

## SALAD

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Smoked salmon, avocado, cucumber, cherry tomatoes, fresh lemon & olive oil dressing with rye bread & cream cheese fingers

15

Chicken, green apple, cucumber, broccoli, tomato & cranberries with honey mustard Kefir dressing

R88

(V) Mediterranean salad – chick peas, cannellini beans, cucumbers, tomatoes, green beans and red onions with chopped coriander, spinach, feta and olive oil dressing

R84

3) Vegetables salad made with roasted butternut, sweet potato, broccoli, spinach, green beans, chick peas & sunflower seeds topped with Pesto dressing

7

## PASTA

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Served with fettuccini. Pasta cooked on order so allow 15 minutes.

Chicken, bacon, butternut with  
peet chili cream topped with  
parmesan

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Roasted tomato, artichoke,  
mushroom, pesto & spinach

R82

Lasagne

Savoury beef mince layered with white  
sauce and pasta sheets served with  
pumpkin fritters and vegetables

R95

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## PUMPKIN FRITTERS

Chicken livers served on pumpkin  
fritters topped with parmesan &  
fresh herbs

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(V) Vegetable ragout served on  
pumpkin fritters, topped with  
crumbled feta

R67

## PANCAKES

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con, cheddar & mushrooms

3

(V) Spinach, feta, mushrooms,  
caramelized onions

R74

Cinnamon sugar

R32

+Vanilla ice cream ..... R18

+Grilled banana & choc nut  
spread ..... R29

Make it low carb ..... R18

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## KIDDIES MENU

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lkshake

5

Apple juice (box)

R19

Babyccino

R10

nch toast with maple syrup (1  
e)

3

Large pancake with cinnamon  
sugar

R15

Crumbed chicken strips with chips

R49

+Ice cream ..... R18

+Small chips ..... R28

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## GOURMET SANDWICHES

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Choose from: Kikka brown | Kikka rye bread | Bagel. Make it low carb bread for R10.

V) Roasted rosemary tomatoes, buffalo mozzarella, artichoke hearts, roasted beetroot, basil pesto, toasted seeds & fresh herbs

R74

Free range chicken, crispy bacon, avocado, rocket, mayonnaise with cranberry chutney & toasted seeds

R79

Salmon, avocado, cream cheese & pickled cucumber

R89

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## BURGER

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Served with side salad or chips. Make it low carb for R10.

### Beef burger

80g beef patty, caramelized onion, cheddar, lettuce & tomato

R89

### Pulled pork burger

With cheddar, grilled pineapple, lettuce, tomato & mayo

R89

### Veggie burger

Chic pea, carrot and marrow patty with tomato, lettuce & basil pesto

R83

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### Takeaway burgers

Without chips or salad

R58

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## TOASTED SANDWICHES

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Choose from: White | Kikka brown | Kikka rye bread

Double cheese

9

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Bacon, egg & cheddar

9

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Subtle pork

With roasted pork, bacon, mustard & mozzarella

9

Low carb bread ..... R10

Side salad, veggies or chips ..... R28

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Ham & cheese

R39

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Chicken mayo & mozzarella

R49

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Curry mince jaffles

R35

Take away ..... R25

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Ham, cheese & tomato

R45

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(V) Grilled vegetables & feta cheese

R48

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