

SALADS

Lemon & Rosemary Beef Fillet Carpaccio R118
With rocket, micro leaf salad, Parmesan shavings, olive oil and black pepper

Caesar Salad R109
Cos lettuce, sautéed chicken breast, crispy bacon, Parmesan shavings & anchovy fillets served with croutons & a classic Caesar dressing

Prawn & Calamari R118
Pan seared with chili & Garlic served on a bed of micro greens and rocket, avocado & Danish feta, drizzled with a summery citrus dressing

Niçoise
Green beans, sautéed new potatoes, red onion, olives, rosa tomatoes, boiled egg. With a choice of either smoked Norwegian salmon or Cajun chicken strips tossed in a traditional French Niçoise dressing
- Chicken R109
- Salmon R122

Parma Ham R118
With micro greens, rocket, rosa tomatoes, red onions & creamy Gorgonzola, served with a toasted pecan nut & preserved fig dressing

① **Butternut & Quinoa** R98
Red onions, creamy Gorgonzola, micro greens, honey toasted cashew nuts & a pickled ginger dressing

① **Slow Roasted Mediterranean Vegetable** R98
With grilled halloumi, toasted pine kernels, Quinoa or farfalle pasta finished with a sun dried tomato dressing

Tuna Salad R98
Tomatoes, gherkins, red onion, boiled egg & micro greens with lemon zested mayonnaise dressing

SMOOTHIES

We can substitute dairy for almond milk R12
Add a scoop of whey protein R24

Breakfast Bar
Banana, honey, muesli, vanilla & yoghurt

Peanut Blast
Peanut butter, banana, white chocolate & milk

Sweet Basil, Apple & Strawberry
Basil, strawberries, apple juice & strawberry sorbet

Very Berry
Raspberries, blackberries, strawberries & apple juice

Cheeky Peach
Peaches, apple juice & peach sorbet

Passion Fruit Punch
Granadillas, apple juice & passion fruit sorbet

Freezochino
A blend of coffee, ice & milk

MILKSHAKES

Hazelnut & Honey Chiller R49
Hazelnut, honey, ice-cream & a shot of espresso

White Chocolate & Cinnamon R49
Ice-cream, white chocolate & cinnamon

Cookies & Cream R49
Choc chip cookies, ice-cream & white chocolate

Chocolate, Vanilla, Strawberry, Coffee R45

FRESH PRESSED JUICES

R49

Carrot, apple, pineapple & ginger

Beetroot, cucumber, strawberry

Paw paw, lime, carrot, wheatgrass

FRUIT JUICES

Apple, orange, fruit cocktail, strawberry, mango, cranberry, pineapple R38

Large fruit juices R42

Wheatgrass & apple R48

Wheat grass shot R24

SOFT DRINKS

Coke, Fanta Orange, Sprite, Creme Soda, Coke Zero, Sprite Zero R24

Appetizer, Red Grapetizer R29

Red Bull R34

Water 500ml - still or sparkling R24

HOT DRINKS

Try our specially selected blend of coffee

Café americano R23
Large R26

Cappuccino R26
Large R30

Café au lait R30

Espresso
Single R23
Double R28

Hot chocolate R30

Milo R30

Chai latte R30

Red cappuccino R26
Large R30

TEAS

Earl grey, five roses, rooibos, mint tea, camomile, green tea R24



BREAKFAST (SERVED UNTIL 12PM)

Eggs Benedict Served with pané bacon, poached eggs, avocado, freshly baked English muffin & topped with a hollandaise sauce	R92
Salmon Benedict Smoked Norwegian salmon, poached eggs, freshly baked English muffin, avocado salsa topped with cottage cheese	R110
Omelette 1 Sautéed mushrooms, tomato relish, mozzarella & basil pesto	R89
Omelette 2 Sautéed Italian sausage, bacon, mozzarella & 2B's tomato & chili relish	R98
Omelette 3 Smoked Norwegian salmon, chives, cottage cheese & caper berries	R110
Rolled Omelette Halloumi, crispy bacon, sautéed onions, topped with a confit tomato & avocado salsa	R92
Grilled Aubergine Chevin goats cheese stack with tomato relish and Parmesan, served with a poached egg and basil pesto	R89
Sweet Potato & Corn Fritters Crushed avocado, feta, poached egg & a sun dried tomato hollandaise	R89
Spanish Style Frittata Tomato relish, mushroom, Danish feta & basil pesto	R79
White Cheddar BLT Grilled cheddar, pané bacon, crispy lettuce served with a confit tomato chutney on toasted ciabatta	R79
2B Breakfast Two fried eggs, grilled tomato, sautéed mushrooms & bacon - Add a pork sausage - Add a hash brown	R89 R20 R16
Pancakes 3 pancakes cooked in an orange butter, rolled in cinnamon sugar served with strawberries, maple syrup & grilled lemon - Add a scoop of vanilla ice cream	R88 R16

Smoked Salmon Scrambled Eggs On either toast or a croissant with cottage cheese and caper berries	R98
French Toast Rolled in frosted flaked corn, candied cashew nuts, crispy bacon, topped with maple syrup, strawberries and crème fraîche	R94
Health Breakfast Scrambled egg whites with sautéed tomatoes & onion, savoury mince, avocado & sautéed sweet potato cubes	R92
Breakfast Wrap Halloumi, bacon, scrambled eggs, rocket & tomato relish	R86
Egg & Bacon Sandwich Two fried eggs, bacon, mozzarella, rocket & a light homemade tomato & chili relish	R92
Creamy Oats Porridge Served with toasted almonds, caramelized cinnamon bananas & honey	R69
Home Baked Muesli With Nottingham yoghurt, seasonal fruit & a trickle of honey	R84
Seasonal Fresh Fruit Salad With toasted almonds, Nottingham yoghurt, honey & shredded mint	R84
Poached Eggs on Toast - Add bacon - Add pork sausage	R42 R24 R18
Scrambled Eggs on Toast - Add savoury mince - Add avocado	R52 R35 R24
Savoury Mince on Toast - Add a poached egg - Add avocado	R72 R12 R24
Crushed Avocado on Toast With cottage cheese, rocket & fresh black pepper	R52
Anchovy Toast Served with fresh tomato & gherkin	R44
Toast & Jam	R24

SANDWICHES

Served on your choice of one of our freshly baked breads -low GI, seed loaf, ciabatta or 100% rye

Farm House Rocket, white cheddar, plum tomato, Parma ham, gherkins, avocado and wholegrain mustard mayonnaise	R118
Cajun Chicken Breast Piquant peppers, crème fraîche, rocket, crispy Parma ham finished with basil pesto	R108
Smoked Chicken Breast Piquant peppers, rocket, toasted pine kernels and a cumin mayonnaise	R108
Egg Mayonnaise Crispy bacon, cos lettuce & fresh tomato	R86
Chicken mayonnaise With avocado & bacon	R94
Tuna mayonnaise Tomato, gherkin, red onion, rocket, cucumber & avocado	R94
Slow Roasted Mediterranean Vegetables Rocket, sun dried tomatoes, feta & pesto	R89
Smoked Norwegian Salmon With a zesty avocado salsa topped with crème fraîche	R118

LUNCH

Health Lunch 2 grilled chicken breasts, avocado, rocket salad and sweet potato or brown rice	R98
300g Beef Fillet Parmesan salad, truffle fries & chimichurri herb sauce	R189
Norwegian Salmon Ceviche Grilled Cajun prawns served with an avocado summer salad & a splash of citrus	R220
Fish & Chips Crisp battered hake, small salad, lemon zested tartar sauce and fries	R122
Quiche of the Day Served with a pesto salad & Parmesan shavings	R69
Selection of Home Made Pies Served either with a side salad or chips - Oxtail, red wine & rosemary - Roasted lamb & mint - Steak & ale	R69

PASTA

Spaghetti Bolognese Topped with mature Parmesan, poached egg & a sun dried tomato pesto	R98
Basil Pesto Chicken Breast Grilled strips of chicken breast, toasted pine nuts, penne pasta & Danish feta tossed with fresh chili & basil pesto	R118
Beef Fillet & Chili Penne Sautéed with red onion & parsley finished with Parmesan shavings and a splash of truffle oil	R128
Mushroom & Herb Penne Field mushrooms & herbed cream finished with mature Parmesan shavings & a splash of truffle oil	R108
Smoked Norwegian Salmon Caper berries & parsley finished in a white wine cream	R128

BURGERS & PREGOS

Lamb & Mint Burger 250g lamb patty, toasted burger bun, rocket, red onion marmalade & a minted mayonnaise served with fries	R128
Beef Burger 250g beef patty. Select one topping - White cheddar, gherkins, tomato salsa, onion rings - White cheddar, egg & bacon, tomato salsa & onion rings - Creamy Gorgonzola, red onion marmalade & onion rings	R118
Beef Sirloin or Grilled Chicken Breast Prego Fresh tomato salsa, rocket, sautéed onions, fried egg & finished with 2B's prego sauce - Beef - Chicken	R122 R118

WRAPS

Beef Fillet Wrap Honey & soya glazed strips of beef fillet, crème fraîche, rosa tomatoes & rocket	R112
Cajun Chicken Wrap Strips of Cajun chicken breast, crème fraîche, piquant peppers, rocket & basil pesto	R108
BBQ Chicken Sticky Asian style BBQ chicken breast, spring onion, coriander, crispy lettuce & fresh chili	R108
Roasted Butternut & Creamy Gorgonzola Quinoa, honeyed cashew nuts, rocket & red onion marmalade	R98
Pulled pork Succulent pulled pork, crunchy slaw, spring onions, coriander & rocket topped with our own smokey BBQ sauce.	R108

PIZZA

Add Avo R24	
Cajun Chicken Chevin goats cheese, basil pesto, piquant peppers & mozzarella	R112
Balsamic Roasted Tomato Danish feta, basil pesto & rocket	R98
Spicy Bolognese Onion, mushrooms, peppers & fresh chili	R112
Cajun Calamari Feta, avocado, rocket & sweet chili mayonnaise	R118
Parma Ham Creamy Gorgonzola, preserved figs & rocket	R118
Pulled Pork Spring onions, coriander, avocado & smokey BBQ sauce	R112