

IGHT START

OT OATS

W cooked oats, freshly prepared with full cream milk & topped with either
 caramelized
 nana, cinnamon & sweet dukkah or fresh apple, toasted coconut shavings & hone49

YOGHURT & MUESLI PARFAIT R49
 layered breakfast served with boca muesli, double cream yoghurt & seasonal fruit

FRESH FRUIT R55
 e famous boca muesli, freshly cut seasonal fruit & double cream yoghurt
R25
 grade to banting granola

WHOLE WHEAT BANANA TOAST R55
 role wheat toast smothered in almond infused butter, caramelized banana
 toasted almond flakes, drizzled with honey

MUSHROOM TOAST R59
 asted whole wheat with creamed cottage cheese topped with herbed
 mushrooms & a side of roasted rosa tomatoes
R10
 d poached egg

COISSANT HOLLANDAISE R55
 asted croissant with streaky bacon, one poached egg & hollandaise sauce

GYPSY BOCA (SOFT ROLL) R9
 th either gypsy ham & white cheddar cheese or with bacon, cheese & rocket
R35
 grade to a croissant
R9

THE SUNSHINE R65
 ashed avo on toasted rye topped with crispy bacon bites,
 mbled danish feta & sriracha

TOASTED BAGEL (SERVED WITH A SIDE SALAD) R52
 th either salami, mozzarella, tomatoes & rocket
R65
 with smoked salmon, cream cheese & chives

WAFER CAKES R29
 namon & sugar
R49
 tella & strawberries

GGSTATIC

DUO R35
 2 eggs served scrambled, poached or fried with ciabatta, rye
 or whole wheat toast
R20
 Add Bacon
R15
 Add pork sausage
R30
 Add savoury mince
R25
 Add avocado
R15
 Add baked beans
R20
 Add hollandaise sauce
R40
 Add smoked salmon
R15
 Add beef sausage
R20
 Add grilled mushroom
R15
 Add roasted rosa tomatoes
R15
 Add Caramelized onions
R15
 Add breakfast relish
R15

SPECIALTY BREAKFASTS

"THE BRUNCH" R99
 125g beef sirloin, 2 pieces of streaky bacon, grilled mushrooms, a fried egg
 served with rosa tomatoes & a spicy tomato relish

SMOKED SALMON BREAKFAST R89
 Three streams smoked salmon served with our homemade potato rosti
 with crème fraiche, chives & a side salad
R89
 Add poached egg

SWEET CORN SCRAMBLED EGGS R69
 Creamy scrambled eggs with sweet corn, mushrooms, tomatoes & toasted ciabatta

THE DAX R79
 2 eggs with pork sausage, bacon, mushrooms, tomatoes & toasted ciabatta
R15
 Add baked beans

LIVERS ON TOAST R65
 Sauteed organic chicken livers with tomatoes & onions in a rich peri peri crème,
 served on toasted ciabatta & topped with avo slices
R10
 Add poached egg

THE BREAKFAST BAGEL R59
 Scrambled egg, streaky bacon, caramelized onions & emmental cheese

JEMMA & DAX R69
 2 mini soft rolls with fried eggs, bacon, white cheddar & rocket with pan fried baby
 potatoes

STER BOCA

ato rosti topped with streaky bacon and two perfectly
ched eggs, finished with forestiere sauce

ACHED EGGS WITH POTATO ROSTI

o poached eggs served on a potato rosti and brown
shroom with parmesan creme
bacon
salmon
pork sausage

DAM BOCA

ces of ciabatta filled with ham & cheese topped with a
ched egg & finished with parmesan crème

GS HOLLANDAISE

tato rostis topped with 2 poached eggs & hollandaise sauce

GS BOCADICT

atta toast, 2 poached eggs & crispy bacon served with parmesan crème

H AVENUE BREAKFAST

ggs done the way you like them, served on ciabatta toast with bacon,
teed mushrooms, roasted rosa tomatoes, danish feta & avo

IELETTES (ALL OUR OMELETTES ARE MADE WITH EGGS & SERVED WITH CIABATTA TOAST)

h herbs & tomato relish
h bacon, cheese, mushroom & tomato
h chicken livers, tomato & onions in a peri-peri creme & avocado
h streaky bacon, brie, caramelized onions and fresh rocket

R59

R59

R20

R40

R15

R65

R55

R65

R80

R45

R59

R69

R55

BREAKFAST PIZZA

R65

Classic pizza with bacon, sausage, mushrooms, cherry tomatoes & mozzarella topped
with baked egg

BREAKFAST WRAP

R65

A combination of bacon, sausage, scrambled eggs, grilled mushrooms, cherry
tomatoes & cheddar cheese wrapped in a breakfast tortilla

"BBB"

R95

Brioche bun, 180g beef burger, back bacon, a fried egg & a fresh tomato served with
pan fried baby potatoes & a homemade gherkin

SHAKSHUKA

2 eggs poached in a rich tomato relish with peppers & onions topped with crumbled
feta – served with ciabatta toast
Add chorizo

R20

GOURMET FRENCH TOAST

2 slices of our homemade brioche soaked in a free range egg custard & lightly grilled
with a choice of:

Bacon & maple syrup

Bolognese with cheddar

Fried banana & honey

Secret caramel sauce & fresh cream

R55

LIGHT LUNCH

TIR-FRY

Mushrooms, broccoli, red peppers, carrots, spinach, courgettes,
garlic, ginger with our special stir fry sauce
Add chicken R59
Add beef R25
R30

QUICHE OF THE DAY

Freshly baked quiche – enquire with your waiter for available options
Served with a side house salad R59

SANDWICHES

All sandwiches are served with a side house salad
(unless otherwise stated)
And the choice of ciabatta, rye or whole wheat
Upgrade to banting bread Add R10
Make it a wrap Add R5

THE FILLET STEAK

With mustard caramelized onions & fresh rocket R79

BULLED PORK

Slow roasted pork belly with our homemade bbq sauce, served with coleslaw R69

CHICKEN PREGO

Large grilled chicken breast served with lettuce, peri-peri sauce & coleslaw R89

MASHED AVO

Cream cheese, sliced tomato, smashed avo with red onion salsa R59
Add smoked salmon
Add chicken breast R25

CHICKEN MAYO

Roasted chicken, mayo and greens R55

CHICKEN & BRIE

Roasted chicken with brie, cranberry sauce & fresh rocket R65

SMOKED SALMON

With crème fraiche and rocket R79

BACON AND AVO

With feta and spinach R59

THAI CHICKEN

Thai grilled chicken strips, julienne veggies with finely sliced cucumber, pineapple & avo R65

THE ULTIMATE GRILLED CHEESE

Cheddar, mozzarella, cream cheese with tomato concasse
& grilled with grated parmesan R59

THE LATE BREAKFAST

Toasted ciabatta, smashed avo, back bacon & a fried egg
(open sandwich) R79

THE RACHEL

Classic grilled sandwich – pastrami, tangy coleslaw,
cheddar cheese & Russian dressing on rye – toasted R79

CLUB

Bacon, fried egg, grilled chicken breast, tomato, rocket,
Emmental cheese, caramelized onion,
lemon wholegrain mustard aioli (Standard or toasted) R89

O START

BAKED STUFFED MUSHROOM **R49**

Large brown mushroom filled with a selection of nuts & seeds served with a rocket salad

BAKED BABY CAMEMBERT (V) **R49**

Leewood camembert, garlic & rosemary infused, baked to perfection, served with toasted ciabatta

SHAKE **R55**

Shake fish cake crumbed & fried, served with tzatziki & a side salad

INDIAN PERI CHICKEN LIVERS **R49**

Organic chicken livers in a tomato concasse served with toasted ciabatta (hot or not)

SPRINGBOK CARPACCIO **R59**

Served with balsamic reduction, capers, & finished with parmesan & fresh rocket

VEGETABLE SPRING ROLLS **R49**

Vegetary spring rolls served with a sweet chilli sauce

CHARCUTERIE BOARD **R140**

Selection of cured meats & local cheeses served with olives, preserves & fresh artisan bread

APPAS

Only available 16:00 – 19:00

CRANKY PRAWNS **R75**

Three crumbed prawns, deep fried & served with wasabi mayo

CRUMBLED MUSHROOM **R49**

Crumbed black mushroom crumbed & deep fried served with pimento mayo

'CRACK O' RINGS **R30**

Spicy beer battered onion rings

CRUTEED CHICKEN LIVERS **R49**

Served in a sherry & chilli cream sauce

CHICKEN & CHORIZO SKEWERS **R59**

Three chicken fillet & chorizo skewers grilled to perfection

FILET STEAK **R75**

Filet steak served with a choice of 1 side

FROM THE GRILL

Our steaks are served with a choice of 1 side

Our beef is aged for a minimum of 21 days

BEEF FILLET 200G **R129**

RUMP 250G **R119**

SIRLOIN 250G **R119**

SIDES

Hand cut chips **R30**

Sweet potato wedges **R30**

Mashed potatoes **R30**

Potato bake slice **R30**

Caulimash **R30**

Onion rings **R30**

Roasted veggies **R30**

Side salad **R30**

SAUCES

Monkeygland **R30**

Three cheeses **R30**

Green peppercorn **R30**

Mushroom and mushroom **R30**

Chimmichurri – spicy coriander pesto **R30**

PORK BELLY

Slow roasted belly served with creamy mashed potato, roasted vegetables & apple chutney **R119**

SLOW ROASTED OXTAIL **R149**

Served with creamy mash & roasted vegetables in a red wine sauce

CHICKEN

SCHNITZEL

Homemade with ciabatta and parmesan crumb, served with a side salad & a cheese or mushroom sauce **R99**

POLLO INVOLTINI

Bacon wrapped chicken breast filled with mozzarella, mushrooms, sundried tomatoes & spinach in a white wine & chives sauce **R109**

BUTTER CHICKEN CURRY **R99**

Mild chicken curry served with basmati rice & sambals

CHOPPED SALAD

With olives, feta, cucumber, tomatoes, olive oil & balsamic vinegar

R35

SALAD

ASIAN SALAD

Thin strips, fresh greens, coriander, red onion, sesame seeds & bean shoots with a

creamy asian dressing

With chicken

R99

With beef fillet

R105

GRILLED STEAK

Grilled steak with olives, tomato & feta finished with a balsamic crème

R105

GRILLATION CHICKEN SALAD

Grilled mango or orange (seasonal) with cashew nuts in a light curry mayo dressing

R99

GRILLED SALMON

Grilled on greens, with cottage cheese, basil, rocket, tomatoes, capers & ciabatta R105

Croutons drizzled with olive oil dressing

With avocado

R20

GRILLED VEGETABLE SALAD

Grilled roasted butternut, courgettes, peppers, beetroot & onions served

with couscous & feta, olives, toasted almonds & fresh coriander

With chicken

R79

With beef fillet

R25

R30

GRILLER CAESAR

Grilled with spinach, green, tomato, croutons, boiled egg, crispy parma ham & parmesan R89

With wings

With chicken

R25

GRILLED BUTTERNUT

Grilled with roasted butternut, feta, roasted butternut seeds served with a rocket salad R79

With chicken

R25

PASTA

Choose between penne or linguine

GRILLER CA STEAK

GREEN THAI CHICKEN CURRY

R1

Chicken breast & seasonal vegetables in a coconut & curry sauce, served with jasmine rice

CHICKEN FINGERS & CHIPS

For the under 12's

FISH

We only use fresh fish so please note availability is not guaranteed

LEMON TREE GURNARD

The secret recipe, just like the good old days served with a salad and baked potato

slice

BATTERED HAKE & CHIPS

Fresh hake served with hand cut chips & tartar sauce

SMOKED SALMON FISHCAKE

With cream cheese & dill, served with a side or your choice

STIR FRY

VEGETABLE

Mushrooms, Broccoli, Red Peppers, Carrots, Spinach, Courgettes, Garlic, Ginger

Add chicken

Add beef

PIZZA

All pizza bases are thin crust & handmade from ciabatta dough

Upgrade to banting base

R25 ea

FOCACCIA

With garlic, rosemary salt & olive oil

With parma ham

With feta & caramelized onions

With mozzarella

Salmon, crème fraiche & rocket

CLASSIC PIZZA

house favourite
fillet steak with mushrooms, olives, onions,
peppers, garlic & a creamy tomato sauce

R109

WILLOW
fillet steak & mushrooms with basil pesto, courgettes,
peppers & feta in a creamy white wine sauce

R99

WAS OUT
crispy bacon, peas, mint, parmesan in a creamy sauce

R89

WINDOLI
walnut stuffed pasta pockets served in a creamy white wine
sauce with parmesan shavings & fresh rocket

R99

POLETANA
traditional tomato sauce with basil & parmesan shavings

R79

BUTTERNUT & BACON
butternut with a creamy gorgonzola sauce

R89

EXOTIC MUSHROOMS
selection of exotic mushrooms grilled with olive oil, onions & herbs with parmesan
rings
cream

R99

R10

SMOKY PRAWN PASTA
smoky tomato & chilli sauce with shelled prawns, olives, basil pesto, parmesan & fresh
pepper
chorizo

R20

SMOKY SALMON
smoked salmon with courgettes, spring onions & avo, finished with lemon & fresh
pepper

R109

SPAGHETTI NELLONI
spaghetti tubes filled with beef

R89

BURGERS

Burgers are served on our fresh buns with a choice of hand cut chips or a side salad

SMOKY BEEF STEAK BUN
smoky caramelized onions, emmental slice, tomato, fresh rocket & a mustard mayo
sauce

R109

SMOKY BEEF
smoky roasted red pepper, cheese, crispy bacon & a mushroom sauce

R99

MARGHERITA
Add gypsy ham
Add pineapple
Add mushrooms
Add avo

R69

R20

R10

R10

R20

ROASTED BUTTERNUT
With caramelized onions, basil pesto, kalamata olives with feta & fresh rocket

R89

CAPRESE DE LUXE
Tomato base, fior di latte mozzarella roasted cherry tomatoes,
grilled artichoke, parmesan shaving & drizzled with balsamic glaze

R89

CHORIZO
With chorizo, jalapeno peppers, kalamata olives, mozzarella & fresh rocket
Add bacon

R99

R20

THE VEGETARIAN
Tomato base with aubergine, artichoke, butternut, basil pesto & mozzarella

R89

PUTTANESCA
Anchovies, artichokes, olives, mozzarella & basil pesto

R99

SALAMI
With mozzarella, tomatoes & fresh rocket
Add gorgonzola
Add avo

R99

R20

R20

THE ITALIAN
Bolognese mince, tomato base, sundried tomato,
basil pesto & parmesan topped with fresh basil

R99

REGINE
Tomato base, gypsy ham & mushrooms

R99

ROASTED CHICKEN
Chicken mayo, mushrooms & peppercorns

R99

DESSERT

Our huge selection of desserts and pastries are made fresh from scratch.

- THE ROCKAFELLA** **R109**
course ground beef burgers stuffed with feta, topped with smashed avo & red onion salsa
- HICKEN**
served with caramelized onions, gherkins & a mayo dressing
- AMB** **R109**
served with melted gorgonzola & mozzarella & grilled onions
- ORK** **R99**
ork burger served with tangy cole slaw & hand cut chips
- BAKED BURGER – CARB FREE**
homemade beef burger on a grilled brown mushroom, served with smashed avo red onion salsa, crumbled danish feta, side salad on the side **R109**
- THE VEGETARIAN** **R79**
nut & seed stuffed brown mushroom, served on a bun with roasted red peppers & melted mozzarella