

Fláva café™

MENU

Once upon a time...

Fláva Café was nothing more than an open-air driveway next to one of the first houses in Wilderness. While the majority of Fláva was newly built, the oldest part of the restaurant is our office, said to be the original Wilderness strong room. Back in the day this was used by travellers on horseback going between Knysna and George, who needed a safe place for their valuables.

Fláva (Fley-ver) Café was opened in 2011 as a 'simple, with taste' venue where you can enjoy restaurant quality food in a relaxed café atmosphere.

So whether you are just popping in for a quick coffee, having a lazy lunch or coming for a family dinner, we hope you enjoy your time with us - the Fláva way!



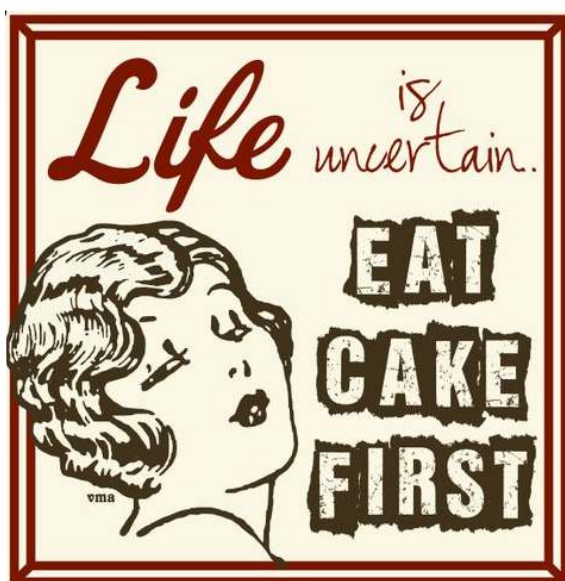
Please Note

Ingredients are fresh and seasonal and may be subject to availability.

Please assist us in getting your food to you promptly by not changing the menu combinations. Thank you.

If you have any food allergies please let staff know when you place your order as we use a variety of ingredients in our kitchen.

Gratuity of 10% will be added for tables of 6 or more.



Starters

Tear and Share Garlic Bread v

Warm brioche bread, basted with garlic butter and served with half sweet roast garlic bulb for spreading **48.00**

Add Feta & Olives **18.00**

Bobotie Spring Rolls

2 crispy, phyllo pastry spring rolls, carrot & cucumber ribbons, fresh coriander leaves and a homemade sweet chilli dipping sauce **46.00**

Peri-peri Chicken Livers

Spicy chicken livers made with our famous Fláva peri-peri sauce, cream and garlic. Served with a stone ground bun **48.00**

Calamari

Tender calamari steak strips, choose crumbed OR grilled with salad leaves and a chilli lime mayo **48.00**

Asian Fishcakes

Homemade fishcakes with wasabi mayo, chilli dipping sauce, pickled ginger tempura with carrot and cucumber ribbons. **44.00**

Mussels

West Coast black mussels in a creamy white wine, garlic & herb sauce with toasted sourdough ciabatta **67.00**

Chef's Soup Of The Day

Please ask your waitron for today's option
42.00

Asian Duck Salad

Shredded confit duck, julienned carrots, cucumber ribbons, spring onion, red cabbage, mixed leaves, sesame seeds, tempura pickled ginger with a sweet soy & lemongrass dressing
starter – **68.00**, main – **95.00**

Just Greens Salad v

Rocket, baby spinach, mixed leaves, cucumber ribbons, green apple slices with pecorino cheese shavings, croutons & toasted seed and nut sprinkle. Fláva's creamy herb salad dressing on the side with whole baby apple garnish.
starter - **48**, main - **75**

Fláva Chicken Caesar Salad

Crispy bacon, tender grilled chicken pieces, pecorino cheese shavings, croutons, mixed leaves and Caesar dressing
starter – **54.00**, main – **80.00**

Greek Salad v

Crispy battered feta chunks, red & white onion, chunky cucumber, rosa tomato, olives, mixed leaves with a creamy herb salad dressing
starter – **48.00**, main – **75.00**

Fláva Favourites

Slow Roast Pork Belly

Tender pork medallions on creamy spring onion mash, chunky seasonal veg, sweet soy and apple sauce with crunchy crackling

Ladies – **99.00**, Full – **137.00**

BBQ Espresso Ribs

450g of succulent pork ribs basted in a sticky BBQ espresso sauce with sesame sprinkle, served with skinny fries **118.00**

Fláva Sirloin Steak

250g sirloin steak, matured for 21 days, served with battered onion rings, chunky Greek salad OR skinny fries and sauce of your choice **145.00**

Sauces – Mushroom, Blue Cheese OR Peri-peri

Mutton Curry when available

A rich flavoursome blend of spices, tomato and lamb on the bone, slow cooked until tender. Served with rice, poppadum, tomato sambal and fruity chutney **129.00**

Bobotie

A traditional South African favourite! Minced beef cooked with a mild blend of Cape Malay curry spices and raisins. Topped with a savoury egg custard and served with chunky veg, yellow rice and tomato sambal **89.00**

Fresh Hake

The freshest hake we can get. Choose grilled OR beer battered, served with skinny fries, side salad and homemade tartar sauce **88.00**

Speciality Linefish

Ask your waitron for today's option **SQ**

Calamari

Tender calamari steak strips served crumbed OR grilled with skinny fries, side salad and homemade tartar sauce **88.00**

Mussels

Half shell West Coast black mussels in a creamy white wine, garlic & herb sauce. Served with sliced ciabatta bread & skinny fries **118.00**

Moroccan Chicken

Grilled chicken breast on a bed of cumin & coriander couscous, topped with dates & apricots, served with a beetroot and butternut salad with herb pesto yogurt **99.00**

Fláva Peri-Peri Chicken

Tender chicken breast basted in our famous Fláva peri-peri sauce, served grilled with a chunky Greek salad & sweet potato fries **96.00**

Fláva Curry

A fragrant Cape Malay style curry with coconut milk. Served with rice, sambals and poppadum Chicken **86.00** OR Chickpea & Chunky Veg **69.00** v

Veggie Stack v

Sweet potato fondant topped with deep fried chickpea balls and button mushrooms. Served with beetroot, rocket, feta & peppadew salad, dukkah sprinkle and a Moroccan yoghurt dressing **79.00**

Burgers

Served with a chicken breast or 200g homemade beef or veggie patty, stone-ground bun, lettuce, side order skinny fries & onion rings.

chicken beef veggie

Ultimate 105 115 89

Grilled camembert, bacon, dried cranberries, rose geranium jelly & fresh rocket

Hawaiin Burger 90 98 85

Juicy pineapple ring, homemade 1000 island sauce, sweet red onion, sliced tomato & cheddar cheese

Double Cheese 85 90 79

Topped with a tangy blue cheese sauce & cheddar slice

American 95 100 87

Cheddar cheese, caramelised onions, tomato relish, gherkins

Bacon, Guac & Feta 90 98 79

Crispy bacon rashers, chunky guacamole, feta chunks

Fláva Peri-peri 90 98 79 

Crème fraiche, guacamole, Fláva peri-peri, rosa tomatoes and fresh coriander

Village 82 

Chickpea & lentil patty, guacamole, feta, peppadew, fresh rocket with dukkah & seeds

Desserts

Cappuccino Crème Brûlée

Smooth and creamy coffee infused cremé bruleé with caramelised sugar topping **36.00**

Banana and Bar-One

Spring Roll

Crispy deep fried phyllo pastry spring roll, banana & Bar-One filling, served with vanilla ice cream & chocolate sauce **38.00**

Lemon Cheesecake

Zesty citrus fridge cheesecake on coconut biscuit base, finished with mixed berry coulis **42.00**

Ice Cream & Chocolate Sauce

3 scoops of vanilla ice cream & homemade chocolate sauce **36.00**

Flava Eton Mess

Crushed meringue, whipped cream, strawberries, vanilla ice cream & mixed berry coulis **40.00**

Decadent Chocolate Brownie

Rich dark chocolate brownie served warm with vanilla ice cream and homemade chocolate sauce **48.00**

Dom Pedro

Whiskey, Amarula, Kahlua, Frangelico **39.00**

Cafe Kids

Burger and Chips

100g homemade beef patty, lettuce and sliced tomato with skinny fries **52.00**

Add - slice cheddar cheese **12.00**

Strips and Chips

* Homemade crumbed chicken breast pieces & skinny fries **49.00**

* Fresh hake strips battered with tartar sauce & skinny fries **49.00**

* Tender crumbed calamari steak strips with tartar sauce & skinny fries **49.00**

Ice Cream and Homemade Sauce

1 scoop of vanilla ice cream, choose chocolate OR mixed berry sauce **18.00**



Drinks

Americano / Decaf	22/24
Espresso	18
Espresso Double	20
Macciato	20

Cappuccino / Decaf	25/28
Cappuccino XL	30
Latte	28
Chai Latte	28
Irish Coffee	39

Whiskey, Kahlua, Brandy, Frangelico, Amarula

Irish Coffee	45
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Jameson Whiskey

Rooibos Cappuccino	28
Rooibos Latte	28
Rooibos Homemade Ice Tea	24

Tea	13
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Ceylon, Rooibos, Earl Grey, Green,
Peppermint & Camomile

Hot Chocolate	28
White Hot Chocolate	32
Fláva Hot Chocolate	34

whipped cream, chocolate shavings
& mini marshmallows

Milo	25
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Milkshakes	Small 20
Vanilla, Choc, Strawberry,	Large 28
Bubblegum, Banana, Lime,	
Coffee, Mixed Berry, Rooibos, Brownie	Small 24
	Large 32

Fruit Juices	18
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Apple, Mango, Orange