





BREAKFAST MENU

SERVED BETWEEN 9:00 - 12:00

Homemade Granola (V)
- Served With Seasonal Fruit, Full Cream Yoghurt And Honey
Omelette (Three Eggs/Egg Whites)
- Filled With Cheese And Cherry Tomatoes
- Served With Sourdough Toast
Health Muffins
- Two Muffins Served With Cheese And Preserves
- Variety: Bran (*Contains Seeds And Raisins); Lemon And Poppyseed; Mixed Berries
Eggs And Toast
- Two Fried/Scrambled Eggs
- Served With Sourdough Toast And Homemade Preserves
Eggs And Boerewors
- Two Fried/Scrambled Eggs And Boerewors With Tomato Relish
- Served With Sourdough Toast And Homemade Preserves
LUNCH MENU
SERVED BETWEEN 12:00 - 17:00
Grilled Chicken Salad (Free Range)
- Made With Free Range Chicken Breast Strips, Fresh Summer Garden Greens, Seasonal Fruit And Toasted
Seeds.
- Served With Homemade Lemon Salad Dressing
Quiche (V)
- Made With Puff Pastry And Vegetables From Our Garden
- Choose Between: Butternut, Sweet Onion & Rosemary, Or Spinach, Herbs And Feta
- Served With A Side Salad
Warm Toasty Pita
- Moroccan Spice Beef Meatballs Snuggled Inside A Whole Wheat Pita.
- Served With Homemade Yogurt Raita Dressing And Homemade Hummus
OR
- Grilled Free Range Chicken Strips And Garden Greens Inside A Whole Wheat Pita.
- Served With Homemade Yogurt Raita Dressing And Homemade Hummus
Mediterranean Couscous Salad Bowl (V)
- Whole Wheat Couscous With Peppers, Sweet Onions, Sundried Tomato, Feta, Chickpeas And Fresh
Organic Herbs From Our Garden Served With A Homemade Lemon Dressing Or Yogurt Raita Dressing
Gourmet Toasties
Chicken & Herbed Mayo
Tomato And Cheese
- On Buttered Ciabatta
- Served With A Side Salad