

OPEN 7 DAYS A WEEK



HIGHER GROUND
RESTAURANT

BREAKFAST IS SERVED UNTIL 11AM

EARLY START

CHEF'S BREKKY

Spicy chicken livers with two poached eggs & glazed cherry tomatoes **90**

THE ULTIMATE BREAKFAST & REGULAR CAPPUCCINO

Two fried eggs, bacon, 100g beef patty, cheese grillers, avocado, mushrooms, tomato, chips & toast **140**

EGGS BENEDICT

Two poached eggs covered in hollandaise, served on toasted ciabatta with bacon & baby lettuce **105**

SALMON SCRAMBLE ON RYE

Creamy Scrambled eggs topped with salmon and cream cheese, served on toasted rye **130**

EARLY BIRD

One fried egg, bacon, grilled tomato & toast **65**

SPICY SCRAMBLE

Spicy chorizo, chives, and fresh chilli served with tomato salsa on rye toast topped with parmesan cheese **95**

BIG BOY BREAKFAST

Savoury mince served on toasted ciabatta with poached eggs & glazed cherry tomatoes **105**

THE MIX BREKKY

Baked beans, grilled halloumi, chorizo and fresh chilli served on rye toast with a fried egg **95**

OMELETTE

Tomatoes, onions, cheese & a slice of toast **65**

“ ETC...”

MOZZARELLA 22 BLUE CHEESE 30 BACON OR HAM 25 CHORIZO 26 AVOCADO [SEASONAL] 30 MUSHROOMS 20

COMFORT DRINKS

FREEZCHINO 45

ESPRESSO

- SINGLE 25

- DOUBLE 30

MACCHIATO 29

CAFFE MOCHA 35

AMERICANO 30

CAPPUCCINO

- REGULAR 32

- LARGE 38

MOCHACCINO 40

RED CAPPUCCINO 40

CAFÉ LATTE 40

CHAI LATTE 42

HOT CHOCOLATE/MILO 38

HOT WATER LEMON & HONEY 7.50

FIVE ROSES OR ROOIBOS 25

HERBAL 28

Earl Grey,

English Breakfast

Camomile

Peppermint

Green Tea

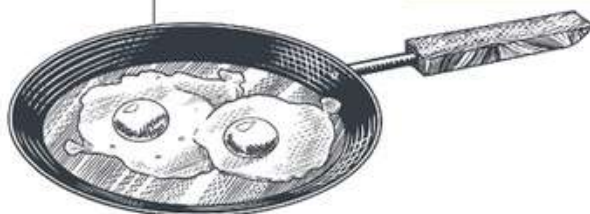
COFFEE
MAKES
EVERYTHING
BETTER



“ ETC...”

ALMOND MILK 10

FRESH POURING CREAM 7.50



FOR THE HEALTHY

BANTING FRIENDLY

Fanned avocado, bacon, two poached eggs, grilled mushrooms & grilled halloumi **140**

POACHED EGGS ON RYE WITH AVOCADO

Two poached eggs on rye served with fanned avocado **85**

PEAR & ALMOND OATMEAL

Fresh slices of pear topped over oatmeal with roasted almonds & honey **75**

GRANOLA PARFAIT

Crushed granola bar served with fresh fruit in a papaya bowl with honey & yoghurt **95**

SHAKE IT & BE SMOOTH

CHOCOLATE

VANILLA

STRAWBERRY

LIME

BANANA

BUBBLEGUM

HGR COFFEE SHAKE

R45

MANGO SMOOTHIE

STRAWBERRY SMOOTHIE

PASSION FRUIT SMOOTHIE



ALL OUR FOOD IS PREPARED IN A KITCHEN WHERE NUTS, GLUTEN & OTHER ALLERGENS ARE PRESENT & OUR MENU DESCRIPTIONS DO NOT INCLUDE ALL INGREDIENTS

SLIGHTLY PECKISH

SALMON STACKER

Smoked salmon, tomato, avocado, capers, drizzled with a dill crème fraîche served with herb crusted ciabatta **135**

CALAMARI

Succulent grilled calamari served with savoury rice & tartar sauce **125**

MUSSEL POT

Mussels done in a creamy garlic white wine sauce, served with toasted garlic & herb ciabatta **115**

BEEF TRINCHADO

Creamy spicy beef cubes served with toasted garlic & herb ciabatta **105**

PERI-PERI CHICKEN LIVERS

Creamy Portuguese sauce served with toasted garlic & herb ciabatta **90**

✓ JALAPEÑO CHEESE BALLS

Homemade jalapeño cheese balls served with a creamy cheese Peri-Peri sauce **90**

✓ CRUMBED BRIE

Deep-fried, served with cranberry sauce & herb crusted ciabatta **110**

SNAILS

Creamy garlic snails topped with cheese served with fresh ciabatta. The HGR way! **90**

✓ BAKED BRINJAL

Topped with mozzarella, tomato, basil pesto, drizzled with a balsamic reduction **90**

SOUP OF THE DAY

Ask your waitron **65**

✓ HALLOUMI CHEESE

Deep fried halloumi, served with sweet chilli sauce **115**

Kids Menu

CRISPY CHICKEN STRIPS & CHIPS	75
MACARONI CHEESE & BOLOGNAISE	80
KIDS BURGER & CHIPS	85
- ADD CHEESE	10
FISH FINGERS & CHIPS	75



ALL OUR FOOD IS PREPARED IN A KITCHEN WHERE NUTS, GLUTEN & OTHER ALLERGENS ARE PRESENT & OUR MENU DESCRIPTIONS DO NOT INCLUDE ALL INGREDIENTS

GREENS & MORE

CAJUN CHICKEN & AVOCADO

Tender chicken, avocado, baby leaves, lettuce, tomato, onions, carrots & cucumber **135**

SALMON & CHICKPEA

Smoked salmon, avocado, chickpeas, red onion, feta cheese & basil pesto **145**

CALAMARI SALAD

Grilled calamari served with green beans, shredded cabbage, carrots, cucumber, drizzled with a chilli & a mint dressing **135**

✓ MOZZARELLA & AVOCADO

Basil pesto, mozzarella, avocado, cherry tomatoes, served on a bed of baby lettuce, drizzled with homemade tomato vinaigrette, sprinkled with pine nuts **120**

BIG BLUE

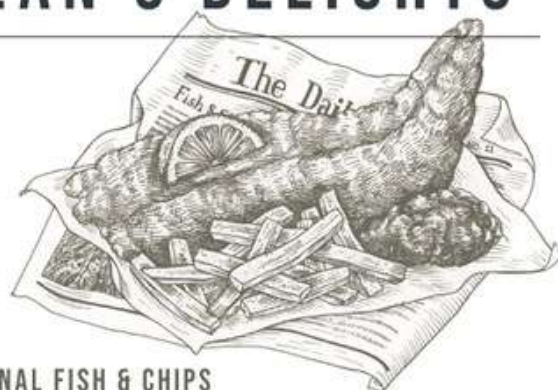
Bacon and blue cheese served on a bed of lettuce, baby leaves, tomato, onion, cucumber, topped with croutons **135**

✓ GREEK

Danish-style feta on a bed of baby leaves with Kalamata olives, tomatoes, onion, cucumber & mixed peppers **95**



OCEAN'S DELIGHTS



TRADITIONAL FISH & CHIPS

Crispy fried fish & chips served with tartar sauce **130**

GRILLED CALAMARI

Cajun-style grilled calamari, served with savoury rice & lemon butter sauce **180**

SALMON HOLLANDAISE

Lightly grilled salmon, served with creamy mash potato, smeared with hollandaise sauce & veg of the day **245**

PRAWNS

9 succulent prawns grilled to perfection, served with savoury rice & fries with lemon butter sauce **199**

FISH AND CALAMARI COMBO

Hake, calamari & chips served with lemon butter sauce **195**

FEELING CLUCKY

HALF PERI-PERI CHICKEN & RIBS

Flamed grilled half peri-peri chicken and honey glazed pork ribs served with chips or veg of the day 195



FERNANDO SPECIAL

Flamed grilled half peri-peri chicken, Cajun calamari, chorizo, served with chips or side green salad 195

STUFFED CHICKEN BREAST

Grilled chicken breast stuffed with spinach, feta and mushrooms, drizzled with basil pesto cream, served with crispy baby potatoes & veg of the day 165

HALF PORRA CHICKEN AND PRAWNS

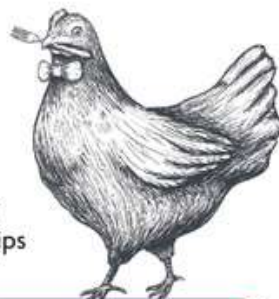
Flamed grilled half peri-peri chicken, grilled prawns served with chips & savoury rice 190

HALF PERI-PERI CHICKEN

Flamed grilled half peri-peri chicken served with chips or green side salad 115

CHICKEN ESPETADA

Marinated grilled deboned chicken thighs, pepperdews served with chips & garlic herb butter sauce 175



CRISPY CHICKEN WINGS

12 crispy chicken wings, served with chips & our famous volcano sauce 130

“ ETC... ”

REGULAR CHIPS 30	CREAMED SPINACH 25
LARGE CHIPS 45	ROASTED BUTTERNUT 25
COLESLAW 25	SIDE GREEK SALAD 50

FOR THE CARNIVORES

RIBEYE ON THE BONE

Chefs' recommendation medium flame grilled, served with chips 295

RUMP PICHANA [300G]

Grilled to your perfection, served with chips or veg of the day 195

1KG RIBS

Honey glazed pork short ribs, flamed grilled and basted to perfection, served with chips 335

RUMP ESPETADA [350G]

Marinated rump cubes, coarse salt, bay leaves, served with chips & garlic herb butter sauce 215

AYRTON'S PORTUGUESE RUMP

Rump grilled to perfection served with our Portuguese sauce topped with fried egg & chips 170

BACON & AVO RUMP

Tender rump grilled to perfection, topped with bacon and avocado, served with chips or veg of the day 205

PEPPERED CRUSTED FILLET

Grilled peppered fillet served over a bed of mash potato with our veg of the day 235

“ SAUCES ”

MUSHROOM 35
CHEESE 35
PEPPERCORN 35
CHEDDAR MELT 35
BLUE CHEESE 40
VOLCANO 35



CHEF'S FAVS

PORK BELLY

Slow-roasted pork bell, served with baby spinach, mash potato, kimchi, basted with a herb & orange reduction 190

OXTAIL

Slow cooked oxtail done in red wine, served with mash potato & veg of the day 230

LAMB SHANK

Slow-roasted lamb shank, done in tomatoes, red wine, thyme, rosemary, served on a bed of creamy mash potatoes 245



LAMB NECK CURRY

Tender lamb neck done in curry spices, served with rice, sambals & a poppadum 195

CHICKEN & PRAWN CURRY

Deboned chicken thighs, prawns, done in a creamy spicy coconut curry sauce, served with rice, sambals & a poppadum 215

TRADITIONAL PAELLA

Seafood rice with calamari, mussels, chorizo, chicken wings, hake & prawns 215

PREGOS

Served with caramelised onions & chips

CHICKEN	99
BEEF	99

GOURMET BUNS

Served with a portion of regular chips OR side green salad

OLD SCHOOL

Juicy beef patty topped with bacon, avocado & parmesan cheese **145**

BACON AND BLUE CHEESE

Juicy beef burger topped with bacon & blue cheese **135**

MIGHTY BIRDS

Filletted chicken breast, topped with bacon, avocado & parmesan cheese **140**

PLAIN JANE

Juicy beef patty topped with a slice of cheddar cheese (good old original) **105**

THE MED

Juicy beef burger topped with grilled halloumi, Kalamata olives, tomato salsa & minted tzatziki **135**

JALAPEÑO CHEESE

Juicy beef burger topped with sliced jalapeños & cheddar cheese **120**

THE MUSHROOM

Juicy beef patty topped with black mushroom, caramelised onion & Danish feta **145**



THAT'S A WRAP

*Served in a soft tortilla wrap,
with a portion of regular chips OR side green salad*

BACON, AVO & CHICKEN

Grilled chicken strips with sweet chilli mayo, bacon & avocado **125**

CRUMBED CHICKEN

Crumbed chicken strips, spicy peppadews & avocado **125**

GREEK BEEF

Grilled beef, grilled halloumi, rosemary, Kalamata olives, tomato salsa, roasted peppers & minted tzatziki **130**

CHICKEN & HALLOUMI

Grilled chicken strips, grilled halloumi, sliced cucumber, tomato salsa, baby lettuce & minted tzatziki **125**

A L'IL ITALIAN

BASIL PESTO CHICKEN FETTUCCINE

Chicken done in a creamy basil pesto sauce, topped with pine nuts & parmesan cheese **140**

SPICY MEATBALL FETTUCCINE

Spicy beef meatballs, done in a Napolitano sauce, topped with parmesan cheese **150**

✓ PRIMEVERA FETTUCCINE

Mushrooms, peppers, garlic, Rosa tomatoes, baby marrow & Kalamata olives done in a Napolitano sauce **115**

SMOKED SALMON DILL PENNE

Smoked salmon, onions, dill, done in a creamy white pasta sauce, topped with parmesan cheese **165**

THE MED

Calamari tubes, chorizo, Kalamata olives done in a creamy Napolitano sauce topped with parmesan cheese **165**

ALFREDO

Ham, mushroom, bacon, done in a creamy sauce topped with parmesan cheese **130**

CARBONARA

Bacon, fresh parsley and creamy egg sauce topped with parmesan cheese **140**

VODKA & PRAWN PENNE

Succulent prawns and spinach, laced with vodka in a creamy herb sauce, topped with parmesan cheese **185**

“ ETC...”

GRATED PARMESAN 7.50
FRESH CHOPPED CHILLI 7.50
CRUSHED GARLIC 7.50



GO ON. DO IT.

CHOCOLATE MOUSSE CAKE Served with ice cream **70**

MALVA PUDDING Served with ice cream **70**

HAZELNUT & CHOCOLATE SPRING ROLLS

Served with ice cream & strawberries **80**



CHOCOLATE FONDANT Served with ice cream **90**
Please allow 25 minutes for preparation

CRÈME BRÛLÉE

Vanilla pod crème brûlée, served with sugar cookies **75**

FROZEN STRAWBERRY CHEESECAKE

Served with a biscuit crumb, strawberries & ice cream **70**

THAI PEANUT BANANA

Deep fried banana, served with ice cream & sweet peanut sauce **80**