurri | tomato | chilli

SALMON &

AVOCADO TOAST 155

avocado* | red onion | cucumber
crème fraîche | chives | lemon
onion pickle | mixed herbs
your choice of toast

CHIMICHURRI CHICKEN 145

grilled chicken breast | chimichurri
avocado* | steamed spinach
broccoli | cherry tomato
almonds | roasted new potato

paninis

Ciabatta - plain or toasted

DOUBLE CHEESE & TOM 85

cheddar | mozzarella | tomato

CHICKEN MAYONNAISE 98

poached chicken | lemon mayonnaise

ROAST VEG 75

roasted zucchini | red onion | mixed peppers | whipped feta

TUNA MAYONNAISE 98

tuna | mixed peppers | red onion | tomato | mayonnaise

CUBANO 120

Swiss cheese | ham | dill-pickle | mustard

PREGO

garlic | butter | bay leaf | white wine
chicken R115
beef R120

pasta

with your choice of linguini OR rigatoni

NAPOLITANA 115

tomato | basil | garlic

CREAMY PESTO 135

basil pesto | peas | Parmesan | cream | broccoli
add chicken 60

BOLOGNESE 165

6-hour braised beef bolognese | cream

PRAWN PASTA 215

prawns | Napolitana sauce | garlic | chilli | cream

salads

GREEK SALAD 95

cucumber | tomato | green pepper | salad greens | olives
feta | red wine vinaigrette

THE MEXICAN 105

grilled chicken | sweet corn | red onion | salad greens | red
cabbage | tomato | avocado* | coriander | feta | chilli |
creamy herb dressing

HALLOUMI & AVOCADO 125

grilled halloumi | avocado* | salad greens | broccoli | red
onion | green pepper | peas | zucchini | honey-lemon
vinaigrette

TUNA 120

shredded tuna | green beans | spring onion | mixed peppers
cucumber | red onion | salad greens | tomato | parsley
Kalamata olives | dill | lemon vinaigrette

CHOPPED CAESAR 115

grilled chicken | egg | bacon | salad greens | garlic croutons
Parmesan | Caesar dressing

grills

add rosemary salted fries 30

HALLOUMI BURGER 125

grilled halloumi pineapple | avocado*

garlic aioli | sweet chilli dressing

CHICKEN BURGER 130

flame-grilled chicken | creamy peri-peri

avocado* | feta | greens | red onion

CLASSIC CHEESE BURGER 145

200g beef patty | cheddar | BBQ basting

dill cucumber | burger mayonnaise

CHICKEN WINGS 185

chicken wings | maple & bourbon glaze

PORTUGUESE CHICKEN 225

char-grilled baby chicken | peri-peri sauce

sides

CRISPY SMASHED POTATOES 45

chives | Parmesan

FRIES 40

rosemary salt

SLAW SALAD 55

cabbage | carrots | coriander | dukkah

tahini dressing

SAVOURY RICE 40

Basmati rice | mixed peppers | tomato

ROASTED VEGGIES 45

seasonal veg | paprika oil

SIDE SALAD 45

feta | cucumber | salad greens | red onion

tomato | olives | red wine vinaigrette

sauces

mushroom | tri-peppercorn | peri-peri 45

classic sushi

SASHIMI | 3 PIECE

salmon & avocado* 175 | salmon 165 | tuna 170

ROSES | 3 PIECE

salmon & avocado* 120 | salmon 115

FASHION SANDWICH | 4 PIECE

salmon 115 | salmon & cream cheese 120 | tuna 110

prawn 85 | veg 60

CALIFORNIA ROLL | 5 PIECE

salmon, strawberry & avocado* rainbow 125

salmon rainbow 115 | salmon 105 | prawn 85

tempura prawn 90 | tuna 105 | veg 60

HANDROLL | 1 PIECE

salmon & avocado* 135 | salmon 120 | tuna 120

tempura prawn 110 | prawn 105 | veg 90

bowls

SALMON SUSHI SALAD 215

salmon | avocado* | cucumber | lettuce | sesame seeds

sriracha mayo

PRAWN TEMPURA SUSHI SALAD 175

avocado* | cucumber | lettuce | Kewpie mayo | sweet chilli

SPICY SALMON POKE BOWL 225

salmon | black & white rice | nori | 7-spice | Kewpie mayo

spring onion | cucumber | carrot red cabbage | avocado*

sweet soy | sesame

signature sushi

SALMON CRISPY RICE | 3 PIECE 160

salmon | spicy mayo | crispy rice | avocado*
chilli | sweet soy | lettuce

PRAWN STAR | 5 PIECE 140

avocado* | cucumber | rice | nori | tempura prawn
yummy sauce | sesame seeds | spring onion

TEMPURA CRUNCH ROLL | 5 PIECE 145

fried roll | tempura prawn | avocado* | rice | nori
sweet chilli | spicy mayo

LOADED RAINBOW | 10 PIECE 225

tempura prawn | avocado* | cucumber | salmon rainbow
teriyaki | mayo | 7-spice | spring onion | caviar

VEG HEAVEN | 5 PIECE 80

carrots | mixed peppers | avocado* | cucumber
red cabbage | coloured rice | sweet chilli

FRIED YUMMY VOLCANO | 10 PIECE 130

avocado* | crab sticks | tempura | rice nori | cucumber
caviar | crispy onions | sriracha sauce | sweet soy

dessert

CAKE SLICE from 110

MALVA PUDDING 115

classic malva | Amarula custard

MACADAMIA BROWNIE 115

fresh berries | vanilla bean ice cream

beverages

HOT

- Americano 44
- Cappuccino 46
- Rooibos Cappuccino 55
- Nutella Cappuccino 60
 - espresso
 - frothed milk
 - Nutella
- Condensed Milk Coffee 65
 - condensed milk
 - strong black coffee
- Mochaccino 55
- Café Latte 52
- Hot Chocolate 52
- Italian Hot Chocolate 56
- Rooibos Latte 60
- Chai Latte 60
- Matcha Latte 60
- Hazelnut Latte 60
- Vanilla Latte 60
- Ronnefeldt Teas 48

FROZEN

- Frozen Spiced Chai 60
- Chocolate Freezo 95
- Frozen Nutella Cappuccino 65

SLUSHIES

- cucumber, apple & mint 70
- pink lemonade 60
- pineapple, jalapeño & cucumber 65
- rose, cucumber & lemon 60
- berry, lemon & mint 75
- watermelon & mint 60

COLD

- Freshly Squeezed Juice 75
 - apple
 - orange & carrot
 - orange & pineapple
 - apple, mint & spinach
 - extra ginger shot 25
- Tizers 55
- BOS Iced Tea 55
- Soft Drinks 36
- Red Bull 65
- Local Still & Sparkling Water
 - 350ml | 36
 - 750ml | 62
- Acqua Panna
- San Pellegrino
 - 750ml | 115

MILKSHAKES

- chocolate 62
- vanilla 62
- Oreo 70
- strawberry 62

SMOOTHIES

- GREEN MONSTER 78
 - avocado* | spinach | pineapple
 - coconut milk | honey | lemon
- BABALAS BUSTER 78
 - banana | peanut butter | honey
- VEGAN BERRY 90
 - banana | frozen berries
 - peanut butter | cinnamon
 - almond milk | maple syrup
- TROPICAL TURMERIC 78
 - banana | mango | pineapple
 - coconut | turmeric | honey | ice



**SCAN
HERE**

to share menu



order via
WhatsApp
Business

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Aduna Bistro



adunabistro.co.za

*Items subject to availability

Our kitchen uses nut & seed ingredients

Substitutions may be charged for.

**Delivery only available within the
Melrose Arch Precinct. Minimum
spend for delivery R100**

SEPTEMBER 2025