

breakfast

our free range eggs may be ordered fried, scrambled or poached
*these breakfasts are served with a side order of toast, butter & jam

- ***classic** R86
 - two eggs, bacon, two italian sausages, grilled mushrooms & grilled tomato
- ***mini** R56
 - one egg, bacon, one italian sausage, grilled mushrooms & grilled tomato
- ***tashas steak stack**
 - 150g steak, grilled onions, sliced mushrooms, grilled tomato topped with an egg
- sirloin** R88 **fillet** R108
 - jett & luke's mini breakfast rolls** R88
 - two baby burger rolls filled with fried eggs, cheddar, streaky bacon, rocket, grilled onion & inova potatoes
 - polenta porridge** R67
 - polenta porridge topped with crispy bacon, mushrooms, poached egg, a hint of chilli & parmesan shavings

- 🍷**breakfast royale** R86
 - two poached eggs on asparagus spears or wilted spinach, topped with a light lemon sauce, served on seeded bread
 - add option of crispy parma ham** + R38 / **macon** + R32
 - livers on toast** R78
 - sauteed chicken livers, garlic, parsley with a fried egg & oven roasted tomatoes, served on village bread
- 🍷**hummus toastie** R78
 - hummus, rocket, avo, roasted vine tomatoes, feta, poached egg & za'atar spice on toasted village bread
- 🍷**turkish eggs** R62
 - fried eggs, yoghurt, hummus, spiced chick peas, mint, chilli oil & melba toast
- 🍷**pain perdu** R76
 - brioche french toast, berries, mascarpone & creme anglaise
 - add option of crispy bacon / macon** + R32

scrambled eggs

our free-range scrambled eggs are made with three eggs or egg whites only served with a side order of toast, butter & jam

- 🍷**plain** R44
 - scrambled sweetcorn** R78
 - scrambled eggs with creamy sweetcorn, crispy bacon, spring onion & parmesan shavings
 - salmon scramble**
 - scrambled eggs with smoked salmon, cherry tomatoes, cottage cheese & chives
- 40g** R88 **80g** R114

omelettes

our free-range omelettes are made with three eggs or egg whites only served with a side order of toast, butter & jam

- 🍷**basic** R44
- 🍷**spanish** R88
 - cheddar, caramelised onion, mushrooms, tomato, sliced potato
 - & mild fresh chilli
- old school omelette** R88
 - herb omelette filled with diced tomato, bacon, peppers, onions, mushrooms & grated cheddar

healthy appetite

- 🍷**fruit salad** R62
 - add muesli** R18 **add greek yoghurt** R22
- 🍷**citrus sunrise** R82
 - citrus fruit, banana, oat crumble, honey cream yoghurt, pistachio nuts & rose syrup
- 🍷**dr paw paw** R78
 - paw paw with yoghurt, chopped almonds & honey
- 🍷**oats** R58
 - jungle oats with mixed berries, butter & milk
- 🍷**lsa porridge** R82
 - a porridge of linseeds, sunflower seeds, almond shavings, coconut milk, banana, dates, cinnamon & vanilla
- mexican bowl** R92
 - sauteed mince with chillies, cumin, red beans, red onion & coriander, served with gem lettuce tomato & topped with an egg

croissants and muffins

- 🍷**plain croissant** R32
 - served with jam & butter
- 🍷**nutella croissant** R48
 - served with nutella chocolate spread
 - add nuts** + R10 **add banana** + R10
- 🍷**italiano** R58
 - filled with mozzarella & tomato
- village** R72
 - filled with scrambled egg & bacon
- muffins** R34
 - enquire about our freshly baked muffins

toasted sandwiches

a choice of white, brown, rye or seeded bread

- 🍷**plain cheese** R42
 - anchovette & tomato** R32
 - 🍷**marmite & tomato** R32
 - bacon & avocado** R62
 - bacon & cheese** R60
 - bacon & egg** R58
 - 🍷**cheese & tomato** R50
 - ham, cheese & tomato** R68
 - topped with two fried eggs** +R12
 - chicken mayo** R62
 - tuna mayo** 170g R74
- create your own toasted sandwich - R15.00 plus extra fillings

sandwiches

prepared on ciabatta, rye or baguette

- steak zarmie**
 - 150g strips of grilled steak, grilled onions, fresh tomato, rocket & dijon mustard
 - sirloin** R98 **fillet** R118
 - harissa lamb sandwich** R118
 - pulled roast lamb, harissa paste, hummus, roasted aubergine, mint yoghurt & pickled onions, served on toasted village bread
 - tashas panini** R114
 - two grilled chicken breasts, avo, black mushrooms, feta, lettuce & tomato
 - schnitzel sarmie** R114
 - two crumbed chicken schnitzels topped with tomato, avo & red onion salsa tossed in a french dressing
 - rodeo drive** R98
 - chicken, avo, bacon strips, mustard mayo & lettuce, served on rye or seeded bread
 - smoked salmon & pickled cucumber** R130
 - smoked salmon, pickled cucumber, avo & radish, served on rye or seeded toast
 - 🍷**picnic roll** R82
 - kale, cucumber, carrot, avo, red onion, gherkins, tomato, lettuce & cottage cheese, served in a seeded roll with basil mayo & kale chips
- create your own combination from our list of fillings
R34.00 plus extra fillings (basic with lettuce & tomato)

food for thought

- 🍷**quinoa breakfast tart** R56
 - low calorie / gluten free / high fibre / 358 calories / 1498kj**
 - quinoa, linseeds, sunflower seeds, almonds, banana, ginger & cinnamon tart topped with peanut butter, fresh fruit & chia seeds with low fat yoghurt
 - whole wheat chicken wrap** R74
 - high in vitamin c / high in vitamin a / high in iron / 506 calories / 2119kj**
 - toasted whole wheat tortilla filled with grilled chicken, avo, low fat cottage cheese, cucumber, carrot, radish, spinach & dijon mustard served with kale chips
 - chicken brown rice salad** R92
 - gluten free / low calorie / high in vitamin b / 340 calories / 1428kj**
 - middle eastern spiced chicken, heirloom tomatoes, gem lettuce, brown rice, cucumber, red onion, kalamata olives, sumac, low fat lemon yoghurt & pomegranate dressing
 - salmon zucchini** R218
 - high in omega 3 / high in vitamin a / 534 calories / 2242kj**
 - 160g fresh seared salmon served on zucchini, cherry tomatoes, red onion, chilli, baby spinach, basil & low fat cream cheese
 - lettuce cup burgers** R74
 - gluten free / 519 calories / 2172kj**
 - two 75g homemade mini beef burgers, gem lettuce, brown mushrooms, gherkins, tomato, cucumber, red onion, salsa verde & sweet potato chips

smoothies

- peanut protein** R58
 - peanut butter, banana, almond milk, chia seeds, spiced agave syrup & cinnamon
- add whey protein** R22
- green envy** R70
 - kale, chia seeds, hemp powder, banana, dates, pineapple, lime & coconut milk
- add whey protein** R22
- berrylicious** R72
 - mixed berries, goji berries, coconut, hemp powder, dates, vanilla low fat frozen yoghurt & coconut milk
- add whey protein** R22

salads

- ***thai beef salad** R146
 - sliced fillet steak, edamame beans, cashew nuts, radish, red onion, gem lettuce, cucumber, celery, coriander, mint, red chilli & thai marinade
- 🍷**chopped house salad** half R78 full R104
 - avo, cabbage, gem lettuce, cherry tomato, red onion, coriander, sunflower seeds, cashew nuts, black sesame seeds & vinaigrette
- chicken** half R98 full R134
 - tashas caesar** half R74 full R98
 - baby spinach, lettuce, tomato, cucumber, croutons, boiled egg or cold poached egg, crispy parma ham & parmesan shavings with a caesar dressing
 - chicken** half R96 full R128 **anchovy** half R86 full R114
- 🍷**quinoa beetroot** half R74 full R98
 - pickled beetroot, quinoa, hazelnuts, feta, grilled onion, baby spinach, chives, sumac & pomegranate dressing
- chicken** half R96 full R128
- 🍷**texas salad** half R72 full R96
 - corn tossed with feta, cherry tomatoes, kalamata olives, basil leaves, rocket in a light lemon pesto dressing
- chicken** half R94 full R126
- smoking salmon**
 - smoked salmon trout, cottage cheese, fresh basil, rocket, micro greens, tomato, onion, caper berries & asparagus, drizzled with olive oil & served with melba toast
- 40g** R96 **80g** R128
- ***nicoise** R122
 - tuna, baby potatoes, green beans, gem lettuce, cherry tomatoes, red onion, olives, capers, parsley, chives, lemon juice, olive oil, cold poached or boiled egg & nicoise dressing
- extra anchovies** +R16
- 🍷**heirloom halloumi** half R76 full R102
 - heirloom tomatoes, middle eastern spiced halloumi, fennel, cucumber, red onion, mint & pomegranate dressing
- 🍷**butternut salad** half R84 full R112
 - roasted butternut served on a bed of greens with oven roasted tomatoes, pine nuts, avo & a choice of feta or goat cheese, served with orange & mustard dressing
- ***rustic chicken liver salad** R102
 - chicken livers, parmesan shavings, oven roasted tomatoes, red onion, micro greens, crumbled croutons, in a balsamic honey mustard dressing

*salads marked with an asterisk are not available in half portions
we serve two chicken breasts with our full chicken option
half portions are 75% of full portion price

quesadillas

toasted mexican flat bread

- the american** R92
 - pulled pork, jalapeno peppers, coriander, cheddar & slaw, served with guacamole
- the brazilian** R98
 - strips of grilled chicken in a lemon, chilli & coriander marinade with cheddar, served with yoghurt
- the south african** R88
 - chicken, mayo, mozzarella & gherkins
- 🍷**the greenland** R82
 - avo, feta, pistachio nuts, mozzarella, baby spinach, rocket & basil mayo

extra fillings

- | | |
|---------------------------------|-----|
| goats cheese, halloumi 100g | R30 |
| cottage cheese, olives, cheddar | R22 |
| feta, mozzarella, parmesan | R26 |
| italian sausage, pesto | R26 |
| halloumi 200g | R60 |
| grilled black mushroom, spinach | R32 |
| sundried tomatoes | R26 |
| brinjal, rocket | R18 |
| macon, gypsy ham, bacon | R32 |
| tuna 170g | R52 |
| sirloin 150g | R62 |
| smoked salmon trout 40g | R38 |
| smoked salmon trout 80g | R76 |
| fillet 150g | R82 |
| chicken breast | R32 |
| avo | R28 |

ask for any extra fillings that are not on the list
variations to menu items will be charged extra

easy eating

allow 20 minutes preparation time / extra 10 minutes for meat well done
you may swop starch on any mains

- salmon tartare** R220
 - 160g raw finely chopped salmon, mixed with coriander & red onion, served with avo, soya sauce, fresh chilli, lime & homemade melba toast
- smoked salmon fish cakes** R128
 - smoked salmon, red onion, potato, dill & chive fish cakes served with a fennel, cherry tomato, radish & avo salad

- panko goujons** R116
 - crumbed hake goujons, homemade tartare sauce, served with fries & peas

- parmesan & couscous crusted chicken** R140
 - two chicken breasts coated in couscous & parmesan served on a fennel, broccoli & herb salad topped with a dollop of goats cheese

- lemon chicken** R102 **add sundried tomato, olives & capers** R122
 - cubed chicken breasts in a lemon butter & oregano sauce served with rice

- prego chicken** R92 **sirloin** R98 **fillet** R118
 - tashas style prego served with fries

- beef burger plain** R92 **cheese** R102
 - two 125g homemade mini beef burgers served with fries & a side order of tzatziki
- aubergine, beef & yoghurt crumble** R88
 - roasted aubergine filled with spiced beef mince, chilli, garlic, mint, tomato & pomegranate molasses topped with tahini yoghurt, panko crumbs & pine nuts

- steak sirloin** R150 **fillet** R170
 - 250g steak served with fries
 - (side order onion rings R18) (dijon, black pepper, mushroom sauce R38)
- steak tagliata sirloin** R188 **fillet** R208
 - 250g thinly sliced grilled steak tossed with rocket, balsamic, sundried tomatoes, roasted tomatoes, soya sauce & pine nuts, served with fries

- lamb cutlets** R225
 - 400g lamb cutlets, feta spread, kalamata olives, red onion & rocket salad, served with fries
- shepherd's pie** R180
 - pulled roast lamb, carrots, peas, red onion & gravy topped with mashed potatoes & parmesan served with mint jelly

- 🍷**soup** R68
 - enquire about our soup of the day

sides: fries, rice, boiled baby potatoes R28
side order veg R58 / side green salad R34 / side greek salad R44

pasta

choice of pasta - penne & linguine

- 🍷**napoletana** R72
 - traditional tomato base sauce
- 🍷**arrabbiata** R74
 - tomato & chilli
- bolognese** R96
 - beef mince cooked in a traditional tomato sauce
- alfredo** R106
 - cream sauce with ham & mushrooms
- creamy pesto** R130
 - chicken, button mushrooms, sundried tomato, pesto, cream, basil & white wine
- savvas chicken pasta** R122
 - chargrilled chicken strips, mushrooms, chives, garlic & cream

- 🍷**corsica** R92
 - mascarpone, cherry tomatoes, rocket & fresh rosemary
- ***baked meat pasta** R134
 - allow 20 minutes preparation time
 - penne baked in the oven with bacon, mince, tomato & cream, topped with mozzarella & grated parmesan

*pastas marked with an asterisk are not available in half portions
half portions are 75% of full portion price