



# STABLES

AT

VERGELEGEN

***Please note** that menu items may contain traces of nut, egg, soya, wheat and other allergens.  
We are therefore unable to guarantee the absence of the above ingredients in the menu items.*

*10% service charge added for groups of 8 or more.*

***(V)** Vegetarian option.*

## **BREAKFAST**

(9:00 – 11:30)

### **Deluxe Breakfast** 95

two eggs cooked to your liking with grilled back bacon, pork sausage, slow roasted mushrooms, sautéed potatoes & tomato served with toast

### **Bacon & Avo Breakfast** 95

Avocado on toasted ciabatta with bacon & rocket topped with a poached or fried egg

### **Vineyard Breakfast (V)** 85

sweet potato rosti topped with fresh spinach, rocket, selection of roasted field mushrooms & homemade creamy basil pesto

### **Fresh French Toast** 90

two slices of ciabatta stacked with grilled bacon, Healey's matured cheddar, chives, rocket & fresh avocado salsa (seasonal)

### **Eggs Benedict** 80

two soft poached eggs & smoked Kassler nestled on a toasted English muffin & topped with hollandaise sauce

### **Eggs Royale** 105

two soft poached eggs & smoked salmon nestled on a toasted English muffin & topped with hollandaise sauce

### **Eggs Florentine** 85

two poached eggs served on grilled field mushrooms, sautéed spinach & hollandaise sauce

### **Stables Health Breakfast (V)** 75

seasonal fruit, berries, caramelised oranges, homemade muesli, psyllium husk biscuits, yoghurt & drizzled with berry compote

### **Flap Jack** 65

homemade flap jacks, topped with rocket & bacon, accompanied by a mixed berry compote with a poached or fried egg.

## **FROM THE BAKERY**

(9:30 – 16:30)

### **Freshly Baked Buttermilk Scone**

- with cheese 44
- with preserve & cream 40

### **Butter Croissant** 42

### **Cape Dutch Milk Tart** 42

### **Stables Cheese Cake of the day** 55

### **Baked Treat of the day** 55

Our cakes are all served with freshly whipped cream

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## **SALADS**

*(11:30 – 15:30)*

|   |     |
|---|-----|
| <b>Classic Caesar Salad</b>   | 80  |
| bacon, cos lettuce, croutons, anchovies, soft boiled egg & parmesan                                   |     |
| <b>Chicken Caesar Salad</b>   | 95  |
| <b>Roasted Ostrich Salad</b>  | 95  |
| Chermoula spiced ostrich fillet, chickpeas, roasted beetroot, rocket, parmesan & psyllium husk crisps |     |
| <b>Bulgur Wheat Salad (V)</b>   | 105 |
| herbed feta, sundried tomato, basil pesto, dried cranberries & kale crisps                            |     |
| <b>Greek Salad</b>  | 60  |
| marinated feta, cucumber, peppers & Kalamata olives   |     |

## **FARM FAVOURITES**

*(12:00 – 15:30)*

### **Starters**

|  |     |
|--|-----|
| <b>Ostrich Carpaccio</b>   | 80  |
| thinly sliced ostrich with smoked Atlantic sea salt, black onion seeds & scented red wine reduction                                  |     |
| <b>Prawn</b>   | 100 |
| tiger prawns with a smoked chili dressing  |     |
| <b>Calamari</b>  | 65  |
| calamari with roasted butternut, fresh passionfruit & lemon aioli  |     |
| <b>Garden Plate (V)</b>  | 90  |
| Danish feta, hummus, roasted beetroot, cranberries, almond flakes, sunflower & pumpkin seeds, roasted onion served on ciabatta bread |     |
| <b>Chicken Livers</b>  | 85  |
| pan-fried chicken livers infused with aromatic spices, dash of chili & cream   |     |

### **Mains**

|   |     |
|---|-----|
| <b>Steamed White Wine Mussels</b>   |     |
| fresh mussels with white wine & garlic sauce  |     |
| ▫ half portion for a light meal   | 85  |
| ▫ full portion as a main meal   | 125 |
| <b>The Stables Charcuterie Board</b>  | 150 |
| array of farm cured artisan meats & cheeses served with preserve & homemade pickles                                 |     |
| <b>Slow Roasted Pork Neck</b>   | 155 |
| served with crushed baby potatoes, pumpkin puree, broccolini & drizzled with a creamy grape reduction               |     |
| <b>Catch of The Day</b>   | 170 |
| Line fish of the day set on compressed cucumber & fennel with adobo aioli   |     |
| <b>Risotto of The Day (V)</b>   | 100 |
| <b>Chicken</b>  | 115 |
| orange & thyme glazed chicken roasted in our wood fired oven with exotic mushrooms, minted pea puree & herb polenta |     |

## **Mains (continued)**

(12:00 – 15:30)

### **Venison**

Chargrilled venison on sweet potato wedges & a red wine & bacon jus 170

### **Vergelegen Steaks**

▫ Fillet of beef (250g) served with potato wedges OR hand cut fries 180

▫ Sirloin of beef (300g) served with potato wedges OR hand cut fries 155

▫ Rib eye (400g) served with roasted butternut puree & chermoula butter & field mushrooms 220

**saucés:** Béarnaise / green peppercorn / mushroom 27

## **BURGERS**

### **Vergelegen Lamb Burger**

Karoo lamb spiced with botanical flavours, coriander riata & sweet potato wedges 145

### **Vergelegen Sirloin Burgers**

Lightly spiced, grilled 200g sirloin burger served with hand cut fries & onion rings

▫ Cheddar, bacon, caramelized onions, rocket, tomato, fresh red onion & field mushrooms 140

▫ Creamy blue cheese, field mushrooms, caramelized onion, balsamic red wine reduction 140

### **Vergelegen Chicken Burger** 100

Served with hand cut fries & onion rings

▫ Grilled chicken breast, rocket, tomato, fresh red onion, cheddar, bacon & guacamole

## **STONE OVEN PIZZAS**

(11:30 – 15:30)

### **Classic Margherita (V)** 85

roasted tomato & fresh basil

### **Mushroom & Spinach (V)** 100

Danish feta, sundried tomatoes & black truffle oil

### **Smoked Salmon & Rocket** 155

cream cheese, spring onion, rocket & avocado (seasonal)

### **Mexican** 105

spicy bolognaise, peppers, jalapeno, red onion & Healey's matured cheddar

### **Bacon & Feta** 105

crisp bacon, feta & avocado (seasonal)

### **Beef Fillet** 145

red onion, mushroom & Gorgonzola

### **Artichoke & Bacon** 110

marinated artichoke, bacon, aubergine, olives & sundried tomato

### **Jalapeno Popper** 105

cream cheese, fresh coriander, bacon, spring onion, red pepper & crème fraîche

### **Napoli** 145

anchovies, capers, olives, chili & chopped parsley

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## THE SANDWICH CORNER

(11:30 – 15:30)

Our sandwiches are served open style on a choice of ciabatta, sourdough bread or seed loaf

**Smoked Salmon** 125

Deep fried capers, lemon crème fraiche, sprouts, red onion & baby lettuce leaves.

**Vegetable Wrap (V)** 80

hummus, cashew nuts, chickpeas, red & white cabbage, red onion & coriander

**Short Rib** 115

Beer braised short rib with Healey's matured cheddar with Asian & cashew nut coleslaw

**Kassler** 110

Shaved honey & mustard glazed Kassler with apple slaw & homemade straw potatoes

**Butter Chicken** 100

Roasted chicken tossed in fragrant butter chicken dressing.

**SIDE ORDERS** 28

hand cut fries, onion rings, seasonal vegetable of the day, garden salad

## LITTLE VIPS

### Breakfast

scrambled OR fried egg, bacon, toast & babyccino 40

ham & cheese toasty with sautéed potato 55

### Mains

kiddies margherita pizza 65

crumbed chicken strips with chips OR vegetables 65

cheese burger with chips OR vegetables 70

spaghetti bolognese 65

toasted ham & cheese with chips 55

### Dessert

ice cream sundae with chocolate sauce 32

chocolate flap jacks with Nutella & fried banana 45

## DESSERTS

(9:30 – 16:00)

**Amaretti Tart** 50

Amaretto flavoured mascarpone with fresh berries & chocolate chards

**Deep Fried Ice Cream** 50

wrapped in thin layers of phyllo pastry, deep fried & decadent caramel sauce

**Crème Brûlée** 50

baked cream, sugar crack, homemade ice cream & biscotti

**Chai Panna Cotta** 50

Served with citrus compote & sesame tulle

**Selection of Artisanal Cheeses** 110

with preserves & freshly baked breads

## **DRINKS**

### **Mineral Water**

|                                       |    |
|---------------------------------------|----|
| San Pellegrino sparkling water 750 ml | 65 |
| Aqua Panna still mineral water 750 ml | 65 |
| Local still / sparkling water 750 ml  | 40 |

### **Soft Drinks**

|   |    |
|---|----|
| Coke (Lite) / Tab / Fanta / Lemon Twist Sprite / Creme Soda | 26 |
| Lemonade / Dry Lemon / Tonic Water / Ginger Ale             | 23 |
| Bos Ice Tea (Peach / Lemon / Apple / Berry / Lemon Ginger)  | 35 |
| Grapetiser / Appletiser (red or white)                      | 33 |
| Fresh Fruit Juice (Orange / Apple / Mango / Cranberry)      | 25 |

### **Fresh Red Ice Tea**

|                                  |    |
|----------------------------------|----|
| Apple / Berry / Cocktail / Mango | 30 |
|----------------------------------|----|

### **Coffee & Hot Drinks**

#### **Filter Coffee**

23

#### **Espresso**

|                                  |    |
|----------------------------------|----|
| Café: short sharp shot of coffee | 27 |
| Red: shot of rooibos tea         | 27 |

#### **Cappuccino / Flat White**

|  |    |
|--|----|
| Café: shot of espresso with frothy milk            | 30 |
| Red: shot of rooibos tea espresso with frothy milk | 30 |

#### **Latte**

|   |    |
|---|----|
| Café: shot of espresso with hot milk            | 32 |
| Red: shot of rooibos tea espresso with hot milk | 32 |
| Chai: shot of chai tea with hot milk            | 34 |

#### **Macchiato**

|  |    |
|--|----|
| shot of espresso with a drop of milk froth | 30 |
|--|----|

#### **Mocha**

|  |    |
|--|----|
| a smooth mixture of coffee & chocolate | 32 |
|--|----|

#### **Hot Chocolate (dark or white)**

32

#### **The Stables Hot Chocolate Experience**

42

#### **Tea**

|  |    |
|--|----|
| Ceylon / Rooibos   | 21 |
| Speciality Teas (ask your waitron for available varieties) | 32 |

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## SMOOTHIES & MILKSHAKES

### Smoothies

|  |    |
|--|----|
| <b>Blueberry Spike</b>   | 50 |
| blueberries, Greek yoghurt, chai seeds, vanilla essence, coconut oil, cinnamon & honey |    |
| <b>Mixed Berry Infusion</b>  | 45 |
| mixed berries, spinach, Greek yoghurt, & banana  |    |
| <b>Peanut Butter Explosion</b>   | 50 |
| banana, peanut butter, Greek yoghurt, cinnamon & whey powder                           |    |
| <b>Bulletproof Smoothie</b>  | 45 |
| rooibos espresso, Greek yoghurt, banana, coconut oil, honey & whey powder              |    |
| <b>Mango &amp; Banana</b>  | 50 |
| mango & banana pieces, Greek yoghurt, honey & vanilla                                  |    |
| <b>Beetroot</b>  | 45 |
| freshly juiced beetroot, chai seeds, coconut cream & lemongrass                        |    |

### Milkshakes

|                                      |    |
|--------------------------------------|----|
| strawberry / chocolate / vanilla     | 32 |
| red rooibos / chai tea / iced coffee | 37 |

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