



BALATA (buh-lah-tuh, bal-uh-tuh) - The non-elastic, rubberlike, water-resistant gum that softens in hot water and is obtained from the latex of a tropical American tree, *Manilkara bidentata*: used chiefly in the manufacture of machinery belts, golf ball covers, and as a substitute for gutta percha.

A LITTLE HISTORY

Mike Austin sets world record with Balata ball

For years Austin was well known by professional golfers for his length off the tee. But it was one drive in 1974 that secured his name in history. While playing in the U.S. National Seniors Tournament, at the Winterwood Golf Course (now the Desert Rose) Austin was put in a foursome with PGA Champion Chandler Harper. After hitting several 400-yard drives, Chandler said, "Mike, let's see you really let one go." Austin drove the ball on 450-yard par 4. It carried to the edge of the green, bounced over and rolled past the pin and off the back edge. In a 2003 interview, Chandler said he found a ball on the next tee box and called to Austin, "This is impossible, but there is a ball over here." They identified the ball as Austin's and stepped off the distance back to the center of the green. The drive was 515 yards. As of 2009, the record still stands for the longest drive in a golf tournament.

Several factors make this record feat especially amazing, although there was a tail wind estimated at 27-35 mph. The drive was done on level ground, using a persimmon wood driver with 10 degrees of loft and a 43.5 extra-stiff steel shaft, the ball was a soft balata and Mike Austin was 64 years old. The improved technology of today should achieve far greater distances in the same conditions



BALATA A LA CARTE MENU

STARTERS

Beef carpaccio

Thinly sliced raw beef filet with parmesan shavings, rocket leaves and olive oil

R80

Balsamic ostrich salad

Balsamic marinated and seared ostrich with mangetout, green beans, peppadews and spring onion

R75

Poached prawn salad

Poached prawns with a citrus salad

R85

Caprese salad (V)

Layers of mozzarella, tomato, basil and balsamic reduction

R65

Peri-peri chicken livers



Chicken livers in a cream tomato peri-peri sauce, served with crusty bread

R70

Mezze plate

Hummus, tzatziki, taramasalata, olives and grilled halloumi, served with pita bread

R70

Calamari salad

Grilled calamari with tomato, cucumber, onions and vinaigrette

R80

Lemon and prawn risotto

Zesty lemon prawn meat risotto, finished with parmesan cheese and a grilled prawn

R115

West coast mussels

In white wine, garlic and parsley cream sauce, served with crusty bread

R80

SOUPS

Lentil broth

Hearty lentil and vegetable soup
R55

Lobster bisque

Cooked with brandy and cream
R70

MAIN COURSES

BALATA GRILLED SPECIALITIES

All served with French fries, grilled mushroom and confit tomato

Beef fillet

R175

Mature rib eye steak

R165

Venison steak

R150

Lamb loin chops

R145

Chicken kebab

R110

Side orders and sauces (R20)

Red wine jus

Pepper sauce

Mushroom sauce

Peri-peri sauce

Mash potato

Vegetable of the day

MEAT DISHES

Mediterranean braised lamb shank

Slow cooked in red wine, lemon, rosemary and garlic, served with creamy mashed potato

R170

Pork fillet Stroganoff

Cooked in creamy paprika sauce with assorted sweet peppers, onion, mushroom and dill cucumber, served with tagliatelle

R130

Optional:

Chicken fillet R110

Beef fillet R175

Braised oxtail in red wine

With butterbeans, served with garlic mashed potato

R150

POULTRY DISHES

Sweet chilli glazed free range duck

Braised and partially de-boned, on stir fried vegetables and egg noodles

R170

Roast baby chicken

Marinated with a choice of spicy or lemon and herb, served with coconut pilaf rice

R135

FISH AND SEAFOOD

Salmon Vichyssoise

Seared salmon, served on a bed of creamy leeks and potato

R195

Kingklip & prawns

Grilled and served with sautéed cherry tomatoes, Calamata olives, artichokes, spicy rice and lemon dressing

R190

Pan fried line fish

Served on potato gnocchi, spinach and tomato ragout with a Café de Paris butter

R170

Sautéed prawns

Eight prawns sautéed with lemon, chilli, garlic, parsley and butter, served with Saffron rice

R220

PASTA AND VEGETARIAN DISHES

Linguine pesto (V)

Tossed with zucchini, pine nuts, cherry tomatoes and pesto
R95

Sicilian style penne

Spicy lamb sausage meat, calamari, paprika and cream sauce
R125

Mediterranean bean ragout (V)

Variety of beans and chick peas in a vegetable and tomato based sauce,
served with basmati rice
R95

DESSERT

Malva pudding with toffee syrup and vanilla ice cream
R55

Caramel fudge mousse, served with chilli chocolate anglaise
R55

Warm chocolate brownie with hazelnut ice cream
R55

Trio of homemade seasonal sorbet
R55

South African cheese board
Served with preserves and crackers
R95