



HAPPY FOLKS

DRINK • EAT • PLAY



GET IN TOUCH ABOUT **FRANCHISE OPPORTUNITIES:**
FRANCHISE@WESTCOASTGROUP.CO.ZA

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STARTERS

CHILLI CHEESE FRIES [V] Smothered in cheese sauce and chilli	64
CHEESE CROQUETTES [V] Deep-fried, filled with cheese, and served with sriracha mayo	70
ZUCCHINI FRIES [V] Deep-fried zucchini strips, coated in panko crumbs, and served with sriracha mayo	74
TUNA BITES Crispy rice paper topped with tuna, avocado and sriracha mayo, drizzled with a sweet soy sauce	76
CRISPY CHICKEN TENDERS Peri-peri chicken served with a blue cheese dressing	84
RICE PAPER ROLLS Prawn, avocado, cucumber, carrot, red onion, and lettuce, wrapped in rice paper, and served with a sweet soy sauce	84
PORK SPRING ROLLS Deep-fried pulled pork spring rolls served with a sweet chilli sauce	86
LAMB CROQUETTES Slow-cooked lamb and mozzarella balls, coated in panko crumbs, deep-fried, and served with sriracha mayo	92
SAUTÉED PRAWNS Tossed in chilli, garlic, and lemon butter	98

NACHOS

PLAIN [V] Nacho chips, pizza cheese, guacamole, jalapeños, sour cream and salsa	116
GRILLED CHICKEN Grilled chicken, nacho chips, pizza cheese, guacamole, jalapeños, sour cream and salsa	138
BEEF Beef, nacho chips, pizza cheese, guacamole, jalapeños, sour cream and salsa	142
PULLED PORK Pulled pork, nacho chips, pizza cheese, guacamole, jalapeños, sour cream and salsa	146



Smoked Salmon Trout Salad

Pulled Pork Wrap

Happy Poké Bowl

SALADS

COBB

Mixed greens, grilled chicken, tomatoes, corn, red onions, avocado, red pepper, and blue cheese dressing

142

BIRDIE GREEN

Mixed greens, grilled chicken, bacon, crispy onions, feta, cucumber, tomatoes, red onions, and honey mustard dressing

146

SMOKED SALMON TROUT

Smoked salmon trout, edamame beans, butter beans, broccoli, chilli and avocado, sprinkled with sesame seeds and drizzled with teriyaki sauce

182

BOWLS

TUNA POKÉ BOWL

Tuna, edamame beans, ginger, avocado, radish, cucumber, sesame seeds, nori, spring onion, caviar, seven spice and rice, served with sriracha mayo and a sweet soy sauce

158

TEMPURA PRAWN POKÉ BOWL

Tempura prawn meat coated in sriracha mayo, edamame beans, ginger, avocado, cucumber, sesame seeds, nori, spring onion, seven spice and rice, served with a sweet soy sauce

170

HAPPY POKÉ BOWL

Salmon, tuna, bean curd, prawn, avocado, cucumber, sesame seeds, seven spice and rice, served with sriracha mayo and a sweet soy sauce

178

WRAPS

SERVED WITH CHIPS OR SALAD

PULLED PORK

BBQ pulled pork, caramelised onions, feta, cherry tomatoes, avocado, lettuce and mayo, in a wholewheat wrap

116

SPICY CHICKEN CAESAR

Fried chicken, bacon, croutons, cheese, lettuce and spicy mayo, in a wholewheat wrap

122

STEAK & AVO

Steak strips, rocket, avocado, cherry tomatoes, red pepper, caramelised onions, lettuce and sweet mayo, in a wholewheat wrap

132



**Vegetarian
Ginger Roll [V]**

**Spicy Tuna &
Avocado Roll**

**Full House
Platter**

**Bean Curd
Nigiri [V]**

**Salmon
Hand Roll**

SUSHI

CLASSIC

VEGETARIAN GINGER ROLL (4) [V]

Inside-out roll with pickled ginger, bean curd, cucumber, avocado, and red pepper

54

FASHION SANDWICHES (4)

Rice sandwiches with layers of avocado and Japanese mayo, available with either prawn or salmon filling

84

BEAN CURD NIGIRI (3) [V]

Deep-fried tofu, filled with rice and topped with Japanese mayo and sesame seeds

54

SALMON ROSES (3)

Salmon-wrapped rice and avocado, garnished with Japanese mayo and caviar

94

SPICY TUNA & AVOCADO ROLL (4)

Inside-out roll with spicy tuna and avocado, topped with sesame seeds

68

PLATTERS

ROYAL FLUSH

Teriyaki rainbow roll (3)
Happy roll (3)
Spicy tuna & avocado roll (4)
Salmon roses (3)
Crunch roll (3)

286

PRAWN & AVOCADO ROLL (4)

Inside-out roll with prawn and avocado, topped with sesame seeds

68

FULL HOUSE

Salmon roses (3)
Prawn & avocado roll (4)
Rock shrimp tempura roll (3)
Philadelphia roll (4)
Fashion sandwiches (4)
Volcano roll (3)

392

PHILADELPHIA ROLL (4)

Inside-out roll with salmon, cream cheese, and cucumber, topped with sesame seeds

74

HAND ROLL

Seaweed cone filled with rice, cucumber, avocado, and either prawn or salmon, topped with Japanese mayo and sesame seeds

76

Crunch Roll



Happy Roll



Teriyaki
Rainbow Roll



Fried
Futomaki Roll



SIGNATURE SUSHI

SIGNATURE

5 PIECES / 10 PIECES

TERIYAKI RAINBOW ROLL

85 / 170

Salmon, avocado, and sushi rice, topped with salmon, Japanese mayo, sweet soy sauce, caviar, seven spice, and sesame oil

HAPPY ROLL

89 / 178

Tempura prawn and avocado roll, topped with ebi prawns, sweet soy sauce, sriracha mayo, and tempura crunch

CRUNCH ROLL

84 / 168

Tuna, cream cheese, seven spice, spring onion, and sweet chilli mayo

5 PIECES / 10 PIECES

VOLCANO ROLL

88 / 176

Deep-fried prawn, guacamole, cream cheese, salmon, caviar, sesame seeds, and a sweet mayo dressing

FRIED FUTOMAKI ROLL

87 / 174

Deep-fried futomaki with salmon, tuna, avocado and cream cheese, topped with teriyaki and sriracha mayo, crispy glass noodles, seven spice, sesame oil, and spring onion

ROCK SHRIMP TEMPURA

99 / 198

Spicy tuna roll, topped with a tempura prawn, sriracha mayo, spring onions, seven spice, and sesame seeds



Los Angeles

Spicy Chicken

Sweet Americano

Parma

PIZZA

PLAIN JANE [V]
Mozzarella, tomato

SPICY CHICKEN
Grilled chicken, onion, feta, peppers, peri-peri sauce, mozzarella

SWEET AMERICANO
Pepperoni, spicy honey, mozzarella

LOS ANGELES
Bacon, feta, avocado, mozzarella

THE ROOSTER
Chicken, bacon, mushrooms, red pepper, sweet chilli, mozzarella

122

158

158

160

162

THE OUTSKIRT
Pulled pork, bacon, caramelised onions, mushrooms, chilli, mozzarella

BIANCA [V]
Halloumi, black mushrooms, truffle oil, rocket, mozzarella

PARMA
Parma ham, tomatoes, basil pesto, mozzarella

168

168

188

Queen
Burger [V]



Porkies
Burger



Hot Chic
Burger



The
Brunch
Burger



BURGERS

SERVED WITH ANY SIDE & ONION RINGS

BEEF

HAPPY 122

Beef patty, pickles, onions, ketchup, smokey mayo

THE CHEESY 128

Beef patty, cheese, pickles, onions, ketchup, smokey mayo

SMOKEY JOE 140

Beef patty, cheese, caramelised onions, ketchup, smokey mayo

GREEN CHILLI 142

Beef patty, chilli relish, cheese, pickles, onions, ketchup, smokey mayo

PORKIES 148

Beef patty, bacon, cheese, pickles, onions, ketchup, smokey mayo

CHICKEN

Option of BBQ-grilled or Southern-Fried

CHIC CHIC 114

Chicken breast, cheese, pickles, onions, ketchup, smokey mayo

HOT CHIC 128

Chicken breast, peri-peri, pickles, onions, ketchup, smokey mayo

TEX-MEX 134

Chicken breast, pickles, onions, guacamole, chipotle salsa, ketchup, smokey mayo

GREENS

THE PLANT [V] 136

Plant-based patty, pickles, onions, chipotle salsa

QUEEN [V] 146

Halloumi cheese, caramelised onions, sun-dried tomatoes, rocket, sweet chilli, ketchup, smokey mayo

SLIDERS

TRIO 134

Happy, Chic Chic, Porkies

THE BIG STARS

SHROOMS 150

Beef patty, mushrooms, cheese, pickles, onions, ketchup, mushroom sauce, smokey mayo

TURF & TURF 152

Beef patty, pulled pork, caramelised onions, sriracha mayo

THE BRUNCH 156

Beef patty, cheese, fried egg, bacon, fried onions, pickles, ketchup, smokey mayo

PESTO BESTO 158

Chicken breast, basil pesto, rocket, pickles, onions, sun-dried tomatoes, sweet chilli, ketchup, smokey mayo

B.F.G 168

Beef patty, bacon, guacamole, feta, pickles, onions, ketchup, smokey mayo

PULLED PORKIES 172

Beef patty, pulled pork, bacon, cheese, pickles, onions, ketchup, smokey mayo



Peri-peri
Chicken Skewers



Lemon Butter
Prawns



Chicken
Bake



Surf & Turf
Trio

MAINS

ALL SERVED WITH YOUR CHOICE OF SIDE

FISH & CHIPS 136
200g grilled or deep-fried hake,
served with tartar sauce

CHICKEN BAKE 136
Breaded chicken breast covered in mozzarella,
tomato, and basil sauce

FRIED CALAMARI 250g 150
Deep-fried calamari strips in a savoury
salt-and-pepper crust, served with tartar sauce

PERI-PERI CHICKEN SKEWERS 300g 152
Three chicken skewers marinated in a spicy
peri-peri sauce with sun-dried tomatoes,
served with onion rings

LEMON BUTTER PRAWNS 202
8 butterflied prawns, grilled in a lemon butter sauce

PRAWN CURRY 192
Prawn meat and vegetables in a coconut curry
sauce, served with sticky rice

PORK RIBS 600g 280
Grilled pork ribs, basted in BBQ sauce,
served with onion rings

SALMON TERIYAKI 250g 294
An expertly seared salmon steak, drizzled with
teriyaki sauce and sesame seeds

COMBOS

ALL SERVED WITH YOUR CHOICE OF SIDE

HAKE & CALAMARI 196
Fillet of hake and deep-fried calamari, served
with tartar sauce

SIRLOIN & CALAMARI 248
250g sirloin steak basted in BBQ sauce, and
deep-fried calamari, served with onion rings and
tartar sauce

PRAWNS & CALAMARI 262
8 medium grilled prawns and deep-fried calamari,
served with tartar sauce and lemon butter

SURF & TURF TRIO 308
250g sirloin steak basted in BBQ sauce, 4 prawns
and deep-fried calamari, served with onion rings
and tartar sauce

Royale Steak 250g



Pepper Steak 300g



Shrimp & Steak 250g



STEAKS

ALL SERVED WITH YOUR CHOICE OF SIDE

SIRLOIN STEAK 250g	184
RUMP STEAK 300g	204
FILLET STEAK 250g	268
RIBEYE STEAK 350g	268

SPECIALTY STEAKS

ROYALE STEAK 250g	214
Sirloin steak basted in BBQ sauce, topped with a slice of cheese and mushroom sauce, served with onion rings	
SHRIMP & STEAK 250g	226
Sirloin steak basted in BBQ sauce, topped with cheesy garlic shrimp, served with onion rings	
PEPPER STEAK 300g	236
Rump steak coated in crushed black pepper, flambéed in brandy, served with onion rings	

SAUCES

GRAVY DIP	27
CHEESE [V]	29
PEPPER [V]	29
MUSHROOM [V]	29

SIDES

CHIPS [V]	33
SWEET POTATO CHIPS [V]	35
ONION RINGS [V]	35
CRISPY SMASHED POTATOES [V]	37
VEGETABLES [V]	41
GREEN SALAD [V]	41

Baked Cheesecake



Deep-Fried Oreos



Chocolate Brownie



Malva Pudding



Hot Mud Pudding



DESSERTS

DEEP-FRIED OREOS

Served with ice cream and chocolate sauce

74

BAKED LEMON CHEESECAKE

Served with ice cream

74

CHOC BROWNIES

Chocolate, nutty fudge brownie, served with ice cream

74

HOT MUD PUDDING

A rich moist chocolate pudding, steam baked to perfection, covered with chocolate sauce and served with ice cream

74

MALVA PUDDING

A moist apricot sponge cake, drizzled with vanilla sauce and served with ice cream

74

KIDDIES MEALS

ONLY FOR KIDS 12 YEARS OLD AND UNDER

CHICKEN STRIPS

Chicken strips served with chips

72

ICE CREAM & CHOCOLATE SAUCE

Ice cream served with chocolate sauce & sprinkles

36

CALAMARI STRIPS

Calamari strips served with chips & tartar sauce

72

CHOCOLATE BROWNIE & ICE CREAM

Chocolate brownie served with vanilla ice cream

44

FISH BITES

Fish nuggets served with chips

74

MILKSHAKES

Chocolate / Strawberry / Vanilla / Lime

35

GRILLED BURGER

Two mini chicken or beef burgers served with chips

76

CAPPY JUICE (200ML)

Apple / Orange

24

MARGHERITA PIZZA

Tomato base, mozzarella and oregano

80



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STORES

BLOUBERG

BLOUBERG@HAPPYFOLKS.CO.ZA | 021 554 9709

Shop 57C, Eden on the Bay, Cnr Big Bay Boulevard, Big Bay, Cape Town, 8001.

STELLENBOSCH

STELLENBOSCH@HAPPYFOLKS.CO.ZA

Paradyskloof Centre, Corner R44 & Blaauwklippen Rd, Stellenbosch, Cape Town, 7600.

KLOOF STREET

COMING SOON

DINING GUIDELINES

CORKAGE:

Corkage is charged at R45 per bottle. Only wine is permitted, no spirits, liqueurs, or hard liquor allowed. A maximum of 1 bottle per person is allowed, with a total maximum of 10 bottles per bill.

ALLERGENS:

Our dishes may contain allergens, including nuts, gluten, dairy, shellfish, and other common allergens. If you have any dietary restrictions or allergies, please inform your server before ordering. While we take precautions, cross-contamination may occur in our kitchen.

SERVICE FEE:

A standard service fee of 10% will be added to tables of 8 or more guests. This ensures that our staff can continue providing excellent service. Additional gratuity is always appreciated.