

BREAKFAST

SERVED 8:00 - 12:00

Coconut granola & nut muesli served with full cream yoghurt, berries & seeds R60

Anchovy spread, butter & toast (ciabatta, white, rye, seed loaf) R25

Bran or carrot muffin, served with butter & cheddar cheese R37

Croissant served with butter, jam and Swiss cheese R42

Chocolate croissant (please check availability) R22

Almond croissant (please check availability) R30

Scone served with butter, strawberry jam, cheddar cheese and whipped cream R39

French toast served with cream cheese, banana, honey & bacon R69

Love breakfast; 2 eggs, bacon, mushrooms, pork sausage, grilled tomato, potato rosti, toast and
Americano or orange juice R79

Bears breakfast; poached eggs, smoked salmon, hollandaise sauce served on toast (ciabatta, white,
rye, seed loaf) R85

Poppeye kick-start; creamed spinach, poached eggs and hollandaise sauce served on toast (ciabatta,
white, rye, seed loaf) 75

B Soldiers; two poached eggs, halloumi cheese, cherry tomatoes, avo, lemon and toast (ciabatta, white,
rye, seed loaf) R67

Breakfast bagel; egg, bacon & mozzarella cheese R52

B Omelette; bacon & avo served with toast (ciabatta, white, rye, seed loaf) R75

B Omelette; salmon & cream cheese served with toast (ciabatta, white, rye, seed loaf) R85

B Omelette; wild mushroom, Danish feta & pumpkinseeds with toast (ciabatta, white, rye, seed loaf) R98

B Avo filled with cream cheese and anchovy fillets R68 [Seasonal]

COFFEE

We use Deluxe coffee.
Locally roasted in Cape Town

Espresso R16
Macchiato R16
Flat white R20
Americano R18
Latte R22
Mocha R25
Hazelnut / Vanilla Café Latte R25
Hot chocolate R25
Soya milk / cream / skinny R5

TEA

Red flat white R20
Red Latte R25
Chai Latte R25
Ceylon / Earl Grey / Rooibos R20
Green tea R20
Honey R5
Tea Merchants – whole leaf R20
Lemongrass, ginger & cinnamon
Mr Grey
Strawberries & cream
Orange cactus fig



SOFT DRINKS

Tomato cocktail R24
Coke, Coke light, Coke zero, Fanta, Cream soda R20
Bos ice tea R20
Appletiser / Grapetiser R25
Still water R15/ R22
Sparkling water R15/ R22
Bundaberg Ginger beer R21
Ginger ale/ Lemonade / Soda water R18
Lime cordial / Passionfruit cordial R8
Fru Tea -unsweetened & preservative free rooibos fruit tea
-Cranberry & Cherry, Lemon & Apple, Mango R20

MILKSHAKES

Peanut butter R35
Oreo R35
Banana R30
Bubble gum R30
Chocolate R30
Strawberry R30

SMOOTHIES

Banana, almond, honey & yoghurt R35

ICED FRUIT SMOOTHIES R35

-strawberry & banana

-raspberry, cherry & mango

-pineapple, mango & peach

- papaya, mango & strawberry

- raspberry, pineapple, blackberry & banana

FRESHLY SQUEEZED

Orange R30

Carrot, orange & cucumber R30

Yellow juice – carrot, ginger, orange R30

Red juice – beetroot, orange, apple R30

Green juice – apple, cucumber, lemon, celery & ginger R30

SPARKLING

Elderflower R30

Elderflower & pomegranate R30

Elderflower, ginger & lemongrass R30

SANDWICHES

ALL SANDWICHES CLOSED AND SERVED ON SLIGHTLY TOASTED CIABATTA

Beef fillet, parmesan, caper berries & rocket R98

-fillet is served medium unless otherwise specified

Bacon, brie, berries & rocket R55

BLT – bacon, lettuce, tomato R40

Bbq chicken, basil pesto, avo, parmesan & rocket R75

SIDES

Crispy Potato Fries R25

Fresh Garden Salad R25

PASTA

Butternut pansotti served in a creamy sauce, seeds, pecan nuts and rocket R92

Smoked salmon Tagliatelle served in a creamy sauce, cherry tomatoes, Danish feta, flaked almonds & rocket R110

Beef meatball bolognese R85

HOME MADE BURGERS

BEEF BURGERS ARE PREPARED MEDIUM UNLESS OTHERWISE SPECIFIED
SERVED WITH SIDE SALAD AND CHIPS

Bacon & Swiss cheese R98

Mature cheddar & basil pesto R110

Wild mushroom & cherry tomato R110

Grilled Chicken breast, avo and lemon mayo R85

PLATTERS

Meat & cheese platter served with ciabatta, olive oil & pesto R150

Seafood platter; prawns, fish, calamari, mussels & chips R250

BEER & CIDER

Darling 500ml R48

Hermanus Old Harbour Beer 440ml R35

Brewers & Union Summer 500ml R55

Brewers & Union Steph Weiss 500ml R55

Beer on tap (in season)

Amstel R24

Castle, Castle light R24

Windhoek lager / light R24

Windhoek Draught R27

Savana dry / light R30

Cluver & Jack apple cider 330ml R35

BAR

Gin & Tonic R35

Jameson R28

Irish coffee (whiskey/Kahlua) R35

Dom Pedro (whiskey / Kahlua) R35

COCKTAILS

Gin, Sparkling Elderflower, ginger & lemongrass R40

Vodka, Gingerbeer & Frozen Berries R40

Bloody Mary R40

SWEET

[PLEASE CHECK AVAILABILITY]

Chocolate brownie R35
Carrot & honey cake R38
Belgian chocolate cake R40
Apple crumble R38
Almond tart R29
Baked cheesecake R40
Chocolate coconut pecan pie R35
Caramel velvet cake R45
Gluten free cake SQ
Panforte R35
Flourless chocolate cake R35
Pasteis De Nata R18
Fresh wipped cream R5
Vanilla Ice Cream R5

BREADS

Seed loaf R30
Ciabatta R25
White loaf R25
Rye R30



WINE

WHITE

500ml Gabrielskloof House carafe R60
Gabrielskloof Nuntius sauvignon blanc R90/R30
Springfield life from stone R150
Creation sauvignon blanc R150
Iona Sophie Te'blanche R120/R40

RED

500ml Gabrielskloof House carafe R60
Gabrielskloof Nuntius Shiraz R100/R35
Raka spliced R110
HPF Posmeester R140
Springfield Wholeberry R150
HPF Bloos R140

CAP CLASSIQUE

Pongracz R180