



# STOWAWAY

From our family table to yours - Welcome to Stowaway

## MORE THAN A MEAL

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At Stowaway, every dish has a story - one of care, craft, and a journey that starts long before it reaches your table.

Our ingredients don't simply arrive at our kitchen; they're sourced with intention. We support local delis, handpick fresh produce from our garden, and work with independent suppliers who share our values of quality and sustainability.

Being on an island adds its own adventure - everything must cross the river by boat and often travel by foot or tractor. Each plate reflects not just flavour, but effort, which is why our pricing aligns more closely with Cape Town than standard Plett costs.

We keep our menu focused and seasonal to honour freshness and reduce waste - and every element is prepared with pride by a team that truly loves what they do.

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## OUR STORY

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Stanley Island has seen many lives - from cattle farm and ferry crossing to lodge, backpackers, and today, our vibrant island escape.

In the 1800s, the Stanley brothers ran a horse-drawn ferry across the Keurbooms River and were later granted the island for their service. In the 1980s, Lud de Bruijn saw the island's potential and, with his wife Barbara, began building a private family lodge. Using local materials and even the old N2 bridge beams, Lud developed what became Lud's Manor (now known as Stowaway), three more lodges, a runway, and the original Boma restaurant - home to potjies and Klippies the pet klipspringer.

After Lud and Barbara separated, the island returned to the Stanley name under Barbara. In the early 2000s, a con-man's failed sale left things in limbo, but in 2006 the de Bruijn family reclaimed the land. Barbara's son Johan and his brother-in-law David began restoring the island, building nine accommodation units. Though floods in 2007 swept away the original Boma, the island endured - and even welcomed a dazzle of zebras.

In 2016, Barbara's granddaughter Sharon and her boyfriend Chokka started the Island Beach Bar - originally just beers and boerie rolls, which quickly evolved into a local icon known for hand-painted tiki mugs, signature cocktails and hosting Corona Sunset Festival as well as many others.

Today, the island is run by Barbras other granddaughter Megan and is led by the two sisters and Chokka, who continue to grow the space with love, creativity, and a passion for hospitality and design.

## WELCOME TO OUR ISLAND TABLE

Our menu celebrates the joy of sharing good food, no matter the season. From beloved classics to contemporary twists on local ingredients, each dish is crafted to delight and inspire. We draw on the rich culinary traditions of South Africa while embracing fresh, seasonal produce to create flavours that are familiar yet full of surprises.

Whether you're joining us for a leisurely lunch, an intimate dinner, or simply to enjoy a drink with friends, we invite you to slow down, savour the flavours, and bask in the relaxed, welcoming spirit of Stanley Island. At Stowaway, every meal is an opportunity to connect, celebrate, and enjoy the simple pleasure of good food shared together.

### LOCAL SHARING PLATTER FOR TWO | R185

A taste of the Karoo: local cheeses, sliced biltong, Ouma's jam, olives from Prince Albert, & our house roosterkoek.

### BOBOTIE SPRING ROLLS | R60

A crispy twist on a Cape classic - spiced beef mince wrapped in golden pastry, served with sweet & tangy chutney.

### HOME-MADE BUTTERNUT SOUP (V) | R65

Smooth, comforting soup made with seasonal butternut - served with homemade bread or roosterkoek.

### CAMEMBERT WITH FYNBOS HONEY (V) | R180

Locally sourced cheese (125g) to share, topped with wild fynbos honey & walnuts, served with greens & toasted ciabatta.

## MAINS

### KAROO LAMB SHANK | R400

Fall-off-the-bone lamb, slow-braised & served over creamy mash. Ideal for sharing.

### THE HIDEAWAY STEAK | R275

200g fillet grilled to your liking, served with cognac-mushroom sauce, caramelised onion purée, mash & green beans.

### KAROO WAGYU DENVER | R490

150g Karoo Wagyu beef from Zuney, seared & served with red wine jus, carrot purée, bok choy & creamy mash.

### LAMB STEW | R185

Slow-cooked Karoo lamb from our family farm, simmered with carrots, onion & celery. Served with golden potatoes & white rice.

### SAMP & STEWED CHICKEN | R165

A comforting plate of tender chicken over creamy traditional South African samp - slow-cooked & soulful.

### BUTTERNUT & CHICKPEA CURRY (VG) | R110

A fragrant, coconut-based curry with tender chickpeas & butternut, served with basmati rice.

### MUSHROOM GNOCCHI (V) | R235

Hand-rolled gnocchi in a rich truffle, cognac, parmesan & wild mushroom cream.

### SHRIMP SCAMPI LINGUINE | R245

Garlic-butter shrimp tossed with linguine & topped with aged parmesan - a coastal favourite.

### STOWAWAY BURGER | R150

Angus beef patty on a brioche bun with truffle mayo, caramelised onion purée, pickles, cheese, tomato & lettuce, served with chips.

## SIDES

### PAMPOENKOEKIES (PUMPKIN FRITTERS) | R30

Lightly fried & dusted with cinnamon sugar - a nostalgic South African treat that pairs perfectly with savoury mains.

### CREAMY MASHED POTATO | R25

Classic, buttery mash whipped until smooth - a perfect match for rich winter dishes.

### CRISPY PARMESAN POTATOES | R60

Golden roast potatoes tossed with parmesan & herbs for a crisp, cheesy finish.

### HONEY-ROASTED CARROTS | R30

Glazed in local honey & slow-roasted until tender - a touch of sweetness to balance hearty plates.

### GREEN BEANS WITH TOASTED ALMONDS | R35

Tender green beans sautéed & finished with golden slivers of toasted almond for added crunch & flavour.

### SKINNY FRIES / TRUFFLE FRIES | R30 / 50

Choose between classic crispy fries or our signature truffle-parmesan version for a little indulgence.

## KIDS

### CHICKEN NUGGETS & CHIPS | R85

Crunchy chicken nuggets served with portion of skinny fries.

Swap for Mash | Add Green Beans + R20.00

### BOEREWORS ROLL & CHIPS | R85

Traditional South African boerewors roll with a portion of skinny fries.

Swap for Mash | Add Green Beans + R20.00

### MAC & CHEESE | R60

Our famous (secret recipe) macaroni & cheese with crunchy panko & parmesan topping.

### PURÉE | R50

A little bit of everything for your little one: potato mash, green bean purée & carrot.

### LAVA PEACH BROWNIE | R100

Warm chocolate brownie with a molten centre, with peaches for a sweet local twist.

### TRADITIONAL MALVA PUDDING | R80

A classic South African sponge pudding served warm with custard or vanilla ice cream.

### APPLE CRUMBLE | R100

Warm spiced apples topped with a golden oat crumble, served with vanilla ice cream or custard.

### AMARULA AFFOGATO | R120

Locally made ice cream with a shot of espresso and Amarula Cream Liqueur for sweet a local twist, served in a chocolate-rimmed glass.

### SINGLE SCOOP OF ICE CREAM | R45

Locally made in Plett. Ask your server for today's flavours.

## DESSERTS



## SUMMER MENU SPECIALS

### STARTERS

#### KAROO CARPACCIO

Eland Carpaccio topped with garlic aioli and Arugla leaves.

135.00

#### SUMMER SPRING ROLLS

Vibrant veggies and herbs in a rice paper wrap with creamy peanut sauce.

Serving portion 2 95.00

### MAINS

#### LOBSTER SANDWICH

Lobster & prawn mousse sandwiched in puff pastry, minted green pea pure, candied lemon garlic white wine butter.

160.00

#### WATERMELON + TUNA SALAD

Sashimi Tuna, feta, watermelon, huile vert, cucumber & Yuzu dressing.

Dependant on availability.

Starter Portion 110.00

Dinner Portion 220.00

#### BOBOTIE BOERI ROLL

A South African twist to boerewors roll, lightly spiced and gently sweet, served hot with crispy golden chips.

95.00

#### FALAFAL BOWL | VG

Black rice, green beans, charred corn, edamame, carrot ribbons, falafels, hummus.

135.00

#### K.F.C BOWL

Korean Fried Chicken Bowl served with spring onion, sesame seeds, cucumber roses and rice.

145.00