

SOUPS

(served with homemade bread)

(v) Creamy tomato soup drizzled with basil pesto	45
(v) Roast butternut soup	45
Smoked ham hock and lentil soup	65

QUICHES & PIES

(Add chips R15)

Homemade bacon, cheese & onion quiche with salad	65
HOMEMADE PIE WITH SALAD	
Roast Chicken & Sweetcorn Pie	65
(v) Butternut, Spinach & Feta Pie with a touch of cumin & creamy garlic sauce	65

FISH

(Where not included, add chips R15)

Smoked Fishcakes (smoked salmon & smoked haddock) with side salad, homemade tartare sauce	79
Smoked Haddock Florentine served with creamy mashed potatoes, spinach & cheese sauce	94
Deep Fried Calamari with homemade tartare sauce, chips	98

CHICKEN

(Where not included, add chips R15)

Creamy Chicken Livers & Onion with a hint of chilli served on toast	71
Breaded Chicken Schnitzel with mushroom sauce, served with chips or salad	94
Asian Chicken Noodle-Stir Fry tossed with stir fried vegetables, roast peanuts, black sesame seeds & our spicy Asian dressing	94

MEAT

(Where not included, add chips R15)

Pulled Pork Ciabatta with coleslaw & homemade chilli jam	79
Steak, Egg & Chips 200g flame grilled sirloin steak (plain or with Cajun spice), served with fried eggs, chips (Mushroom, pepper or garlic sauce R16)	130
Banting Steak 200g Sirloin, flame grilled, topped with avocado, poached egg, rocket & Basil Pesto	140

PASTA

(Add a side salad or garlic bread R14)

Lasagne NEW!	87
Alfredo creamy ham and mushroom sauce NEW!	85
(v) Basil Pesto Pasta with herb roasted cherry tomatoes & shaved parmesan	69



BURGERS

(Served with chips)

Homemade Beef Burger on a toasted sesame roll	79
Bacon & Avocado Burger on a toasted sesame roll	98
Chicken Fillet Burger with salad, lemon mayonnaise, chips	87
Banting Burger Beef patty, streaky bacon, poached egg, rocket, avocado, basil pesto (side salad, no chips)	94
(Add mushroom, pepper or cheese sauce R16)	

SALAD



Greek Salad (v)

Lettuce, cherry tomatoes, cucumber, red onions, black olives, feta cheese, green peppers & mixed herbs

64

Sesame Fried Chicken Salad

Sesame fried chicken, rocket, cherry tomatoes, cucumber, red onions, avocado, beetroot, carrots, homemade sweet chilli sauce

89

Bacon, Avocado & Blue Cheese Salad

Bacon, rocket, avocado, garlic croutons tomatoes, onion, cucumber, blue cheese dressing

89



(v) Garlic & Rosemary Roast Butternut, Baby Spinach & Feta Salad with beetroot, nut & seed sprinkle, honey & cumin dressing

73

Thai Chicken Salad

Sesame fried chicken served on a bed of rocket with spring onions, avocado, tomatoes, cucumber, toasted peanuts and a Thai inspired dressing

92

SANDWICHES AND WRAPS

White, Whole wheat, Ciabatta, Banting Bread, Gluten free or Rye
(Add a portion of chips R15)

Gourmet Sandwiches

Bacon, avocado, poached egg, rocket, sundried tomato pesto
Chicken mayonnaise with rocket, red onion

75

59

Wraps

Sesame Fried Chicken Wrap with guacamole, salad, sweet chilli sauce
Halloumi Wrap crumbed fried halloumi, roasted vegetables & basil pesto

76

76

Toasted Sandwiches

Cheese & Tomato Toasted
Ham, cheese & tomato
Chicken mayonnaise
Savoury mince & mozzarella
Bacon & egg

39

49

49

59

53

(v) - Suitable for vegetarians

WOODFIRED PIZZA

(Only thin base +/-30cm - All pizzas available for take away)

(v) Garlic pizza bread with melted mozzarella	67
(v) Margherita (garlic, oregano)	67
Regina (ham, mushroom)	83
Hawaiian (ham & pineapple)	81
(v) Vegetarian (mushrooms, olives, artichokes, onion, peppers, garlic, oregano)	89
Avocado, Bacon, Mushroom & Feta	99
Chicken Mayonnaise, spring onion, sweet chilli sauce	97
Quattro Stagioni (mushrooms, olives, salami & artichokes)	99
Mexicana (savoury mince, peppers, garlic, chilli)	98
Speciale (Salami, ham, mushroom, artichokes, olives, peppers, onions)	109
(v) Camembert, caramelised onion & avocado	96
Siciliana (anchovy, feta, Olive, garlic, chilli, oregano)	96
Seafood (prawns, mussels, calamari, garlic, chilli, rocket, lemon butter sauce)	120
Pepperoni (pepperoni, caramelised onions, feta & basil pesto)	97
Banana (banana, bacon, onion, garlic)	89
Extra Toppings	
Garlic, chilli, pineapple, basil, onion	8 each
Mushrooms, olives, green pepper, rocket, artichoke	13 each
Anchovies, feta, bacon, ham, avocado, pepperoni	15 each
Mozzerella cheese, chicken	25 each

DESSERTS

Please ask your waiter about our delicious selection of cakes	42
Sticky Toffee Pudding served with butterscotch sauce & cream or ice cream	40
Apple Crumble served with custard & cream/ice cream	42
Muffins: Bran, blueberry or chocolate chip served with jam & butter (Add cheese R8)	28
Homemade Scones served with: butter, jam & cream	42
butter jam & cheese	42
Waffles with maple syrup & cream or ice cream	38
Chocolate flapjacks with chocolate sauce & cream or ice cream	38

HOT BEVERAGES

Filter Coffee (refill per cup R7)	19
Espresso	17
Double Espresso	19
Macchiato	19
Americano	21
Cappuccino with foam	23
Large Cappuccino with foam	26
Cappuccino with cream	26
Large Cappuccino with cream	30
Café Latte	26
Chococcino	26
Irish Coffee	42
Double Amarula Hot Chocolate	42
Hot Chocolate, Horlicks, Milo, Spiced Chai	26

* (Add Coffee Syrup: Caramel, Hazelnut & Vanilla R9)
* Add R3 to change to Decaffeinated on any of the following coffees

TEAS




Five Roses, Lipton, Rooibos	18
Premium Teas: Camomile, Earl Grey, English Breakfast, Lemon, Peppermint, Green Tea, Wild Berry	20
Red Cappuccino	23
Red Latte	26

MILKSHAKES

Oreo	38
Strawberry (with fresh berries)	38
Banana (with fresh banana)	38
Blueberry Cheesecake (with fresh blueberries)	38
Peanut butter	38
Choc mint	38
Spiced Chai	38
Milk tart	38
Decadent chocolate	38
Coffee	38

HEALTH SMOOTHIES

Dairy Free - Add a scoop of vanilla whey protein R12

 Peanut Power Peanut Butter, Banana	40
 Banana Berry Banana, Blueberry, Strawberry	40
 Tropicana Pineapple, Banana, Granadilla, Mango Juice	40

Look for the GetFit Friendly Meals with this logo.



Contact Kelvin & Megan 073 184 0762

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"This superb range of mixers takes you back to an era when things were still hand-crafted with the utmost care and quality. Made with the finest ingredients, the bespoke mixer for the discerning individual."

COLD BEVERAGES

200ml Sodas:	17
Coke, Club Soda, Lemonade, Bitter Lemon, Indian Tonic Water, Ginger Ale, Bitter Lemon Lite & Indian Tonic Lite	
Sodas 330ml:	22
Coke, Fanta, Crème Soda, Coke Light, Coke Zero, Sprite, Sprite Zero, Tab	
Soda Float (with any of the above sodas)	26
Naturezone flavoured water 500ml - with xylitol (Flavours: Blueberry, Black Cherry, Watermelon, Lemon & Lime, Naartjie, Apple & Pear, goji berry, wild berry)	26



Frutina Slush (red or blue)	20
'Tizers:	24
Appletizer, White Grapetizer, Red Grapetizer	
Fresh Fruit Juices:	23
Apple, Orange, Guava, Mango, Fruit Cocktail	
Iced Tea:	23
Lemon, Peach, Raspberry	
Passion Fruit & Soda / Passion Fruit & Lemonade	20
Mineral Water: Still or sparkling	16
500ml	22
1 litre	
Dom Pedro - with whiskey, Amarula or Kahlua	42

BEERS

Castle Lager, Black Label, Hansa	23
Castle Light, Amstel, Millers Draught	25
Windhoek Lager, Windhoek Light, Windhoek Draught, Heineken	27

CRAFT BEERS

Cape Brewing Co. (CBC) Amber Weiss	45
Cape Brewing Co. (CBC) Krystal Weiss	45
Cape Brewing Co. (CBC) Lager	38
Cape Brewing Co. (CBC) Pilsner	42

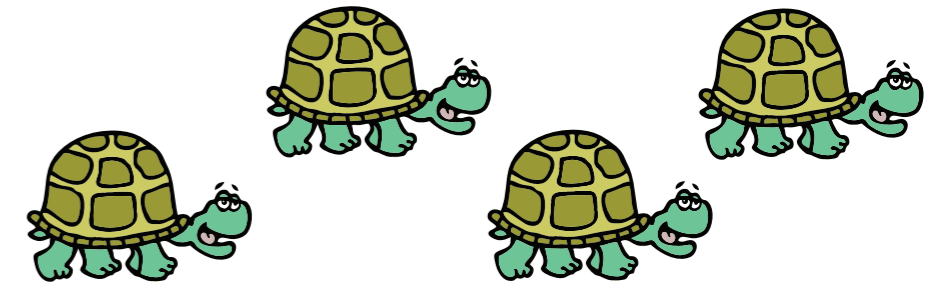
CIDERS AND ALCOPOPS

Smirnoff Spin, Hunters Dry	25
Savannah Light, Savannah Dry	26

KIDS MENU

LUNCH AND DINNER


Kids Pizza: Ham & pineapple or ham & cheese	48
Spaghetti Bolognese	38
Burger with chips	38
Hot dog & chips	26
Kids lasagne	48
Smoked fishcake & chips	35
5 fish fingers with sweetcorn & chips	35
Chicken strips with sweetcorn & chips	38
Macaroni Cheese	36



DESSERT

Chocolate, vanilla or strawberry ice cream cone	12
Fresh fruit salad & ice cream or cream	18
Half waffle with maple syrup & ice cream	19
Chocolate & marshmallow flapjacks with chocolate sauce	24

DRINKS

 Frutina Slushy (red or blue)	20
'Eskimo Cocktail' to hydrate playful kids!	FREE!
Kids Milkshake:	18
Chocolate, Strawberry, Banana, Vanilla, Lime & Bubble gum	
Oreo Milkshake	26
Hot chocolate with mini marshmallows	17
Fruit juice cartons - Assorted flavours	14
Glass of milk	12
Babychino	5
Naturezone Flavoured Water -sugar free!	26
Flavours: Blueberry, Black Cherry, Litchi, Watermelon, Lemon & Lime, Naartjie, Apple & Pear, Goji Berry	

(v) - Suitable for vegetarians

