

Fredenhof Organic Estate Coffee Shop

Lunch Menu

Service Hours: Breakfast service: 08:00 – 11:30 & Lunch service: 12:00 – 15:00

Please note that every dish is made fresh, to order & may take a little longer than usual to prepare.

We kindly thank you for your patience & hope you enjoy your meal.

Salads

***Mediterranean Lamb Salad* : R115**

Braised free range lamb shank, sliced & sautéed in lamb bone broth reduction, organic spinach, carrot, spring onion, grilled beetroot, cherry tomato, feta, capers, olives, topped with olive tapenade.

***Middle Eastern Chicken Salad* : R105**

Spiced free-range chicken, organic lettuce, lentils, chickpeas, carrot, spring onion, cherry tomato, spinach and lentil sprouts, dressed with tahini, olive oil and balsamic vinegar and topped with hummus.

***Smoked Chicken & Papaya Salad* : R105**

Oak smoked chicken breast, organic lettuce, papaya, nectarine (seasonal), carrot, spring onions, tomato and roasted cashew nuts, dressed with olive oil and balsamic vinegar.

***Smoked Trout Salad* : R115**

Hot smoked trout, organic lettuce, spring onion, tomato, fresh chives, dill and tarragon, roasted almonds, deep fried capers and crispy trout skin, served with a dill infused mayonnaise dressing.

***Super Salad* : R95 (Vegan)**

Organic lettuce, carrot, spring onion, cherry tomatoes, sprouts, grated raw vegetables, goji berries, sunflower seeds, chia seeds, cashew nuts and pecan nuts and edible flowers.

***Vegetarian Salad* : R80**

Organic lettuce, carrot, spring onion, cherry tomatoes, sprouts and served with an assortment of pickled and grilled vegetables and feta cheese.

Main Course

***Beef Burgers* : Regular (1x100g Patty) R100 or Large (2x100g Patties) R130**
beef patty in an organic butter roll, with cheddar cheese, lettuce, rocket, tomato, gherkins and smoky onion relish. Served with organic tomato sauce and fries.

***Lamb Burgers* : Regular (1x100g Patty) R100 or Large (2x100g Patties) R130**
lamb patty in an organic butter roll, with mozzarella cheese, lettuce, rocket, tomato, feta, gherkins and a smoky onion and tomato relish. Served with organic tomato sauce and fries.

Chicken Burgers : Regular (1 chicken breast) R90 or Large (2 chicken breast) R110
Chicken breast, basted and grilled in an organic butter roll, with cheddar cheese, lettuce, rocket, tomato, gherkins and a smoky onion and tomato relish. Served with organic tomato sauce and fries.

Mushroom Burger (vegetarian) : R95
Pan-fried portobello mushroom in an organic butter roll, mozzarella cheese, lettuce, rocket, tomato, gherkins, feta, peppadew, grilled peppers and a smoky onion and tomato relish.
Served with organic tomato sauce and fries.

Karoo Lamb Shank : R160
Free range lamb shank marinated with olives, peppers, capers, aubergines and tomato, served with a potato bake, steamed organic vegetables and a lamb bone broth reduction.

Free Range Chicken Schnitzel : R135
Chicken schnitzel served with fried polenta, steamed organic vegetables and your choice of a mushroom sauce or an emmentaler cheese sauce.

Classic Fish & Chips : R115
Fresh hake, dipped in beer batter and deep fried in coconut oil, served with a salad, chips and tartare sauce.

Seed & Mushroom Risotto : R90 (Vegan) R95
Sunflower, pumpkin, poppy and sesame seeds, barley and oat kernels, spelt flakes and parmesan cheese cooked in vegetable stock and white wine, topped with grated parmesan and chopped parsley.

Fish Cakes R90
Two hake and potato fish cakes deep fried in coconut oil served with a salad of rocket, lettuce, watercress, tomato, carrot and spring onion, served with tartar sauce.

Pasta

Mediterranean Lamb Pasta : R95
Freshly made spelt spaghetti with a tomato based sauce with cubed braised lamb shank, capers, feta, olives and anchovies, garnished with fresh parsley and grated parmesan cheese.

Spaghetti Alfredo : R90
Freshly made spelt spaghetti served with a creamy ham and mushroom sauce, (garnished with fresh parsley and grated parmesan cheese).

Spaghetti Bolognese : R90
Freshly made spelt spaghetti served with a Bolognese sauce, (garnished with fresh parsley and grated parmesan cheese).

Mushroom Pasta: R85
Freshly made spelt spaghetti served with a creamy mushroom sauce, (garnished with fresh parsley and grated parmesan cheese).

Vegetarian Pasta : R80
Freshly made spelt spaghetti served with an assortment of grilled & pickled vegetables with olives and feta, in a tomato sauce, garnished with fresh parsley and grated parmesan cheese.

Spinach Pasta : R80
Freshly made spelt spaghetti served with sautéed spinach in a creamy garlic sauce, garnished with fresh parsley and grated parmesan cheese.

Light Meals

Quiches R60

Freshly baked meat and vegetarian quiches served with a fresh organic side salad.

Pies R60

Freshly made meat and vegetarian pies served with a fresh organic side salad.

Side orders

Potato Chips: R45 - small portion & R55 – large portion

Onion Rings: R45 - small portion & R55 – large portion

Fried in coconut oil.

Pizza

Margherita Regular: R60 or Large: R80

Thin based, wood fired pizza with Vredenhof organic tomato base and mozzarella cheese.

Regina Regular: R70 or Large: R95

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, ham and mushrooms.

Hawaiian Regular: R70 or Large: R95

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, free range ham and pineapple.

Mexican Regular: R80 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, cheddar cheese, bolognaise, mild chillies and fresh garlic.

Milano Pizza Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, smoked and cured Milano salami sausage, onion, mushroom, olives, garlic and feta.

Pork Belly Pizza Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato and onion base, mozzarella cheese, braised free range pork belly and sliced onion.

Chicken & Mushroom Pizza Regular: R80 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, smoked chicken, portabellini mushrooms, pickled peppadews and spring onion.

Smoked Chicken Regular: R80 or Large: R100

Classic thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, smoked free-range chicken, nectarines (seasonal), fresh rocket and balsamic reduction.

The Vredenhof Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, bacon, onion, green peppers, mushroom and feta.

Calzone Regular: R80 or Large: R105

Fold over pizza with Vredenhof tomato base, ham, mushroom, mozzarella cheese and a poached egg.

Vegetarian Regular: R70 or Large: R95 (Vegan) +R10

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, char-grilled and pickled vegetables, olives and feta cheese.

Vegeta Regular: R70 or Large: R95 (Vegan) +R10

Thin based, wood fired pizza with Vredenhof tomato base, green pepper, mushroom, pineapple, garlic, onion.

Mark's Choice Regular: R80 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, bacon, banana, chilli, garlic and mozzarella cheese.

Italian Regular: R70 or Large: R95

Thin based, wood fired pizza with Vredenhof tomato base, spinach, feta, sundried tomatoes and mozzarella cheese.

Georgie B Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, ham, cherry tomatoes, garlic, capers, onion and mozzarella cheese.

Proudly South African Regular: R75 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, boerewors, peppadew, caramelised onion, cherry tomatoes and mozzarella cheese.

Jamaican Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, smoked chicken, green pepper, pineapple, cherry tomato, onions and mozzarella cheese.

Slick Vic Regular: R85 or Large: R110

Thin based, wood fired pizza with Vredenhof tomato base, salami, feta, mushrooms, pineapple, spring onions and mozzarella cheese.

Mediterranean Regular: R85 or Large: R110

Thin based, wood fired pizza with Vredenhof tomato base, lamb, feta, olives, sundried tomatoes, anchovies, brinjals and mozzarella cheese.

Papa G Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, salami, green pepper, garlic, onion olives, cherry tomatoes and mozzarella cheese.

Toppings: Regular / Large

mushrooms R14 / R16, ham R16 / R20, bacon R16 / R20, smoked chicken R16 / R20
tomato R8 / R12, onion R8 / R12, green pepper R10 / R14, garlic R8 / R10, spinach
R8 / R12, feta R12 / R16, olives R12 / R16, cheddar cheese R14 / R18, cherry
tomatoes R12 / R16, salami R16 / R20, sundried tomatoes R14 / R18, banana R10 /
R14, capers R10 / R14, peppadew R12 / R16, pineapple R10 / R14, anchovies R12 /
R16, sliced tomato R10 / R14

Desserts

Cake slices:

Freshly baked Vredenhof cake slices R45 per slice
Vredenhof Fruit *Rawsome* cake slices: fruit R50
: chocolate R55

Sweet Tarts:

Sweet fruit tart: R40 each
Swiss chocolate tart: R45 each

Organic Sorbet

(Ask for availability)
A trio of fresh organic sorbets.
R50

Crème Brûlée

Served with ice cream and fresh seasonal fruit.
R75

Dark Chocolate Mousse

(Please ask your waiter)
Served with ice cream and fresh seasonal fruit.
R75

****Please note that every dish is made freshly to order and may take a little longer than usual to prepare. We kindly thank you for your patience and hope you enjoy your meal.***

Reservations & Inquiries:

Tel: 021 8550363

Email: vredenhof@telkomsa.net

Web: www.vredenhoforganicestate.co.za

Facebook: www.facebook.com/VredenhofOrganicEstate