



*Fynkos*

KIRSTENBOSCH TEA ROOM

## Fynbos

- Pronounced "*feinbos*"
- a distinctive type of vegetation found only on the southern tip of Africa. It includes a very wide range of plant species, particularly small heather-like trees and shrubs

## Fynkos

- Pronounced "*feinkos*"
- translation – *fine food*
- a distinctive selection of dishes made with love, found only at Kirstenbosch Tea Room

### WE ARE GREEN

*Our PLA (Poly Lactic Acid) straws may be shredded and are compostable. Our bagasse take-away boxes are made from sugar cane waste.*

*Our Kirstenbosch water is crystal-clear and delicious and comes straight from the springs of Table Mountain.*

### FREE-RANGE

*Our chicken and eggs are free-range.*

Everything we supply to our customers from our kitchen and bakery has been prepared from scratch with love.

### ALLERGY-FRIENDLY OPTIONS

We have allergy-friendly menu options like our delicious gluten-free bread, cakes and lots more.

#### ⓐ GLUTEN-FREE

- Bread and muffins
- Chocolate mousse cake
- Citrus almond cake
- Florentines

#### Ⓢ SUCROSE-FREE

Two bran-rich muffins sweetened with dates and grated apple, served with sucrose-free jam and grated cheese

#### ⓓ DAIRY-FREE

- Raisin and bran muffins, date and apple muffins (without cheese and butter)
- Choc-chunk banana muffins

#### ⓔ EGG-FREE

- Choc-chunk banana muffins
- Florentines

#### Ⓥ VEGAN

- Choc-chunk banana muffins





## TRADITIONAL BREAKFAST

*Last order at 11:15 am*

*Gluten-free add R12 per slice*

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### CLASSIC BREAKFAST

**R105**

2 eggs, bacon, grilled tomato, mushrooms and 1 hash brown

### EGGS BENEDICT | *Served warm not hot*

**R130**

Belgian cheese and chive waffle with streaky bacon, 2 poached eggs topped with Pamela's special Hollandaise sauce. Served with a salad garnish.

### EGGS FRANSCHHOEK | *Served warm not hot*

**R155**

Belgian cheese and chive waffle with whipped cream cheese and 40g smoked trout replacing the bacon. Topped with Pamela's special Hollandaise sauce. Served with a salad garnish.

### THE FULL MONTY BREAKFAST

**R145**

2 eggs, lots of bacon, beef or pork banger, grilled tomato, mushrooms and 2 hash browns

### VEGETARIAN BREAKFAST

**R145**

Grilled vegetables on a bed of spicy tomato topped with basil pesto and feta, 2 eggs, grilled tomato, grilled mushrooms and 2 hash browns

*All of the above served with your choice of our special bread, toasted or plain and home-made strawberry jam or marmalade*

### EGGY ON TOAST | fried, scrambled or poached with garnish

• 2 Slices

**R69**

• 1 Slice

**R46**

### MUSHROOMS ON TOAST | in sour cream and dill with garnish

• 2 Slices

**R80**

• 1 Slice

**R55**

### FRENCH TOAST

Home-made kitke milk loaf with a hot berry coulis served with cinnamon sugar and golden syrup or honey

• 2 Slices

**R78**

• 1 Slice

**R55**

### OPEN SANDWICH BACON OR HAM AND EGG | with side salad or chips

**R118**

## ALL-DAY BREAKFAST

Served until 4:00pm

Gluten-free add R12 per slice

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### SHAKSHUKA

R145

- **Tomato** | Eggs poached in a spicy North African tomato sauce
- **Spinach** | Eggs poached in a spinach, cream and yoghurt sauce

Both served with crusty home-made Italian bread and a side salad or chips

*Add diced bacon in Shakshuka extra R18*

- **FOR 2**

R270

**OPEN PAN OMELETTE** | with toast of your choice and a side salad or chips

R140

*Choose 3 toppings from the following:*

- Cheddar • feta • tomato • fried onion • bacon • ham • Mexican chicken
- mushrooms • steamed spinach or • grilled vegetables

### HEALTH BREAKFAST

R130

Home-made granola, fresh fruit salad and Bulgarian yoghurt

**ANCHOVY TOAST** | 2 slices of toast or bread

R85

Anchovy butter made with real Italian anchovies served with sliced tomato and a side salad (or an extra slice of toast)

- 1 Slice of toast or bread served with sliced tomato

R45

**MARMITE TOAST** | 2 slices of toast or bread *(when available)*

R60

Marmite and butter served with sliced tomato and a side salad (or an extra slice of toast)

- 1 Slice of toast or bread served with sliced tomato

R35

### BREAD BASKET

R65

3 Slices of toast or bread served with butter, cheese, home-made strawberry jam and marmalade

### SIDE ORDERS

- Mushrooms
- Bacon
- Bowl of grilled vegetables on a bed of spicy shakshuka tomato with basil pesto and feta
- 40g Finest Franschoek cold-smoked trout with crème fraîche

R35

R35

R55

R60





# SCRUMPTIOUS SANDWICHES

Served until 4:00 pm

Toasted or plain on our special home-made breads:

• Italian white • whole-wheat seed • rye

Gluten-free add R12 per slice

With a side salad and /or chips or smileys

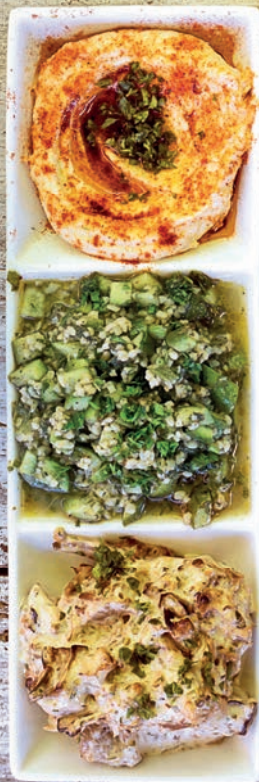
BACON OR HAM	R90
CHEDDAR WITH TOMATO	R90
CUCUMBER AND CREAM CHEESE	R90
EGG AND HORSERADISH MAYO WITH DILL	R90
BACON OR HAM AND CHEESE	R118
GRILLED VEGETABLES, BASIL FETA PESTO AND MOZZARELLA	R122
SPICY CHICKEN MAYO	R130
OPEN – FACED BLT   grilled bacon OR ham	R118
OPEN HEALTH SANDWICH 1 slice of bread piled with chunky cottage cheese, grilled mushrooms, sun-dried rosa tomatoes, sprouts and toasted seeds	R118
ROAST BEEF Slices of roast sirloin in our barbecue sauce, with mayo and mustard on a bed of lettuce and tomato, topped with our home-made bread and butter pickles	R130
SMOKED FRANSCHOEK TROUT On cream cheese and lettuce with capers and sliced red onion	R130

# SOUPS

A meal in a bowl, served with your choice of bread

Gluten-free add R12 per slice

VEGETABLE SOUP OF THE DAY	R105
MEAT SOUP OF THE DAY   winter only	R110



## SALADS

*Served until 4.00pm*

*Gluten-free add R12 per slice*

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### HOUSE MIXED SALAD

**R165**

An assortment of greens and vegetables with sprouts and toasted seeds.

Served with our famous fresh herb and honey dressing

*Add feta and olives extra R20*

### POACHED PEAR, ROAST BEETROOT, BLUE CHEESE AND WALNUT SALAD

**R185**

With fresh cranberry dressing

### SABICH MIDDLE EASTERN CHICKPEA SALAD

**R195**

Chopped vegetables, chick peas, fresh mint and parsley with lemon and olive oil dressing. Served with grilled eggplant, falafel, hardboiled egg, tehina sauce and a warm flat bread on the side

### MIDDLE EASTERN VEGETARIAN PLATTER

**R195**

Falafel, humus, labaneh (yoghurt cheese), roast eggplant, tabouleh and spicy Turkish tomato salad. Served with 2 warm pita breads

### MEXICAN SPICY GRILLED CHICKEN AND AVOCADO SALAD

**R195**

Corn, celery, cucumber and tomatoes on a bed of cos lettuce and baby spinach. Served with our lemon and coriander dressing topped with croutons

*Add bacon extra R35*

### SMOKED TROUT PLATTER

**R210**

The finest Franschoek cold-smoked trout (80g) served with dill crème fraîche, capers, side salad and bread of your choice

### JAPANESE-INSPIRED VEGETABLE AND QUINOA SALAD

**R185**

Quinoa with Julienne vegetables, bean sprouts, avocado, edamame beans, pickled ginger, wakame seaweed with a rice vinegar, soya and sesame oil dressing and a wasabi and mayo dip

*Add smoked trout OR crispy fried prawns OR fish OR calamari extra R60*



## HEARTY MEALS – A bit of nostalgia

Served from 11:45am until 4:00pm

Gluten-free add R12 per slice

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### FRESH HAKE

R210

*Choose either of the following options:*

- Grilled, lightly dusted in seasoned coconut flour, served with lemon garlic hollandaise sauce
- Fried in a crispy alcohol-free beer batter served with sauce tartar

### SIRLOIN STEAK | plain or BBQ basted

R210

Charcoal grilled to perfection

### STICKY BBQ PORK SPARE RIBS | with chips and alcohol-free beer battered onion rings

R220

### BRAAIED GREEK LAMB RIBS | with salad and chips

R220

In a yoghurt, lemon, garlic and oregano sauce

### BANGERS | 3 Beef or pork bangers with a brown onion OR spicy tomato sauce

R185

### CRUMBED CHICKEN SCHNITZEL | with sauce of your choice

R190

*All of the above are served with seasonal vegetables of the day, plus your choice of one of the following: • potato chips • sweet potato chips • baby potatoes • creamy mash • brown rice with lentils*

### BEEF BOBOTIE

R185

Served with yellow Basmati rice and lentils with sambals (tomato and onion, banana yoghurt, chutney and papadum)

### CAPE CURRIED PICKLED FISH | with bread of your choice and a side salad

R210

### SPINACH AND FETA DEEP-PAN QUICHE | with salad and/or chips

R185

Made with low-fat cottage cheese, fresh dill and nutmeg

### MIDDLE EASTERN LAMB KOFTA KEBAB | on flat bread with Harissa

R210

Served with tehina or tzatziki. With salad and your choice of starch

### MIDDLE EASTERN CHICKEN SCHWARMA | on flat bread with Harissa

R175

Served with tehina or tzatziki. With salad and your choice of starch

### BBQ CHICKEN BREAST BURGER AND CHIPS | with alcohol-free beer battered onion rings

R175

### HOME-MADE BEEF BURGER AND CHIPS | plain or BBQ basted

R175

With alcohol-free beer battered onion rings

*Add bacon OR cheese extra R20*

### BEAN BURGER AND CHIPS

R175

Chickpeas and black beans, with grilled vegetables, tomato, spinach and butternut



SERVING SUGGESTION

# FOR THE NOT-SO-HUNGRY

Served from 11:45am until 4:00pm

**CRISPY FISH NUGGETS** **R105**

**NOT-SO-HUNGRY HOME-MADE BEEF BURGER** **R108**

**NOT-SO-HUNGRY BANGERS** **R105**

2 beef or pork bangers with a brown onion OR spicy tomato sauce

**NOT-SO-HUNGRY BBQ CHICKEN BREAST BURGER** **R108**

**CRUMBED CHICKEN NUGGETS** | with spicy or plain mayo **R105**

*All of the above are served with a garnish, plus your choice of one of the following:*

- potato chips • sweet potato chips • smileys • baby potatoes • creamy mash
- brown rice with lentils

**PLATE OF POTATO CHIPS OR SWEET POTATO CHIPS** **R65**

**PLATE OF VEGETABLES OF THE DAY** **R75**

**PORTION OF ALCOHOL-FREE BEER BATTERED ONION RINGS** **R20**

## SAUCES & SIDE ORDERS

**SAUCES** **R25**

- Mushroom
- Creamy green and black peppercorn
- Cheese
- Brown onion
- Spicy tomato

**SIDE ORDERS** **R48**

- Potato chips
- Sweet potato chips
- Salad
- Buttered baby potatoes
- Smileys
- Vegetables of the day
- Chilli cheese poppers

Ⓥ • *Megadarra* (Brown rice lentils and caramelised onion)



## PAMELA'S BAKES AND DESSERTS

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### ENGLISH TEA FOR 2 | *Served until 3:30pm*

**R350**

Tea or coffee of your choice

Cucumber and cream cheese OR egg and horseradish on your choice of bread

2 mini spinach and feta quiches

Home-made scones with strawberry jam and clotted cream

1 cake (cut into 2) or 2 cupcakes

### ASSORTED HOME-MADE CAKES OF THE DAY

**R70**

### FROSTED CUP CAKE

**R28**

### TWO OF OUR FAMOUS TEA SCONES

**R70**

Served warm with butter, home-made strawberry jam and clotted cream

### TWO HOME-MADE RAISIN AND BRAN MUFFINS

**R70**

Served with butter, grated cheese and home-made strawberry jam OR marmalade

### ⓐ TWO GLUTEN-FREE CRANBERRY AND CINNAMON MUFFINS

**R70**

Served with butter, grated cheese and home-made strawberry jam OR marmalade

### Ⓥ TWO CHOC-CHUNK BANANA MUFFINS

**R70**

### Ⓢ TWO BRAN-RICH SUCROSE-FREE MUFFINS

**R70**

Sweetened with dates and grated apples, served with sucrose-free jam and grated cheese

**EXTRAS:** Cream, clotted cream, ice-cream OR grated cheese

**R15**

### ⓐ TWO FLORENTINES

**R48**

### CHOCOLATE BROWNIE

**R48**

Made with *Callebaut* Belgian chocolate – rich and moist with cream or ice-cream

### MEGA BISCUIT

**R38**

*Ask your waiter*

**CINNAMON BUTTER BUN** | plain or toasted **R53**  
Made with pure organic cinnamon butter

**SAVOURY MUFFINS** **R70**  
2 savoury muffins of the day | *Ask your waiter*

**BELGIAN WAFFLE** | thick, light & crispy **R75**  
Served with gelato OR whipped cream PLUS your choice of one of the following:  
Chocolate sauce, fudge sauce, fresh berry sauce OR syrup/honey on the side

**HOT APPLE PIE** | with cream or gelato **R75**  
Fresh apples with raisins baked in orange juice and a hint of spice

**MALVA PUDDING** **R75**  
Traditional baked pudding steeped in a cream syrup served with custard

**ⓐ CHOCOLATE MOUSSE CAKE** **R70**  
A rich butter and Belgian chocolate mousse on a layer of gluten-free chocolate  
sponge cake, topped with chocolate and whipped cream

**FRESH FRUIT SALAD BOWL** | with cream OR gelato OR yoghurt **R70**

**GELATO BOWL** **R80**  
3 scoops of gelato of your choice  
*Choose a sauce:*  
• Hot chocolate sauce  
• Caramel sauce  
• Berry sauce

**GELATO CONE** **R40**  
2 scoops of gelato of your choice **R65**





## HOT DRINKS

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### TEA

**R30**

- Five Roses
- Earl Grey
- 100% pure Rooibos
- *Ronnefeldt LeafCup* Speciality Herbal Tea
- Infused hot water | mint, honey, ginger or lemon

**R35**

**R15**

**FILTER COFFEE** | regular or decaf

**R30**

### ESPRESSO

**R28**

### AMERICANO

**R30**

**CAPPUCCINO** | regular, decaf or red

**R38**

**LATTE** | regular, decaf, red or chai

**R38**

### CHOCOCCINO

**R52**

Layers of milk, espresso, French hot chocolate, topped with fluffy chino foam

### FAMOUS HOT CHOCOLATE

**R65**

Made with *Callebaut* Belgian milk and dark chocolate – extra thick and very rich, topped with milk foam

- Espresso size – the perfect end to a meal
- Regular hot chocolate – the same hot chocolate with extra milk

**R32**

**R52**

### KID'S HOT CHOCOLATE

**R32**

A little more milk and not so HOT

**MILO** | hot or cold

**R45**

**IRISH COFFEE OR DOM PEDRO** | with a home-made mini chocolate brownie

**R65**



## COLD DRINKS

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### KTR HOME-MADE DRINKS

- Iced rooibos tea | sweetened with apple juice | no sugar added
  - 500ml R55
  - 1.3 litre jug R110
- Traditional lemonade | infused with mint
  - 500 ml R55
  - 1,3 litre jug R110
- Ginger beer | 500ml R55
- Sparkling strawberry lemonade | regular OR sugar-free | 500ml R55

**PAMELA'S ICED COFFEE** | double shot espresso on ice with milk R40

**ICED COFFEE** | coffee milkshake R56

### MILKSHAKES | extra thick

- Assorted flavours R56
- Kids' shakes R36
- Banana milkshake with real banana R60
- Kids' banana milkshake R40

### SMOOTHIES

- Fresh fruit salad with yoghurt and ice-cream R68
- Mixed berries with yoghurt and ice-cream R68
- Kids' smoothie R50

**FRESHLY SQUEEZED ORANGE JUICE** | in season

### *Sir Fruit* FRESH JUICES

- Regular R38
- Small R32

**TOMATO COCKTAIL** R34

### SOFT DRINKS

- Assorted carbonated drinks R32
- Appletiser / Grapetiser R38

**KIRSTENBOSCH SPRING WATER** | still or sparkling

- 500ml bottle R27
- 1L bottle R38



## WINE AND BUBBLES

*Corkage per bottle for wine or sparkling wine R60*

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### LEOPARD'S LEAP SAUVIGNON BLANC

**R170**

Hints of lime and grapefruit flavours are delicately combined with a light green pepper mouth-feel. A zesty aftertaste completes the experience

### SIMONSIG CHENIN BLANC

**R170**

An unpretentious wine that over-delivers on the nose and palate, stating itself as an any occasion companion

### CEDERBERG ROSÉ

**R170**

This wine, made of single vineyard Shiraz, shows elegant aromas of strawberries, watermelon and cotton candy. It has a dry entry with a creamy palate yet it has a crisp finish. This Shiraz-based Rosé has an exotic coral pink appearance, a real summer refresher

### LEOPARD'S LEAP LOOKOUT MOUNTAIN RED

**R170**

A unique blend of three red varieties resulted in a medium-bodied, sumptuous wine showing attractive, spicy berry flavours. A succulent, quaffable wine to be enjoyed on its own or with light meals, pastas and salads

### PROTEA MERLOT

**R170**

The wine shows dark fruit, mint and bitter chocolate. Good structure, subtle spice and firm tannins

*Above wines by the glass*

**R55**

### SIMONSIG KAAPSE VONKEL

**R260**

Lovely floral aromas, mouthwatering berry flavours of red grapes and a touch of chardonnay citrus freshness with unmistakable flavours of freshly baked bread and buttered toast

### DE WETSHOF BON VALLON CHARDONNAY

**R240**

An unwooded chardonnay matured on the lees with a fresh, citrus-flavoured, well-rounded, nutty finish

### LA MOTTE SAUVIGNON BLANC

**R220**

This extremely popular sauvignon blanc is highly regarded for its distinctive tropical fruit and green flavours with a rich, generous palate and satisfying structure

### TOKARA CABERNET SAUVIGNON

**R260**

The wine has a rich, opaque plum colour with a red rim. The nose shows intense notes of cassis, cherries and cedar with a lingering taste reminiscent of fennel and mocha

## BEERS AND CIDERS

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<b>AMSTEL</b>	<b>R45</b>
<b>CASTLE</b>	<b>R48</b>
<b>CASTLE LITE</b>	<b>R45</b>
<b>WINDHOEK DRAUGHT</b>	<b>R53</b>
<b>WINDHOEK LAGER</b>	<b>R45</b>
<b>SAVANNAH DRY</b>	<b>R49</b>
<b>SAVANNAH LIGHT</b>	<b>R49</b>

*Please ask your waiter for any other alcohol requests*



*Issie Granoth 2008*





Bills may not be split.  
Cheques are not accepted.  
A 10% service charge will be added for  
groups of 10 or more visitors.  
All prices include 15% VAT.



We do not allow any food or drinks  
(except wine and sparkling wine)  
to be brought into the restaurant.



We love children....but on the  
run they are a hazard.  
Please supervise them.



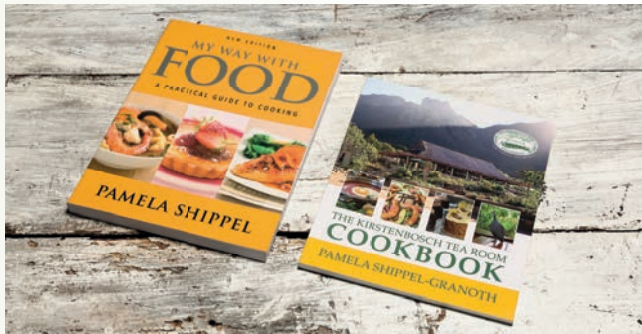
Corkage per bottle for wine  
or sparkling wine R60.



This is a digital device-free area. Escape  
from everyday stress and help maintain  
the tranquility of the Garden.



Fynkos Kirstenbosch Tea Room  
and its employees do not accept  
responsibility or liability for loss of injury.  
All persons entering the restaurant  
do so at their own risk.



*The Kirstenbosch Tea Room Cookbook and  
My Way with Food*  
By Pamela Shippel-Granoth  
Available for purchase at the restaurant.

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