

THE ROCKWELL
CAFÉ & BAR

BREAKFAST

Served between 7am - 11am

Full Buffet Breakfast 165

A selection of:

Continental Breakfast: Yoghurt, cereals, deluxe muesli, seasonal fruits, cold meats, cheeses, pastries & breads.

Hot Dishes: Bacon, beef sausage, pork sausage, three beans, grilled tomato, sautéed button mushrooms, potato rosti & eggs cooked your way.

Classic Sunrise 98

2 Eggs, bacon, sausage, grilled tomato, sautéed mushrooms, bean salad & potato cake.

Eggs Benedict 89

Two poached eggs on a toasted English muffin with bacon and hollandaise sauce.

Famous Omelette 82

Filled with bacon, mushrooms, caramelised onion, roast cherry tomatoes, baby potatoes, fresh herbs & cheddar cheese.

Creamy Cinnamon Infused Oats 48

Served with honey and berry compote.

Breakfast Wrap 75

Toasted wrap filled with scramble egg, bacon & cheddar cheese

SOUP & STARTERS

Soup of the Day 45

Chef's choice.

Tempura Prawns 98

Served with homemade tartar sauce.

Pair with: Poetry Sauvignon Blanc

**Sticky Buffalo-Style
Chicken Wings** 78

Served with Blue Cheese Sauce.

Pair with: Poetry Merlot

Grilled / Deep-Fried Calamari 62

Served with homemade tartar sauce.

Pair with: Poetry Chardonnay

Beef Cappaccio 68

Served with marinated mixed mushroom and parmesan cheese

Wild Mushroom & Risotto Balls 60

Served with onion dip.

Vegetable Spring Rolls 45

Served with sweet chilli sauce.

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SALADS

Rockwell Spicy Chicken Salad 80

Mixed lettuce, rosa cherry tomatoes, cucumber, olives, Danish feta, avocado, topped with spicy chicken strips. Drizzled with a house dressing.

Pair with: Noon Gun

House Green Salad 76

Crispy iceberg lettuce tossed with cucumber, Danish feta & avocado in our creamy green herb dressing topped with soft boiled egg.

Pair with: Poetry Sauvignon Blanc or Kumala Zenith

Caesar Salad 72

Crunchy cos lettuce tossed in homemade Caesar dressing, parmesan shavings, croutons & soft boiled egg.

Pair with: Word of Mouth Viognier



Garbanzo Chicken Salad 82

Chickpeas, crumbed Danish feta cheese, red onion, plum tomatoes, fresh fennel, basil, black pepper and vinaigrette.



Tofu Caesar Salad 75

Cos lettuce, grilled tofu, parmesan shavings, cucumber tossed in our gluten free dressing.

TOASTED SANDWICHES

Served from 11am

Served with a choice of fries or a side salad

Chicken Mayo 65

Egg & Bacon 65

Cheese & Tomato 50

Ham, Cheese & Tomato 60

Tuna Mayo 68

BURGERS

Cheese Burger 86

Our home-made beef patty cooked to perfection & topped with melted cheddar.

Pair with: Poetry Merlot

The Oh-2-1 Burger 95

Melted cheddar, bacon & sliced avocado.

Pair with: Zenith Chenin / Chardonnay

Rocket Burger 95

Grilled black mushroom, cheddar & tempura onion rings.

Pair with: Poetry Merlot

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FLAT BREAD

Oven baked crispy flat bread ,top with your choice of toppings.



Gluten-free option available

Smoked chicken, camembert, caramel onion & wild rocket on a bed of mozzarella cheese 105

Mozzarella, medeteranean vegetables & basil pesto 95

Parma ham, pouched pear and rocket on mozzarella and feta 115

BBQ beef, caramelized onion, roast cherry tomato & parmesan 115

Thai chicken, pineapple & spring onion topped with white cheddar 105

PASTA

Penne, Spaghetti or Fettuccini

Cajun Chicken 92

Cream based with sundried tomatoes & parmesan shavings

Pair with: Word of Mouth Viognier

Carbonara 86

Bacon, ham & Portabellini mushrooms.

Pair with: Truth Tree Cabernet Sauvignon

Spaghetti Bolognaise 86

Spaghetti noodles tossed with our zesty meat sauce & finished with grated Parmesan cheese.

Pair with: Truth Tree Cabernet Sauvignon



Gluten-Free Beef Lasagne 82

Layers of steak minced, gluten-free lasagne sheets, baked in creamy gluten-free white sauce & gratinated.

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MAINS

250g Sirloin Steak 155

Served with tempura onion rings, fries & mushroom sauce.

Pair with: Truth Tree Cabernet Sauvignon

400g T-Bone Steak 220

Served with Madagascar pepper sauce & fries.

Pair with: Dragon Tree

200g Beef Fillet / Pepper Fillet 195

With baby carrots ,mushroom ragout and red wine jus.

Pair with: Truth Tree Cabernet Sauvignon

Cape Malay Chicken Curry 185

Served with fragrant basmati rice, poppadum & salsa.

Pair with: Word of Mouth Viognier

Chicken Supreme 148

Stuffed with spinach and feta, wrapped with bacon and served with creamy amarula sauce.

Catch of the Day SQ

Served with crushed potato, green vegetables & lemon butter sauce.

Pair with: Free Run Sauvignon Blanc

**200g Grilled / Fried
Baby Calamari Tubes** 110

Served in our seafood basting with tartar sauce & fries.

Pair with: Free Run Sauvignon Blanc

 **300g Pork Chop** 125

Char-grilled pork chop glazed in our raspberry basting served on a bed of herbed basmati rice.

 **Beef Stir Fry** 105

Tender beef strips wok fried with seasonal vegetables in a gluten free beefy sauce.

DESSERTS

**Homemade Baked Chocolate
Cheese Cake** 48

With berry compote.

Vanilla Bean Crème Brûlée 45

Served with berries & crispy finger biscuit.

Ice cream & Chocolate Sauce 42

With profiterres.

Apple Cider & Mint Pana Cotta 52

Gorgeous apple & ginger flavoured panocotta ,creamy and served with sugar works & dried apple.

Famous Cheese Board 68

Selection of 3 cheeses served with seasonal fruit, crackers and preseves.

 **Coconut Panna Cotta** 52

 **Flourless Chocolate Brownies** 50

 **Wholenut Torte** 48

With whipped cream icing.

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KIDDIES

Napolitana Pasta	55
Kiddies Margarita Flat Bread	60
Chicken Strips & Chips	70
Deep Fried Fish Strips	62

GLUTEN-FREE



Coconut Panna Cotta	52
Flourless Chocolate Brownies	50
Wholenut Torte	48
With whipped cream icing.	

GLUTEN-FREE



Garbanzo Chicken Salad	82
Chickpeas, crumbed Danish feta cheese, red onion, plum tomatoes, fresh fennel, basil, black pepper and vinaigrette.	
Tofu Caesar Salad	75
Cos lettuce, grilled tofu, parmesan shavings, cucumber tossed in our gluten free dressing.	
Gluten-Free Beef Lasagne	82
Layers of steak minced, gluten-free lasagne sheets, baked in creamy gluten-free white sauce & gratinated.	
300g Pork Chop	125
Char-grilled pork chop glazed in our raspberry basting served on a bed of herbed basmati rice.	
Beef Stir Fry	105
Tender beef strips wok fried with seasonal vegetables in a gluten free beefy sauce.	

**All prices include 14% VAT*

* A 10% service charge will be added to all food bills where groups of 10 & more people are dining.

Please allow 30min for preparation & delivery of all In-Room Dining services.

Last orders will be taken at:
9:30pm in Winter (May-Sept)
10pm in Summer (Oct-April)

Room Service:
Dial Ext. 1126 to place your order.