

MENU *Great food, great wine, great times*

STARTERS

SOUP OF THE DAY (ASK YOUR WAITRON)

Our famous soups served with homemade bread or whole wheat toast

R60

SALMON PARFAIT

Smashed Avocado, topped with smoked salmon and surrounded by fresh tomato, onion, green and red pepper (V)

R80

QUESADILLAS

Mexican flour tortillas stuffed with melted cheese and served with Mexican red salsa, pico de gallo and traditional guacamole (V)

R60

BRUSCHETTA

French Baguette baked with mozzarella & basil, topped with organic rocket (V)

R60

TACOS: Your choice of filling served in flour tortillas with fresh coriander, Mexican red salsa and traditional guacamole

Filling Options

PULLED FREE RANGE CHICKEN cooked in a tomato, mild chilli and onion sauce

R75

PULLED FILLET STEAK with caramelised onion

R85

BLACK BEAN STIR FRY with peppers, onion and coriander (V)

R60

BLACK MUSHROOMS

Lightly grilled and filled with organic spinach, feta and grilled mozzarella with a hint of garlic (V)

R60

DEEP FRIED CAMEMBERT WITH CRANBERRY SAUCE

Served with our homemade bread or toast (V)

R70

MUSSELS MARINIÈRES

West Coast black mussel's sautéed in a creamy garlic, white wine and herb sauce

R82

TEMPURA PRAWNS

Served with Aioli, lime and coriander

R65

MEZZE PLATTER

Parma ham, fried mozzarella balls, chilli poppers, humus, tzatziki, salad and gherkins, served with fresh warm pita bread

R150

VEGETARIAN SWITCH – swop Parma ham for roast aubergine (V)

MENU *Great food, great wine, great times*

SALADS - Fresh, handpicked organic salad ingredients from our permaculture vegetable garden when possible

SMOKED CHICKEN FILLET AND AVOCADO SALAD **R95**

Sesame seed coated free range chicken with avocado salad

GREEK SALAD **R75**

Tomato, sliced cucumbers, onion, feta cheese and olives. Seasoned with salt, oregano and a light olive oil dressing with a hint of lime (V)

JUDY'S HEALTH SALAD **R80**

Feta, avocado pear, tomato, onion, green pepper, cucumber, walnuts and roasted sun flower seeds (V)

MONKEY VALLEY SALAD **R85**

Crispy bruschetta with goat's milk cheese & sun dried tomatoes (V)

HALLOUMI AND BEETROOT, BUTTERNUT SALAD **R95**

Golden sautéed fried slivers of butternut and beetroot, dressed with country feta and herbs. Topped with three melting fried fingers of halloumi (V)

PASTA

LINGUINI UMBRIA **R95**

Linguini served with olives, cherry tomatoes and herbs with shaved parmesan (V)

PARADISE GNOCCHI **R105**

Homemade sweet potato and butternut gnocchi served with a béchamel fromage sauce, nutmeg, parmesan and walnuts (V)

ARRABIATA **R95**

Sugo all'arrabiata in Italian, a mildly spicy sauce made with garlic, tomatoes, and dried red chili peppers cooked in olive oil (V)

PENNE POLLO **R110**

Delicious free range chicken, penne pasta served in cream base sauce

RAVIOLI **R105**

Handmade Ravioli with free range egg pasta, with spinach and feta filling

CHOOSE YOUR SAUCE: Napolitano or creamy mushroom or basil pesto finished with blackened sesame seeds and Pecorino cheese

MENU *Great food, great wine, great times*

FREE RANGE POULTRY - All mains are served with complimentary butternut puree, creamed spinach and the choice of mash potato or French fries

- ADD ONION RINGS R15

CHICKEN CORDON BLEU **R115**

Free range Chicken breast stuffed with mozzarella, bacon and feta lightly crumbed and sautéed. Served with a creamy mushroom sauce

HONEY LEMON CHICKEN **R105**

Free range chicken breast fillet served with a honey & lemon sauce

CAJUN CHICKEN BURGER **R95**

Free range tender chicken breast, grilled to perfection with cucumber, yoghurt and mango salsa.

VARIATION- BARBEQUE CHICKEN SAUCE

MEAT DISHES - All mains are served with complimentary butternut puree, creamed spinach and the choice of mash potato or French fries

SMASH DE BURGER **R105**

200g of pure, grain fed beef, smashed to perfection and smothered with your choice of sauce.

SAUCES

Madagascar pepper sauce

Mature cheddar

Mexican chilli and avocado salsa

Mushroom Sauce

HOLLANDSE BIEFSTUK **200G - R175** **300G - R195**

Pan-fried tender beef fillet, flambéed with brandy and red wine cream jus-lie. Our house speciality!

MADAGASCAR PEPPER STEAK **200G - R170** **300G - R190**

Crushed green and black peppers embedded in tender pan-fried fillet with optional tinge of brandy and cream sauce

BEEF SALTIMBOCCA **200G - R165** **300G - R185**

Tender strips of beef fillet wrapped in bacon sautéed in a red wine and herb sauce

MALAY CURRY

Our popular curries infused with traditional Cape Malay spices and sambals

All served with a poppadum, chutney, Bulgarian yoghurt, chopped tomato and onion on a bed of rice.

CHICKEN R105

BEEF R130

SEAFOOD R160

VEGETABLES R95

MENU *Great food, great wine, great times*

FISH DISHES

FISH AND CHIPS

A grilled or battered golden fried fillet of fresh hake served with potato or sweet potato chips

R115

FRESH LINE FISH

Grilled or pan fried with garlic or lemon butter or topped with mussels in a creamy white wine and fennel sauce

SQ

STUFFED CALAMARI

Two large calamari tubes stuffed with either feta and pepperdews, or spinach and feta then crumbed and golden fried

R95

CALAMARI STARTER PORTION

Tender calamari deep fried or grilled, served with savoury rice and tartar sauce

R80

MAIN PORTION

R115

CALAMARI ORIENTAL STARTER PORTION

Flash fried with a soya, honey, garlic and fresh coriander sauce with a hint of chilli served with savoury rice

R85

MAIN PORTION

R115

KING PRAWNS

Grilled and served in the shell with savoury rice, lemon, garlic and peri-peri sauce

R290

SEAFOOD PLATTER

Line fish, calamari, king prawns (grilled or pan fried) & mussels served with a trio of sauces
Lemon, garlic and peri-peri sauce

FOR ONE

R320

FOR TWO

R560

VEGETARIAN DISHES

VEGETABLE UMBRIA

Roast Broccoli, baby marrow, red pepper and other vegetables served with a truffle, olive, cherry tomato sauce and topped with shaved parmesan (V)

R70

LENTIL BOBOTIE

Brown Lentils mildly curried and spicy baked with creamy egg sauce
Served with basmati rice, poppadum and sambals (V)

R98

LENTIL DAHL

Brown lentils prepared with traditional Cape Malay flavours (V)

R85

CHICKPEA CURRY

Chickpeas are simmered in a fragrantly spiced Thai curry sauce mixture with sweet potato, butternut and aubergines. Served with basmati rice and sambals (V)

R85

VEGETARIAN BURGER

Served with cheese, egg or avocado

Plus potato or sweet potato fries, tomato and onion garnish

On a bun or whole wheat toast or naked with salad (V)

R85

MENU *Great food, great wine, great times*

PIZZAS

MARGHERITA Mozzarella, tomato and mixed herbs (V)	R75
FOCACCIA Feta, garlic and mixed herbs (V)	R60
BUSHBABY Peppadew, chillies, onion, garlic and mozzarella (V)	R95
CHIMPANZEE Pineapple, onion, green pepper, mozzarella, feta, avocado and garlic (V)	R95
LONG BEACH Crispy bacon, feta and fresh avocado after	R120
SPICY BEEF Marinated Beef, red onion, peppadews, jalapeno chillies and red pepper with feta.	R115

MAKE YOUR OWN PIZZA - Pizza base with your choice of toppings
BACON R20, BEEF R20, CHICKEN R20, CHORIZO R20, SALAMI R20, ANCHOVIES R 25,
GREEN PEPPER R18, RED PEPPER R18, PINEAPPLE R18, AVOCADO R20, MUSHROOM R15, OLIVES
R22, SUN DRIED TOMATO R22, CHERRY TOMATO R18, FRESH TOMATO R14,
GARLIC R18, FETA R18, BASIL R15, PEPPADEWS R18, RED ONION R15, CAPERS R18,

DESSERTS

STRAWBERRIES AND CREAM Fresh strawberries served with cream or ice cream (Seasonal)	R58
CHEESECAKE Selection of fruity cheesecakes with cream, ice cream and fruit garnish	R65
ICE CREAM Vanilla ice cream with chocolate or caramel sauce	R45
APPLE AND BERRY CRUMBLE Cape Gooseberries or berries in season and apples golden baked with cream, ice cream or custard	R60
FRUIT SALAD Fresh summer fruit with cream, ice cream or Bulgarian yoghurt	R60
PANACOTTA A rich and silky vanilla mouse which makes a perfectly light dessert, served with berries . Popular throughout Italy	
CRÈME BRÛLÉE Served with fruit and sorbet cream or ice-cream	R60

MENU *Great food, great wine, great times*

CHILDREN'S MENU

KIDDIES BEEF BURGER BURGER	R45
KIDDIES CHICKEN BURGER	R45
TOASTED CHEESE	R35
FISH FINGERS	R45
FLOUNDERS DEEP FRIED CALAMARI	R45
CHICKEN BITES	R45
KIDDIES PIZZA	R30

Select toppings from pizza menu

BEVERAGES

KIDS SODA	R22
KIDS SHAKE	R25
ORANGE/GUAVA/CRANBERRY/APPLE JUICE	R20
PURA RANGE OF SODAS (SUGAR FREE, COLOURANT FREE, DELICIOUS)	R22
<small>Cranberry, Pomegranate, Cucumber, Elderflower, Orange</small>	
MILKSHAKES - CHOCOLATE, VANILLA, STRAWBERRY	R25



MENU *Great food, great wine, great times*

BREAKFAST MENU

FULL CONTINENTAL BREAKFAST BUFFET

R95

Fresh orange juice or guava juice
Fresh fruit with Bulgarian or Strawberry yoghurt
Corn Flakes, All Bran Flakes, Muesli or Porridge of the day
Home baked Muffins, Croissant or Scones
Hummus, goojee berries, chopped cucumber and tomato, chia seeds, nuts
(The healthy vegan breakfast)

ENGLISH BREAKFAST

R75

Fried, Scrambled, Poached Eggs, Bacon, Sausage, Grilled Tomato, Mushrooms, White Brown or Monkey Valley whole wheat Toast and Preserves

KING OF THE VALLEY

R95

Fried/Scrambled eggs served with a rasher of bacon, beef sausage, grilled tomato, beans, hash browns, mushrooms and a fried banana

HUEVOS RANCHEROS

R90

Huevos rancheros, or "ranchers' eggs", is a classic Mexican breakfast. Fried eggs are nested in a bed of refried beans, sour cream and salsa and served atop a warm tortilla. Try adding a bit of your favourite hot sauce for a touch of heat

ALBERTOS BREAKFAST

R85

Exceptionally healthy Mediterranean style breakfast with two boiled eggs, fresh diced tomato and cucumber mix, grilled eggplant, humus, tahina, fresh schug (chilli coriander) served with warm pita bread

EGGS FLORANTINE

R65

Poached egg on toast served with Spinach topped with hollandaise sauce

EGGS BENEDICT

R70

Poached eggs your way, bacon and hollandaise sauce

SALMON SCRAMBLE

R85

Creamy scrambled eggs with fresh salmon strips

OMELETTE

R45

With a variety of fillings
Two egg or Three egg

**EXTRA FILLINGS: BACON R20, MUSHROOM R15, ONION R15, TOMATO R15,
CHEESE R18, AVOCADO R20**

OTHER BREAKFAST DISHES

ALL THE FOLLOWING WITH TOAST, TEA OR COFFEE