

## BEVERAGE SELECTION

### Cold Beverages

❖ Fruit Juices	- orange ■ apple ■ mango	25
	- strawberry ■ cranberry	32
❖ Freshly Squeezed Juices	- orange ■ apple & mint ■ carrot & ginger ■ tomato & celery ■ manto's magic	34
❖ Fruit Smoothies	- fruit ■ berry ■ mango ■ power smoothie	34
❖ Double-thick Milkshake	- vanilla ■ banana ■ strawberry ■ lime ■ chocolate ■ rooibos ■ chai	33
❖ Iced Coffee	- espresso ■ ice-cream	33
❖ Bos Iced Tea	- peach ■ lemon ■ apple ■ berry	22
❖ Grandma's Iced Tea	- made in-store - black tea ■ fresh lime ■ fresh ginger ■ sugar	22
❖ Iced Red Latte	- milk ■ rooibos espresso ■ honey	26
❖ Soda Fountain	- coke ■ coke lite ■ tab ■ sprite ■ fanta ■ creme soda.	20
❖ Soda Float	- coke ■ raspberry ■ creme soda.	32
❖ Tisers	- grape ■ apple	22
❖ Gingerbeer or Lemonade	- homemade to an authentic old-style recipe	22
❖ Mineral Water	- sparkling ■ still	18
	<b>500ml</b>	18
	<b>750ml</b>	30

### Hot Beverages

❖ Pot of Tea	- ceylon ■ rooibos	16
❖ Speciality Tea	- earl grey ■ green ■ chai ■ fruit ■ floral ■ herbal infusion	18
❖ Toni Glass Tea Selection	- the finest selection of full leaf teas in exquisite silk bags – for the discerning tea lover	24
❖ Filter Coffee	- rich & exotic - american diner style filter coffee	15
❖ Espresso	- thick & full-bodied single shot of coffee	16
	- double shot	24
❖ Café Mochiato	- single espresso ■ dense foam cap	17
❖ Cappuccino	- single espresso ■ steamed milk ■ dense foam cap	20
	- double espresso ■ steamed milk ■ dense foam cap	24
❖ Café Latte	- a double shot of espresso ■ steamed milk ■ dense foam cap	24
❖ Chai	- chai ■ steamed milk ■ dense foam cap	26
❖ Café Mocha	- single espresso ■ fresh chocolate ■ steamed milk ■ dense foam cap	30
❖ Hot Chocolate / Milo / Horlicks	- with steamed milk ■ dense foam cap	28

## BREAKFAST SELECTION

### Light Breakfast

❖	Fruit Salad	48
❖	Muesli & Fruit Trifle	60
❖	Selection of Toast	26
❖	Oven-fresh Muffins	32
❖	Butter Scones	34
❖	Croissant of your Choice	25
	- fresh seasonal fruit	33
	- fresh fruit salad ■ wheat-free muesli ■ bulgarian yoghurt ■ honey	
	- your choice of either: - anchovy paste ■ marmite ■ grated cheddar & preserves	
	- daily selection of oven-fresh homemade muffins - with grated cheddar & preserves	
	- oven-fresh pure butter scones - with cream & preserves	
	- plain ■ cinnamon ■ chocolate ■ almond	
	- with grated cheddar & preserves	

### Hot Breakfast

❖	Vegetarian Breakfast	58
❖	De-lite Breakfast	55
❖	Full L&L Breakfast	
	- crostini ■ rocket ■ grilled tomato ■ poached eggs ■ halloumi ■ pepadew chutney	58
	- eggs to order ■ bacon ■ grilled tomato ■ sautéed mushrooms ■ toast	55
	- eggs to order ■ grilled bacon ■ beef sausage ■ tomato ■ hash browns ■ sautéed mushrooms ■ toast	65
❖	Toasted Parmesan Croissant	
	- served with a choice of fillings:-	
	- scrambled egg	58
	- mozzarella ■ tomato ■ basil pesto	60
	- gypsy ham ■ cheddar ■ country mustard	65
❖	Indulgence Breakfast	70
❖	Eifel Tower Breakfast	68
❖	Eggs Benedict	68
	- english crumpets ■ mascarpone ■ crispy bacon ■ strawberries ■ maple syrup (*seasonal)	70
	- french toast ■ camembert ■ crispy bacon ■ fig preserve ■ balsamic syrup	68
	- herbed potato rosti ■ ham <b>OR</b> bacon ■ poached eggs ■ hollandaise	68
	- with smoked salmon	80
❖	Eggs Florentine	65
❖	Omelette Options	
	- herbed potato rosti ■ creamed spinach ■ poached eggs ■ hollandaise	65
	- served with a toast selection, your choice of the following fillings: -	
	- soft herbs ■ cream cheese	60
	- cheddar ■ tomato	60
	- brie ■ rocket ■ sweet chili sauce	62
	- smoked salmon ■ goats cheese ■ rocket	82
	- emmentaler ■ bacon ■ mushroom	68
	- blue cheese ■ bacon ■ banana	68
	- chorizo sausage ■ mozzarella ■ roasted peppers ■ mushroom	70

## **LIGHT MEAL OPTIONS**

### **Soup & Salads**

❖ Soup of the Day	- served with home-made seed loaf & farm butter	47
❖ Grilled Vegetable Salad	- salad greens ■ slow-roasted vegetables ■ tomato ■ basil ■ halloumi ■ balsamic yoghurt dressing	78
❖ Greek Salad	- salad greens ■ feta ■ olives ■ tomato ■ spring onion ■ avo ■ vinaigrette	78
❖ Multi-Grain & Rocket Salad	- quinoa; couscous & bulgur wheat ■ rocket ■ sundried tomato ■ feta ■ avo ■ minted yoghurt	80
❖ Spinach Salad	- spinach ■ bacon ■ blue cheese ■ pear ■ pine kernels ■ poached egg ■ raspberry dressing	80
❖ Caesar Salad	- cos lettuce ■ egg ■ anchovy fillets ■ croutons ■ shaved parmesan ■ caesar dressing	78
	- with grilled chicken <b>OR</b> bacon	85
	- with smoked salmon	90
❖ Tuna Salad	- salad greens ■ tuna ■ tomato ■ egg ■ green beans ■ olives ■ anchovy fillets ■ caper dressing	85
❖ Cobb Salad	- iceberg lettuce ■ chicken ■ bacon ■ blue cheese ■ tomato ■ avo ■ egg ■ roquefort dressing	85
❖ Chicken Salad	- grilled cajun chicken breast ■ salad greens ■ tomato ■ avo ■ feta ■ spicy mayo dressing	85
❖ Steak Salad	- beef strips ■ salad greens ■ grilled vegetables ■ tomato ■ pickled ginger ■ oriental dressing	100

### **Sandwiches**

❖ Toasties	- <i>whole wheat, white, rye or sourdough toasted with your choice of the following fillings:-</i>	
	- cheese ■ tomato	46
	- roast chicken ■ mayo	50
	- gypsy ham ■ emmentaler ■ tomato	52
	- bacon ■ fried egg ■ cheddar	52
❖ Welsh Rarebit	- <i>served on toast with a choice of the following toppings:-</i>	
	- pan-fried mushrooms <b>OR</b> creamed spinach	55
	- bacon ■ avo	60
❖ Gourmet Sandwiches	- <i>served toasted or plain on your choice of croissant ■ rustic roll ■ ciabatta ■ pumpkin seed ■ health ■ gluten-free bread – filling options:-</i>	
	- humus ■ cottage cheese ■ sprouts ■ carrot ■ cucumber ■ lettuce ■ tomato ■ sunflower seeds	75
	- grilled vegetables ■ goats cheese ■ lettuce ■ tomato ■ basil pesto	75
	- smoked salmon ■ crème fraiche ■ lettuce ■ chives	90
	- gypsy ham ■ swiss cheese ■ lettuce ■ tomato ■ rocket ■ honey mustard sauce	78
	- grilled sesame chicken ■ lettuce ■ tomato ■ spring onion ■ lime mayo	78
	- pastrami ■ rocket ■ lettuce ■ gherkin ■ tomato ■ mustard	80

## WRAPS & TRAMMAZINI'S

❖ Wicked Wraps	- served with a house salad or fries – filling options:-	
	- halloumi ■ lettuce ■ carrots ■ sprouts ■ peppers ■ humus ■ tomato salsa	80
	- roasted vegetables ■ lettuce ■ tomato ■ feta ■ dill yoghurt	80
	- spicy tuna mayo ■ lettuce ■ couscous ■ tomato & onion salsa	82
	- sesame chicken ■ lettuce ■ tomato ■ avo ■ feta ■ sweet chili mayo	82
	- cajun chicken ■ lettuce ■ avo ■ jalapeno ■ tomato salsa	82
	- bacon ■ lettuce ■ sundried tomato ■ feta ■ avo	82
❖ Trammazini's	- served with a house salad or fries – filling options:-	
	- spinach ■ feta ■ mozzarella	82
	- tuna ■ mayo ■ spring onion ■ parsley	85
	- chicken ■ mayo ■ gherkin	85
	- grilled chicken ■ brie ■ mozzarella ■ sweet chili	85
	- ham ■ feta ■ avo ■ mozzarella	88
	- bacon ■ mozzarella ■ blue cheese ■ grilled banana	88

## QUICHE & PIES

❖ Oven-fresh Quiche	- served with a house salad or fries – filling options:-	
	- spinach ■ feta ■ peppadew	65
	- zucchini ■ goats cheese ■ basil pesto	65
	- butternut ■ brie ■ roasted tomato	65
	- smoked salmon ■ chive	65
	- bacon ■ cheddar	65
❖ Pie & Chips	- daily selection of home-made pies served with fries	60

## MORE THAN A BITE

Served with your choice of Greek Salad ■ Roasted Vegetables ■ House Fries ■ Pesto & Parmesan Crushed Potato

❖ Salmon Fish Cakes	- hand-made and pan-fried to order, served with a choice of sweet chili & caper mayo	90
❖ Crumbed Calamari Batons	- crumbed calamari strips served with a rustic tartare sauce and lemon	92
❖ Chicken Kebab	- 2 x flame-grilled skewers of free-range chicken breast	95
❖ Parmesan Chicken Strips	- parmesan-crust chicken strips served with sweet chili mayo dip and lemon	95
❖ Burgers	- home-made & flame-grilled 100% ground beef patty (or chicken breast) – topping options:- - sautéed onions ■ mushroom ■ tomato - cheddar ■ onion - brie ■ onion marmalade ■ rocket - goats cheese ■ sun-dried tomato ■ rocket - blue cheese ■ bacon ■ avo	86 90 90 90 90
❖ Prego Roll & Salad	- 250g flame grilled sirloin or chicken on a portuguese roll ■ peri-peri sauce ■ rocket	115

## PERFECT PASTA

❖ Perfect Pasta	- <i>choice of linguini, penne or spaghetti style pasta, served with:-</i> - hot arabiata sauce - roasted butternut ■ tomato ■ baby spinach ■ garlic and cheddar cream sauce - chicken ■ mushroom ■ pesto and white wine cream sauce - salmon ■ capers ■ mild garlic cream sauce - tuna ■ green beans ■ capers ■ olives ■ sundried tomato pesto cream - ham ■ mushroom ■ peas ■ basil pesto and white - beef bolognaise	86 90 95 100 95 95 92
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## DESSERT OPTIONS

❖ Cake Selection	- <b>freshly baked in-house</b> - new york cheese cake - carrot cake - lemon meringue - moist & rich "to die for" chocolate cake	36 36 36 36
❖ Traditional Apple-crumble	- served warm with your choice of ice-cream or cinnamon pouring cream	46
❖ Nutella Pancakes	- served warm with ice-cream or whipped cream	42
❖ Ice-cream & Chocolate Sauce	- homemade belgian chocolate sauce ■ ice-cream	46
❖ Strawberries & Ice-cream	- strawberries ■ ice-cream (*seasonal)	46
❖ Chocolate Fondant	- chocolate fondant ■ ice-cream	48