## PAMELA'S FAMOUS CAKES & DESSERTS

ENGLISH TEA FOR TWO Served until 4.30pm daily ..... R290
- Tea of your choice
- Cucumber & cream cheese OR egg & horseradish on your choice of bread
- 2 mini spinach & feta quiches
- Home-made scones with strawberry jam & clotted cream
- 1 cake, cut into 2 OR 2 cupcakes

ASSORTED HOME-MADE CAKES OF THE DAY ..... R58

FROSTED CUP CAKE ..... R20

TWO OF OUR FAMOUS TEA SCONES served warm ..... R58
With home-made jam & clotted cream

TWO HOME-MADE RAISIN & BRAN MUFFINS ..... R58
Served with butter, cheese & marmalade OR strawberry jam

TWO GLUTEN-FREE CRANBERRY & CINNAMON MUFFINS R58
Served with jam and grated cheese

TWO CHOC-CHIP BANANA MUFFINS (Vegan) ..... R58

TWO BRAN-RICH SUCROSE-FREE MUFFINS ..... R64
Sweetened with dates & grated apple, served with sucrose-free jam & grated cheese

EXTRAS: Cream, clotted cream, ice-cream or grated cheese ..... R7

FLORENTINES (gluten-free) ..... R36

CHOCOLATE BROWNIE Made with Belgian chocolate – rich & moist ..... R38

MEGA BISCUIT ..... R30
- **Double choc-chip**
- **Granola (dairy and egg-free)**
- **Tahini and pistachio nut**

CINNAMON BUTTER BUN plain or toasted ..... R43

SAVOURY MUFFINS
2 savoury muffins of the day. Ask your waitron ..... R58

BELGIAN WAFFLE thick, light & crispy! ..... R65
With ice-cream or whipped cream PLUS your choice of one of the following:
chocolate & fudge sauce, fresh berry sauce or syrup/honey on the side

HOT APPLE PIE with cream or ice-cream . ..... R65

MALVA PUDDING with custard ..... R65

CRÈME BRÛLÈE with fresh fruit salad (gluten-free) ..... R65

CHOCOLATE MOUSSE CAKE (gluten-free) ..... R65

FRESH FRUIT SALAD with cream, ice-cream OR yoghurt ..... R65

GELATO BOWL ..... R65
3 scoops of the flavour of your choice with hot chocolate, caramel fudge or berry sauce

GELATO CONE ..... R32
2 scoops ..... R48

GLUTEN-FREE!
Bread, Muffins • Chocolate mousse cake • Florentines • Crème brûlèe • Orange almond cake

SUCROSE-FREE!
Two bran-rich muffins sweetened with dates & grated apple, served with sucrose-free jam and grated cheese

DAIRY-FREE!
Raisin and bran muffins • Date and apple muffins (without the cheese) • Choc-chip banana muffins • Mega granola biscuit

EGG-FREE!
Caramel nut tart • Choc-chip banana muffins • Florentines • Mega granola biscuit

VEGAN
Choc-chip banana muffins • Mega granola biscuit

## HOT DRINKS

TEA
- Classic Ronnefeldt Tea – English Breakfast (pure Ceylon), Earl Grey, Organic Rooibos ..... R24
- Ronnefeldt LeafCup Speciality Herbal Teas ..... R28

FILTER COFFEE strong and fresh
- Cup - regular or decaf ..... R24

ESPRESSO ..... R22

AMERICANO ..... R24

CAPPUCCINO regular, decaf, red or chai ..... R29

LATTÉ Regular, decaf, red or chai ..... R29

CHOCOCCINO
Layers of latté, espresso, French hot chocolate, topped with fluffy chino foam. ..... R42

FAMOUS FRENCH HOT CHOCOLATE ..... R52
Made with Belgian milk & dark chocolate - extra thick & very rich, topped with milk foam
- **Espresso size** - the perfect end to a meal ..... R26
- **Regular** - the same hot chocolate with extra milk ..... R40

KIDS' HOT CHOCOLATE
A little more milk & not so HOT! ..... R26

MILO Hot or cold ..... R36

IRISH COFFEE OR DOM PEDRO
Served with a home-made mini choc brownie ..... R53

## COLD DRINKS

FRANKIE'S TRADITIONAL GINGER BEER ..... R44

ICED TEA ..... R24

HOME-MADE ICED ROOIBOS TEA sweetened with apple juice, no sugar added (500ml) ..... R40
(1,3 litre jug) ..... R80

ICED COFFEE Coffee milkshake ..... R48

PAMELA'S ICED COFFEE double shot espresso on ice with milk ..... R30

MILKSHAKES Extra thick
- Assorted flavours ..... R48
- Kids' Shakes ..... R30
- Banana milkshake with real banana ..... R52
- Kids' banana milkshake ..... R35

SMOOTHIES
- Fresh Fruit Salad with yoghurt and ice-cream ..... R58
- Mixed berry with yoghurt and ice-cream ..... R58
- Kids' Smoothie ..... R42

FRESHLY-SQUEEZED ORANGE JUICE (in season)

'SIR JUICE' FRESH JUICES
- Regular ..... R28
- Small ..... R24

SOFT DRINKS
- Assorted carbonated drinks (330ml) ..... R24
- Appletiser / Grapetiser / Peartiser (330ml) ..... R29
- KTR traditional home-made lemonade, sweetened with sucralose (500ml) ..... R40
  (1,3 litre jug) ..... R80
- KTR sparkling strawberry lemonade – regular or sugar-free (500ml) ..... R45

TOMATO COCKTAIL ..... R28

KIRSTENBOSCH SPRING WATER (Still or Sparkling)
- 750ml glass bottle to the table (**NOT for take-away**) ..... R24
- 500ml plastic take-away bottle ..... R24

KIRSTENBOSCH TEA ROOM
RESTAURANT
for breakfast, lunch and tea

# RESTAURANT MENU 2017/18

PLEASE NOTE:

Bills may not be split.

Cheques are not accepted.

A 10% service charge will be added for groups of 10 or more visitors.

All prices include 14% VAT.

This menu is valid from 1 September 2017 and supersedes all previous menus

FOR MORE INFORMATION OR TO MAKE A RESERVATION, CONTACT:

Phone: 021 797 4883

email: t424u@ktr.co.za • www.ktr.co.za

# TRADITIONAL BREAKFAST – Last order at 11:15am

**CLASSIC BREAKFAST** ..... R75
2 eggs, bacon, grilled tomato, mushrooms & 1 hash brown

**THE FULL MONTY BREAKFAST -** ..... R108
2 eggs, lots of bacon, beef or pork banger, grilled tomato, mushrooms & 2 hash browns

**VEGETARIAN BREAKFAST** ..... R108
Grilled vegetables on a bed of spicy tomato topped with basil pesto & feta,
2 eggs, grilled tomato, grilled mushrooms & 2 hash browns.

All of the above served with your choice of our special bread, toasted or plain and home-made strawberry jam or marmalade.

**EGGY ON TOAST** fried, scrambled or poached
2 Slices ..... R52
1 Slice ..... R32

**MUSHROOMS ON TOAST** in sour cream & dill
2 Slices ..... R65
1 Slice ..... R41

**FRENCH TOAST** with a hot berry coulis
2 Slices of our home-made milk loaf served with cinnamon sugar & golden syrup or honey . R57
1 Slice ..... R35

**OPEN SANDWICH BACON OR HAM & EGG**
With side salad or chips ..... R85
With cheese and side salad or chips ..... R89

**SIDE ORDERS**
Mushrooms ..... R25
Bacon ..... R25
Bowl of grilled vegetables on a bed of spicy shakshuka tomato with basil pesto & feta ..... R44
40g Smoked trout with creme fraiche ..... R72

# ALL-DAY BREAKFAST – Served until 4.00pm.

**SHAKSHUKA** ..... R102
**TOMATO** Eggs poached in a spicy North African tomato sauce
**SPINACH** Eggs poached in a spinach, cream & yoghurt sauce
Both served with crusty home-made Italian bread & a side salad or chips
**Extra bacon in Shakshuka** ..... R12
For 2 ..... R195

**OPEN PAN OMELETTE** served with a side salad or chips. ..... R98
With your choice of 3 toppings from the following: Cheddar, feta, tomato, fried onion, bacon, ham, Mexican chicken, mushrooms , steamed spinach or grilled vegetables

**HEALTH BREAKFAST** ..... R98
Home-made granola, fresh fruit salad & Bulgarian yoghurt.

**ANCHOVY TOAST** ..... R60
Anchovy butter made with real Italian anchovies served with 2 slices of toast or bread, sliced tomato & a side salad (or an extra slice of toast)

**MARMITE TOAST** ..... R49
Marmite & butter served with 2 slices of toast or bread, sliced tomato & a side salad (or an extra slice of toast).

**ONE SLICE OF ANCHOVY OR MARMITE TOAST** ..... R27
Served with anchovy butter, anchovette or Marmite and sliced tomato.

**BREAD BASKET** ..... R49
3 Slices of bread or toast served with butter, cheese , home-made marmalade & strawberry jam.

# SALADS

Served until 4.00pm.

**HOUSE MIXED SALAD**
An assortment of greens & vegetables with sprouts & toasted seeds served with our famous fresh herb & honey dressing. ..... R106

**GREEK SALAD**
House salad with feta cheese and olives ..... R122

**FATTOUSH SALAD WITH CRUMBED FETA, OLIVES & GRILLED EGGPLANT** ..... R122
Chopped vegetable salad, fresh mint & parsley with toasted za'atar pita pieces, dressed with fresh lemon juice & olive oil
**Add chicken schwarma strips** ..... R18

**MEXICAN GRILLED CHICKEN & AVO** (in season) **SALAD** ..... R140
With corn, celery, cucumber, tomatoes & croutons on a bed of lettuce & spinach with our lemon & coriander dressing.
**Add bacon** ..... R158

**MIDDLE EASTERN VEGETARIAN PLATTER** ..... R140
Falafel, humus, labaneh (yoghurt cheese), roast eggplant, tabouleh & spicy Turkish tomato salad served with warm pita bread.

**SMOKED TROUT PLATTER** ..... R175
The finest Franschhoek cold-smoked trout (80g) served with dill crème fraîche, capers, side salad & bread of your choice.

**THAI VEGETABLE SALAD WITH FRUIT & CASHEW NUTS**
Julienne vegetables, sprouts & fresh fruit on a bed of fresh greens, topped with crispy rice noodles with our sweet chilli, soya, sesame oil and coriander dressing ..... R130
**Add crispy fried prawns OR calamari OR fish** ..... R158

**SUSHI SALAD** ..... R130
Sushi rice with shredded nori and veggies in a ginger, wasabi and rice vinegar dressing with avocado served on a bed of greens with a wasabi mayo dip
**Add smoked trout OR crispy fried prawns OR fish OR calamari** ..... R158

# SOUPS

A meal in a bowl, served with your choice of bread

**VEGETABLE SOUP OF THE DAY** ..... R72
**MEAT SOUP OF THE DAY** (Winter only) ..... R78

# SCRUMPTIOUS SANDWICHES

Served with a side salad and/or chips or smileys. Served until 4.00pm.
Sandwiches either toasted or plain on 2 slices of our special home-made breads: Italian white, wholewheat seed, 100% rye, gluten-free or Banting.

**CHEESE OR BACON** ..... R63
**CHEDDAR WITH TOMATO** ..... R65
**CUCUMBER & CREAM CHEESE** ..... R65
**EGG & HORSERADISH MAYONNAISE WITH DILL** ..... R65
**BACON OR HAM & CHEESE** ..... R88
**GRILLED VEGETABLES, BASIL FETA PESTO & MOZZARELLA** R88
**SPICY CHICKEN MAYONNAISE** ..... R94
**OPEN-FACED BLT**
Grilled bacon OR ham with lettuce & tomato ..... R84

**OPEN HEALTH SANDWICH** For the calorie conscious: Chunky cottage cheese, grilled mushrooms, sun-dried rosa tomatoes, sprouts & toasted seeds.
1 Slice ..... R88

**ROAST BEEF** ..... R98
Slices of roast sirloin in our barbecue sauce, served with mayo & mustard on a bed of lettuce & tomato, topped with our home-made bread & butter pickles

**SAVOURY MUFFINS** 2 savoury muffins of the day. Ask your waitron ..... R58

# COMFORT FOODS

Served from 11.45am until 4.00pm daily

**FRESH HAKE** ..... R160
- **Grilled, lightly dusted in seasoned coconut flour, served with lemon garlic hollandaise sauce**
- **Fried in a crispy beer batter, served with sauce tartar**

**SIRLOIN STEAK** ..... R190
Charcoal grilled to perfection – plain or BBQ-basted

**BANGERS** 3 Beef or pork bangers with a brown onion OR spicy tomato sauce ..... R138

**CRUMBED CHICKEN SCHNITZEL** ..... R148
Served with a sauce of your choice

All of the above are served with a side salad, seasonal vegetables of the day plus your choice from one of the following: chips, sweet potato chips, baby potatoes, mash, brown rice with lentils or roasted cauli mash

**BEEF BOBOTIE** ..... R138
Served with yellow Basmati rice & lentils with sambals: tomato & onion, banana yoghurt, chutney & papadum

**CAPE PICKLED FISH** ..... R160
Served with a bread basket & a side salad

**SPINACH & FETA DEEP-PAN QUICHE** ..... R132
Made with low-fat cottage cheese, fresh dill & nutmeg, served with salad &/or chips

**BBQ CHICKEN BREAST BURGER & CHIPS** ..... R140
Served with a side salad & beer-battered onion rings

**HOME-MADE BEEF BURGER & CHIPS** ..... R140
Served with a side salad & beer-battered onion rings
**Add bacon OR cheese OR sauce of your choice** ..... R12

**BEAN BURGER & CHIPS** ..... R140
Chickpeas and black beans, with grilled vegetables, tomato, spinach & butternut
- **Crispy fried in homemade crumbs**
- **Vegan & gluten-free – lightly dusted in coconut flour & pan fried**

Served with a side salad, beer-battered onion rings & a spicy tomato sauce

# FOR THE NOT-SO-HUNGRY (NSH)

**CRISPY FISH NUGGETS** ..... R79
**NSH HOME-MADE BEEF BURGER** ..... R89
**NSH BANGERS** ..... R79
2 Beef or pork bangers with a brown onion OR spicy tomato sauce
**NSH BBQ CHICKEN BREAST BURGER** ..... R89
**CRUMBED CHICKEN NUGGETS** ..... R79
Served with spicy mayo or plain mayo

All of the above are served with a salad garnish, plus your choice from one of the following: chips, sweet potato chips, smileys, baby potatoes, mash, brown rice with lentils or roasted cauli mash

**PLATE OF CHIPS OR SWEET POTATO CHIPS** ..... R54
**PLATE OF VEGETABLES OF THE DAY** with pesto ..... R54
**PORTION OF BEER-BATTERED ONION RINGS** ..... R15

# SAUCES & SIDE ORDERS

**SAUCES:** ..... R12

NEW– Roast garlic & parmesan • Creamy green & black peppercorn • Spicy tomato • Mushroom • Piquant cheese • Brown onion sauce

**SIDE ORDERS:** ..... R39

Bowl of chips
McCain sweet potato chips
Buttered baby potatoes
Bowl of house salad
Bowl of vegetables of the day with pesto
Roasted cauli mash
Brown rice with lentils & caremelised onions - Megadarra (vegan) • Bowl of smileys