



Cnr Regent & Church Street, Seapoint, Cape Town  
(021) 439-3174

## Le "Breakfast"



### Just Toast

2 slices toast with jam  
anchovette/marmite

R 18

### Eggs & Toast

2 Eggs & toast

R 30

### Eggs & Chips

2 Eggs & chips

R 30

### Easy Up

2 Eggs, 1 rasher bacon/macon & 1 toast

R 35



### Croissant

\*With cheddar or mozzarella cheese

R 28

\*With 1 egg, 1 rasher bacon/macon

R 38

\*With ham and cheese

R 38

### Croque Madame

R 45

Pan-toasted sandwich with ham, cheese  
Dijon mustard, Béchamel sauce &  
fried egg on top

### Croque Monsieur

R 40

Pan-toasted sandwich with ham,  
Dijon mustard, Béchamel sauce &  
melted cheese on top

### Croque Norvégien

R 60

with smoked salmon instead of ham

### Croque Hawaiian

R 45

with a slice of pineapple

### Eggs Benedict Le Cabrera style

R 55

Bruschetta served with tomatoes, peppers,  
mushrooms, 2 poached egg and Hollandaise sauce

### Eggs Benedict

R 60

Bruschetta, bacon/macon, 2 poached eggs  
and Hollandaise sauce

### Eggs Royale

R 70

Bruschetta, salmon, 2 poached eggs  
and Hollandaise sauce

### Breakfast Wrap

R 45

Egg, spinach, cherry tomatoes & feta

### French Toast

R 50

Ciabatta served with bacon/macon & syrup

### Savoury Mince

R 60

Served on toast with 2 poached eggs

### Traditional Breakfast

R 65

2 eggs, sautéed mushrooms, bacon,  
beef sausage, chips, toast & fried tomato

### Bacon & Egg Burger (for the hungry)

R 70

Beef pattie, onions, bacon/macon, egg & chips

### Flatteur Royal Breakfast

R 75

Eggs, toast, bacon/macon, beef sausage,  
baked beans, sautéed potatoes and  
small fruit juice

## Le "Burgers"



\*Beef or Chicken burger with chips or salad

R 65

\*Beef or Chicken Cheese burger

R 70

\*Beef or Chicken Mushroom burger

R 70

## Le "Omelettes" (with toast)

\*Plain omelette R 30

\*Creamy spinach & feta R 45

\*Creamy mushroom and spinach R 45

\*Broccoli with parmesan or feta R 45

\*Mushrooms, tomato, onion & peppers R 50

\*Cheese, onion, bacon/macon or salmon R 55

\*Savoury mince and cheese R 60

\*Ploughman's (mushrooms, tomato,

onion, peppers, sausage & bacon) R 75

## High Protein Breakfast

\*Baked avocado & egg R 50

\*Quinoa, spinach & egg bake R 50

## Le "Light side"

\*Oats with fruit and honey R 35

\*Muesli, honey, fruit & yoghurt R 45

\*Seasonal fruit salad and yoghurt R 40

## Le "Bagels"



\*Plain toasted bagel R 15

\*Cream cheese bagel R 25

\*Lettuce, cream cheese, cucumber R 35

\*Egg mayo bagel R 40

\*Pastrami or Ham, cream cheese,

gherkin and mozzarella R 45

\*Lettuce avo bagel R 45

\*Salmon or chicken, lettuce and avo bagel R 60

## Le "Baked Potato"



\*Plain butter R 35

\*Sour cream and butter R 40

\*Cheddar melt sauce R 40

\*Cream cheese and chives R 40

\*Broccoli or Spinach & feta and garnish R 60

\*Creamy mushroom and garnish R 60

\*Bacon/macon, cheese, onion and garnish R 65

\*Chicken mayo and garnish R 65

\*Savoury mince and garnish R 65

## Le "Light Meal"

Plate of chips R 20

Pie, gravy and chips R 40

Cheese griller "dog" with chips R 45

Portuguese Prego Roll R 50

Spicy minute steak on fresh Portuguese roll  
with chips or salad

### Wraps:

\*Vegetable wrap R 50

\*Chicken wrap R 60

Homemade Quiche R 50

Vegetable quiche with side salad

Macaroni & Cheese  R 55

Macaroni, tomato & cheese bake


Chicken Wings  R 65

Fried chicken wings and dip

with salad or chips

Crumbed chicken strips and dip  R 70

with salad or chips

Sheppard's Pie (20 minutes)  R 75

Savoury mince & mash potato bake

Tian of Salmon (Served chilled) R 75

Tower of salmon, avo, tomato and onion

Fried calamari coujons with chips & salad  R 95

## Le "Soup of the day"

(Winter months - April to September)

Ask about our home-made soup of the day

Served with side of croutons



R 45

## Le "Sandwiches"

### Open Toasted Sandwiches

*Tomato & mozzarella	R 35
*Bacon & egg	R 40
*Ham cheese & tomato	R 40
*Avocado	R 50
*Tuna Mayo	R 50
*Chicken Mayo	R 50
*Creamy sautéed mushrooms	R 50
*BLT - Bacon lettuce & tomato	R 50
*Sloppy Joe (mince, tomato & onion)	R 60
*Chicken <b>or</b> salmon <b>or</b> bacon & avocado	R 60

## Le "Salads"

Flatteur Salad R 50

Poached egg on a bed of asparagus, cherry tomatoes and baby spinach

Egg Mayo Salad R 50

Fresh garden salad, boiled egg, gherkins and mayo

Greek Lentil Salad R 50

Greek salad with lentils

Salad Nicoise R 60

Lettuce, tuna, anchovy, capers and egg

Tuna Salad R 60

Fresh garden salad with tuna and mayo dressing

Chicken and Avo Salad R 75

Fresh garden salad with pan fried chicken

Bacon and Avo Salad R 75

Fresh garden salad with bacon and avo

## Le "Savoury Pancakes" (15 minutes)

*Savoury mince pancakes	R 60
*Spinach, mushroom and feta pancakes	R 50
*Creamy chicken pancakes	R 60

## Le "Sweet Tooth"

Plain Croissant	R 18
Scone with butter, jam & cream	R 35
Muffins	R 15
Short bread biscuit	R 15
Large choc-chip biscuit	R 15
Medium choc-chip biscuit	R 7
Medium ginger biscuit	R 7
Date slice	R 7
Crunchie	R 7
Lemon Cheese Tart	R 25
Cake of the day	R 30
2 x Cinnamon sugar pancakes	R 30
2 x Banana / choc pancake	R 45
2 x Ice cream / choc pancakes	R 45
beef sausage, chips, toast & fried tomato	

Flatteur Special R 27

**Americano coffee and muffin**

<u>Take-Away's</u>	250ml	350ml
Americano	R 14	R 18
Cappucinno	R 18	R 22

## Le " Cold beverages"

Fruit juice	R 18
Bos Ice Tea	R 25
Graptizer & Appeltizer	R 22
Valpre Bottled Water	R 18
Homemade Lemonade	R 18
Soft Drinks	R 16
Milkshakes	R 30
<b><u>Smoothies (seasonal)</u></b>	
*Peanut butter, honey, banana	R 30
*Mango, pineapple	R 30
*Strawberry	R 30
*Peach	R 30
*Mixed fruit	R 30
*Design your own	R 30

## Le " Hot beverages"

	single	double
Espresso	R 16	R 18
Macchiato	R 18	R 20
Flat white	R 20	
Cappucinno	R 20	R 22
Latte	R 25	
Hot chocolate	R 25	
Mocha	R 25	
Cortado	R 18	R 20
Americano	R 16	R 18
Ice Coffee	R 21	
Red Cappucinno	R 25	
Chai Latte	R 25	

### **Speciality Tea:**

Gunpowder Green Tea & Mint	
Cranberry	
Earl Grey Blue Flower	
Orange & Spice Rooibos	
Raspberry & Dragon fruit	
Cream Caramel (Red tea)	R 25
Silver Moon (Green tea with a hint of sweetness)	
Emporer Sencha Green Tea	
Harmuttu Assam (Rich, malty black tea)	
Strawberry & Vanilla	
Chamomile flower	
Peppermint Tea	R 20
Chai Tea	R 20
Five Roses	R 16
English Breakfast	R 16
Rooibos Tea	R 16



### **Beer & Ciders**

Flying Fish	R 22
Savanna Dry	
Hunters Dry	R 20
Black Label	
Windhoek Lager	R 25
Castle / Castle Lite	
Amstel / Amstel Lite	
Wine per Glass	
White wine	R 30
Red wine	R 30
Rose	R 30
Sangria	R 30

Full Bottles are available - ask your waiter

All spirits and shooters available at bar